



Foreign Language Virtual Learning

The Nature of Happiness

April 30, 2020



6th Grade Foreign Cultures

Lesson: April 30, 2020

Objective/Learning Target:

I can investigate human behavior from biological, cognitive, and sociocultural perspectives.

Warm Up: Do you think it is more important to pursue your own happiness, or to focus on making other people happy? Why?





This unit we are going to study the nature of happiness in individuals and communities. We are also going to change the format of our work and use Flipgrid to record short videos to answer the questions posed here. Give yourself time to write out a thoughtful answer before recording yourself.



The United Nations now recognizes the importance of happiness as a measure of global well-being. Since 2011, the U.N. has invited member countries to track the happiness of its citizens. The World Happiness Index measures happiness through six variables:

1. Money (spending power)
2. Health and life expectancy
3. Social support (having someone to count on)
4. Freedom to make life choices
5. Freedom from corruption
6. How generous one acts and feels



Go to [Flipgrid](#) and sign in using your school email. Check your student email for the class code. You will need it to join our class.

Watch my video for an explanation of the questions then post your own response.

What are some things that make you happy? Do you think happiness can be inspired and shared? If so, how?



We will be watching a film about Johnny Barnes, an 88-year-old native Bermudian man. Since 1986, Barnes has performed a daily ritual of standing on a street corner in Bermuda's capital city of Hamilton. He shares positive affirmations to passers-bys.

Let's learn about where Bermuda is and what life is like there. Use the Google Earth [presentation](#) to see where this small island is. One of the points of interest is a statue of Johnny Barnes, erected at the intersection where he used to stand. Use street view to see the island as if you were walking there. Click on the links on the right to see more sights on the island.



Now we are going to watch the film about Johnny Barnes, “[Mr. Happy Man.](#)”

- Make a list of personality traits that he exhibits. Refer the lists shared during previous units if you need ideas.



Additional Resources

Peter N. Stearns, "[The History of Happiness](#)." Harvard Business Review, January – February 2012 issue.