

Happiness Video Homeworks:

HW#1

1. Assessment of CCHS: If the CCHS student community were featured in this video, would it be featured as an example of happiness or unhappiness? Are students here currently happy or unhappy? Why / how so? Are students here developing the life skills and perspective necessary for happiness in the future, or not? Why / how so?
2. Self-Reflection: If you were to take advice from the video to increase your happiness, starting today, what would you do? What changes would you make in your life? Come up with 2 or 3 things that you would do / changes you would make. Note: these do not need to be huge changes (though they can be); they can be very small. Try to be as concrete and specific as possible, as vague, general items tend not to be performed. Example: "I will spend at least 15 minutes a day playing guitar," as opposed to "I will spend more time doing things that I find intrinsically fulfilling." Give a very brief explanation for each (could be as short as a sentence) on why you think this would be good for YOU in particular.

HW #2 – Gratitude and Acts of Kindness

1. Write down the 5 things that you are most grateful for in your life, with a thoughtful one-sentence explanation for each on why you are grateful for it.
2. Write down 3 things that you are grateful for that occurred in your life over the last week. While they can be, it's ok if these are not as "deep" as what you wrote for the previous list.
3. Think now of a person who you really appreciate, but may not know how much you appreciate them or why. In a paragraph, identify this person, and write down what you would say to this person if you were to express your gratitude to him or her.
4. Think about 2-3 acts of kindness that you could perform for someone over the next week. These do not have to be big; they can be very small and do not need to be things that take up huge amounts of time. Add a one-sentence explanation for each that explains why this act would be a good one to perform.