

Positive Psychology A 7-Day Unit Plan for High School Psychology

Activity 6.1

A Beautiful Day: Applying Principles of Positive Psychology

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Concept: Positive psychology seeks to understand the qualities of the good life, encompassing positive subjective experiences and the qualities that define them. This activity will challenge students to explore their own definitions of the good life as they apply the concepts studied throughout the unit.

Materials: None.

Description: After discussing the qualities of positive subjective experience and what constitutes “the good life,” propose the following to the students:

Design a beautiful day (a 24-hour clock day) that is within the realm of possibility for you to live currently. Explain why you chose each element.

Have students bring in their designs for discussion. This discussion is to help the instructor be sure that the students understand what the research says about positive subjective experiences and “the good life.” Once discussion has come to a satisfactory conclusion, present the following assignment to the students:

Try to live that day and report your feelings while including answers to the following questions:

Part 1: Were you successful in living that day?

Why or why not? Were all of the qualities of your beautiful day truly beautiful? Why or why not? What would you now change about your perception of a beautiful day?

Part 2: Is there any action you might take to move toward achieving a “beautiful day” on a more regular basis?

How does your concept of a “beautiful day” fit in with your life’s goals?