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ACTIVITY 1.3
Exploring the Keys to Well-Being

Concept

Explore behaviors that can support individual and community well-being through investigation and reporting. As a culminating activity, students can propose a short checklist for well-being in the class, school, or larger community.

Units it could embed into

This could work as a stand-alone lesson, it could also work with a unit on Stress and Health.

Learning Targets

1. Explore the building blocks of individual and community well-being
2. Evaluate and apply recent research in the field of Positive Psychology

Materials

Students will need access to the Internet and the website greatergood.berkeley.edu/key, digital or print copies of the Handout 1.3, and a means to compile the suggestions of students (e.g., whiteboard, JamBoard, Pear Deck extension for Google Slides).

Time

- This activity should take students about 50 minutes to complete. It can be shortened by having students only doing parts I and II of the worksheet.

Instructions

- Begin the lesson with an inquiry about well-being. Encourage students to develop a working definition for the concept and brainstorm thoughts about what can develop or improve well-being.
- Students will explore the building blocks of individual and community well-being by selecting one of twelve topics from the Greater Good's "Keys to Well-Being" website. After reading through summaries of the keys, students will answer questions to further understanding, and then identify one key that they can implement in their own lives. Answers should be recorded on a digital or print copy of Handout 1.3. This task can be started during in-class instruction (some students may need assistance navigating the webpage). Most likely, students will complete the task for homework.
- Students will also be able to explore additional topics about happiness through the Greater Good's website and identify take-aways to share with the class.

Extension activity

- The next day or after students have completed the task, have students share in small groups what keys to well-being they researched. Each group can record a favorite key that they discussed. Have the whole class (or small groups) make a list that can be posted in the classroom or shared digitally on a class website/LMS with their keys to well-being.

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HANDOUT 1.3

Exploring the Keys to Well-Being

Learning Targets

1. Explore the building blocks of individual and community well-being
2. Evaluate and apply recent research in the field of Positive Psychology

Instructions

Access the Greater Good's "Keys to Well-Being" website. Choose ONE of the twelve topics to explore from the first page. You can access each topic individually underneath the "Keys to Well-Being" header. Complete the following tasks on your chosen topic.

I. Big Questions

Look on the upper right-hand corner.

1. What are the THREE questions that you will be exploring during this exercise? (they should be in grey on the right side of the webpage). Write down these questions below and answer them.

II. Take the Quiz

Take the quiz located beneath the questions and answer the following questions.

2. Based on the types of questions asked in the survey, how would you define this trait?

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3. Do you agree or disagree with the results of the quiz? Why or why not?

4. After the quiz, there will be a list of suggested exercises designed to help you build this skill. Identify ONE that you could easily implement in your own life - or that you already do!

III. Learn more

There are a number of Science of Happiness podcast episodes and articles posted on the Greater Good's webpage. Please choose one to listen to or read and answer the questions below.

5. What podcast did you listen to or article did you read?

6. List three key take-aways from the podcast. What did you learn about your skill or well-being?

IV. Share what you have learned about well-being

Be ready to share what you have learned about well-being and happiness with the class.

Grading

Students could receive 10 points for completing the assignment with fidelity.

Resource

The Greater Good Science Center at the University of California, Berkeley. (n.d.) *Keys to well-being*. Retrieved from https://greatergood.berkeley.edu/key.