



Do Now

Lesson 4 and 5: How can we stay happy and positive?



BELONG CARE ASPIRE SUCCEED

Emi could barely drag herself out of bed this morning, she felt so down and tired. She had so many jobs to do; walk half an hour to the shops, finish her English assignment, babysit her little cousin and help out down at the retirement home. Strangely, after her very busy day, Emi felt a real level of happiness and positivity.

Discuss: Why might completing these activities have helped change Emi's mood?



Define the term 'positivity.'
How is this different from happiness?

I think positivity means...

This is different from happiness because...

How can we stay happy and positive?



Learning outcomes:

Explain how certain activities can help to improve our moods and make us feel happier and more positive, as well as why these tips work.

Analyse the short- and long-term benefits of the different healthy ways we can improve our own and other people's moods.

Happiness – Happiness is a positive and pleasant emotion, ranging from contentment with your life to temporary intense joy.

Positivity - The practice of being or tendency to be positive or optimistic in attitude.

Now let's return to Emi.

What we've learned seems to make sense here. Emi spent the day walking around (improving her health and fitness levels), helping her community and family (strengthening relationships) and completing her assignment (focusing on a goal).

Helping out the elderly people may also have made Emi feel grateful for her own youthful exuberance and independence.

1. Spend ten minutes now creating a day plan for yourself where you would cover our four human happiness factors in one day. What activities would you do to ensure you covered all four?



Did you know?

Apparently, the UK is currently measured as the 2nd least happy country in the world. Watch carefully:

<https://www.youtube.com/watch?v=4hGTUVqpBc0>

US Surgeon General (basically one of the world's top doctors) thought that social media was making people less happy. Why is this? How does this seem to apply more to teenagers? Let's investigate together now. Watch the clip and we'll go through our answers together shortly



What did the first report show about spending one hour per day on social media?

[1.https://www.youtube.com/watch?v=UuqdE-5F0LM](https://www.youtube.com/watch?v=UuqdE-5F0LM)

What have all recent studies shown us about time spent on social media?

Which seems to be worse, passive or active use?

What do we mean when we talk about an 'opportunity cost'?

What did the first report show about spending one hour per day on social media?

That our overall satisfaction with our lives can reduce by up to 14%

What have all recent studies shown us about time spent on social media?

It makes us less happy – all studies show a small but significant decrease.

Which seems to be worse, passive or active use?

Passive – think doom-scrolling!

What do we mean when we talk about an ‘opportunity cost’?

We mean social media is taking up all of the free time that you could have spent doing something more productively – that actually would make you happier.



How can we stay happy and positive?



Useful, legitimate and appropriate helplines and charities:

[Young Minds](#). Child and adolescent mental health charity for teens struggling with any subject. Call: 0808 802 5544

[Teen Line | Teens Support hotline - Connect, talk, get help!](#) Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

[SANE](#). National out-of hours mental health charity offering emotional support, guidance and information. Call: 0300 304 7000 (4.30pm to 10.30pm)

[Mental Health Foundation](#). Information and support for anyone with mental health problems or learning disabilities.

<https://www.nhs.uk/> The National Health Service website



Belong - Care - Aspire - Succeed

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>