



Foreign Language Virtual Learning

The Nature of Happiness

May 4, 2020



6th Grade Foreign Cultures

Lesson: May 4, 2020

Objective/Learning Target:

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

Warm Up: Can any of the ideas from Mr. Barnes be applied to improving the lives of students at our school? Does the school do anything such as homeroom lessons, school activities, hallway decorations, etc to raise the happiness level of students? How can students change the attitudes and happiness levels of other students?





If necessary, watch the film about Johnny Barnes, “[Mr. Happy Man](#)” again. Review the list of personality traits and the ways in which Mr. Barnes responds to comments from passers-by.



Go to [Flipgrid](#) and log in. Check your student email for the class code if you have not logged in yet.

Watch your teacher's explanation then answer the question. Be sure to plan out your answer before doing your recording.

One woman interviewed in the film explains that she did not want to look at Johnny Barnes when she was driving to work one morning because she wanted to “hold on to my unhappy moments.” Why might someone want to hold on to unhappy moments?



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The Greater Good Science Center has collected research showing that people who are kind and generous toward others tend to be happy, and that happiness contributes to being kind and generous. Do you agree with this statement? Why or why not?



Additional Resources

Matthieu Ricard, "[The Dalai Lama: Happiness from Within.](#)" International Journal of Well Being, 2011.