

Learning Objectives:

- Adopt a positive attitude and think from different perspectives
- Appreciate what we possess and learn to be content at ease

Life Event: Happiness Comes from Appreciation

(懂得感恩才會快樂)

Values & Attitudes : Be appreciative, think from different perspectives

Learning Materials : I. Students' Reference 1: "What would be my response?"
 Students' Reference 2: Suggested ways to show appreciation
 II. Students' Extended Activity 1: "What and who should I appreciate this week?"

Procedures:

Steps (For reference)	Key Learning Points
<p>Suggested Activity One: "My view on Happiness"</p> <p>1. Teacher raises and discusses with students the following questions:</p> <p>(1) When would you feel happy? (e.g. at the park, go shopping, by yourself alone, at home watching TV, when you receive a present, etc.)</p> <p>(2) Briefly explain why you would feel happy at that time.</p> <p>(3) What is "Happiness" to you?</p> <p>(4) When we say a word or take an action, should pleasure-seeking be our only purpose? Would there be other factors to be considered?</p> <p>2. Conclusion (For reference): Different people have different ways to attain happiness. "Happiness" is therefore very subjective. An activity that appears to be happy to one person may not necessarily be happy to another. Also, happiness should not be the only purpose that we consider when making decisions. Other factors including other peoples' feelings, whether it is for the well-being of the most, etc., have to be considered.</p>	<p>➤ Bring into the topic of happiness and let students think about how they derive happiness</p> <p>➤ Convey the message that pleasure-seeking should not be the only factor to be considered when making decisions</p>

<p>Suggested Activity Two: “What would be my response?”</p> <ol style="list-style-type: none"> 1. Teacher gives 2 cases to students and distributes “What would be my response?” (I. Students’ Reference 1). Let students decide the possible responses and consider the corresponding consequences. 2. Students are divided into 4-6 groups. Each student in the group takes turns to report to other group-mates on their choice of thought and the corresponding effects on the situation. 3. Group representatives report to the whole class on their results. 4. Conclusion (For reference): Our thoughts directly affect our emotions and our relationships with the people around. Therefore, one of the important ways to stay happy is to be appreciative instead of being critical. Teacher suggests ways to show appreciation to others (I. Students’ Reference 2). 	<ul style="list-style-type: none"> ➤ Through real-life cases, students are to think about the consequences of different choices of thoughts and the corresponding effect on relationships ➤ Through the cases analysis, students are trained to think from different perspectives ➤ Students are to learn that being appreciative is a key to successful human relationships, and thus leading to happiness
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Teacher’s Conclusion:

For reference:

Some people may have difficulties finding happiness. Where could we find happiness? Each and every one of us is finding happiness all the time, but we may not know the real ways. Our thoughts directly affect our feelings and our relationships with the people around. Therefore, happiness is based on our values and attitudes. From this lesson, students are to learn that being appreciative is one of the keys to successful human relationships and thus one of the keys to happiness.

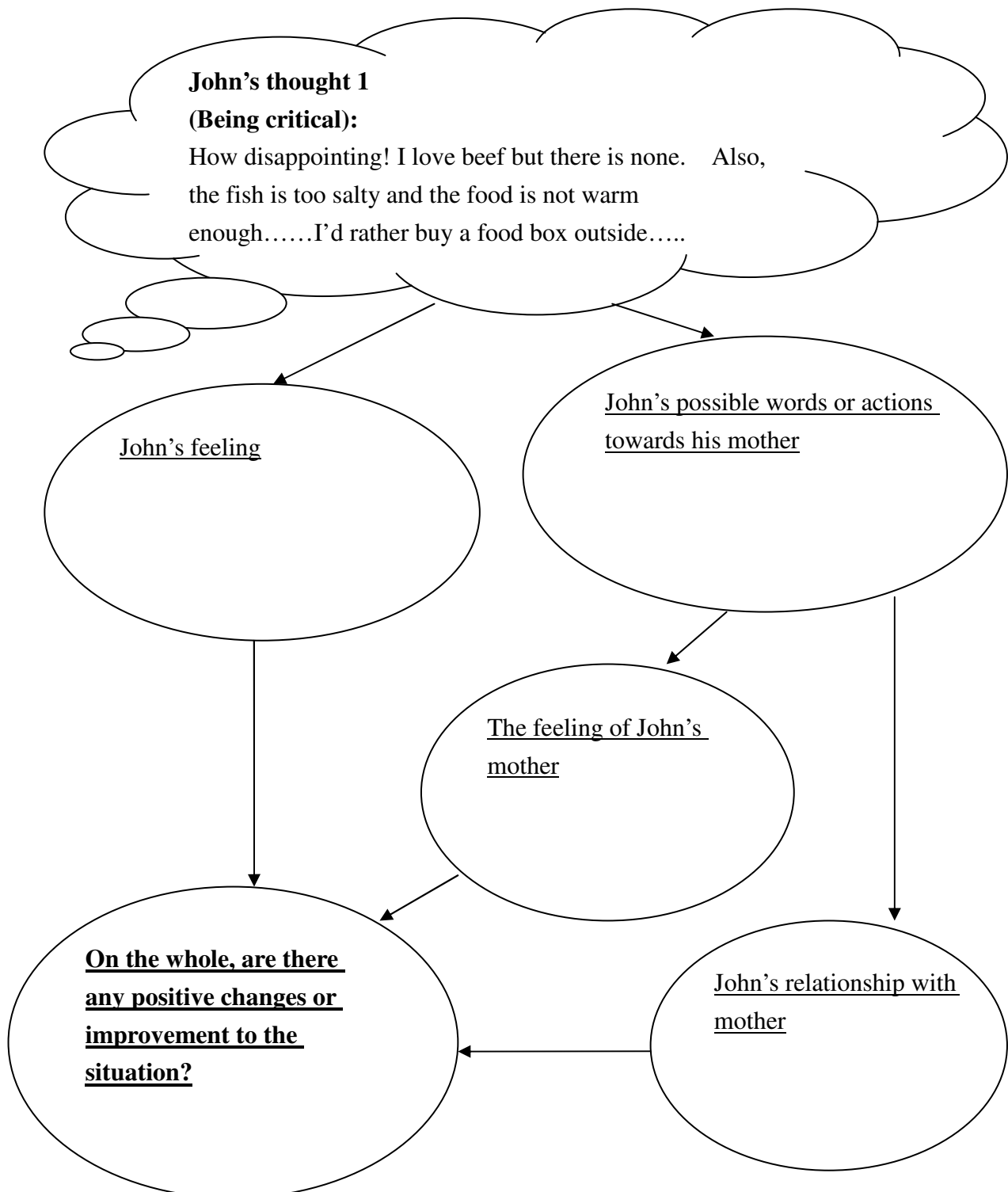
Students’ Extended Activity: “What should I appreciate this week?”

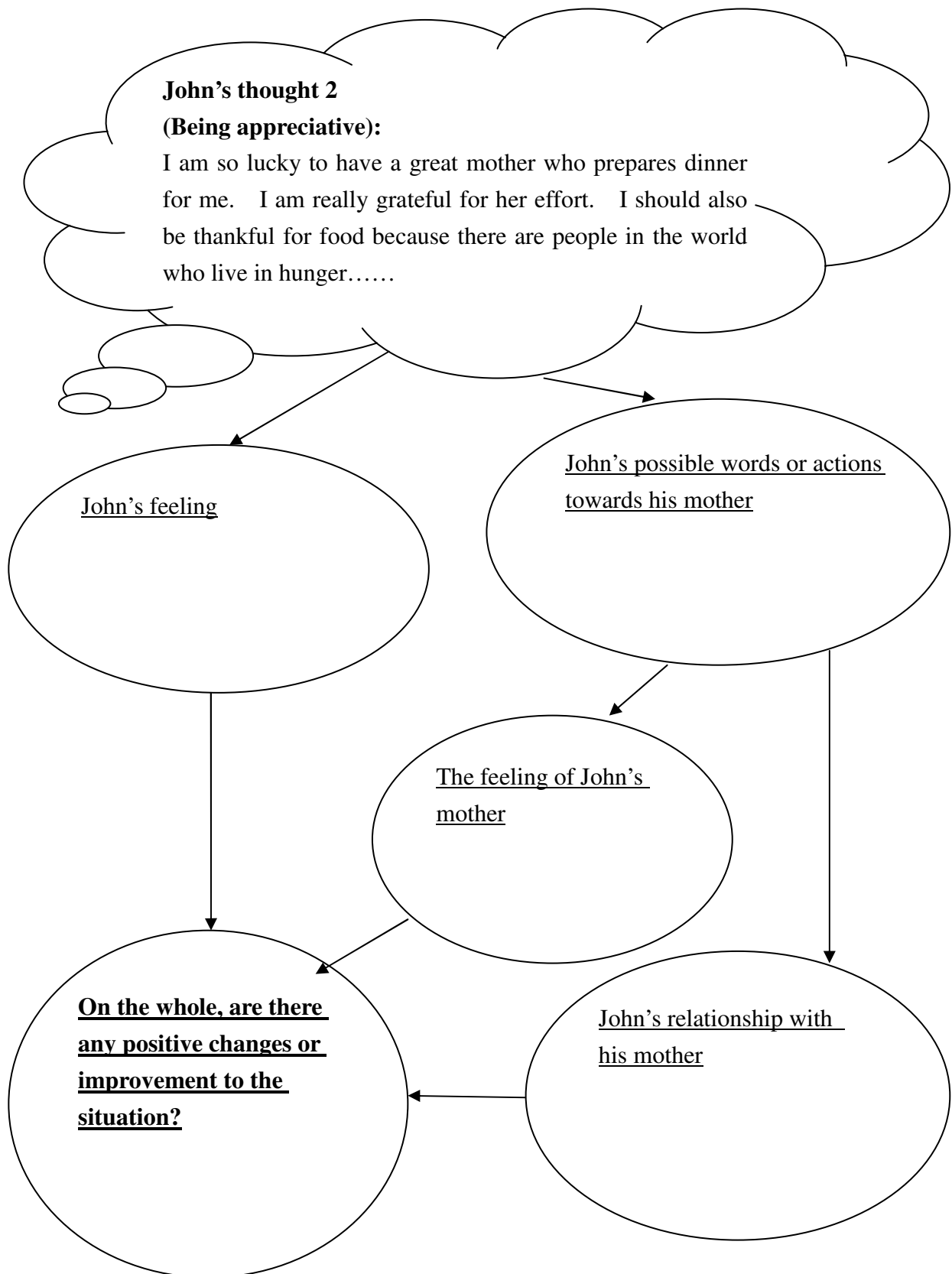
Students are asked to record 3 incidents that deserve their appreciation and gratefulness in a week which bring them happiness. It could be anything from a good talk with a friend to a nice meal with parents; or anything from home, school or play.

“What would be my response?”

Case 1

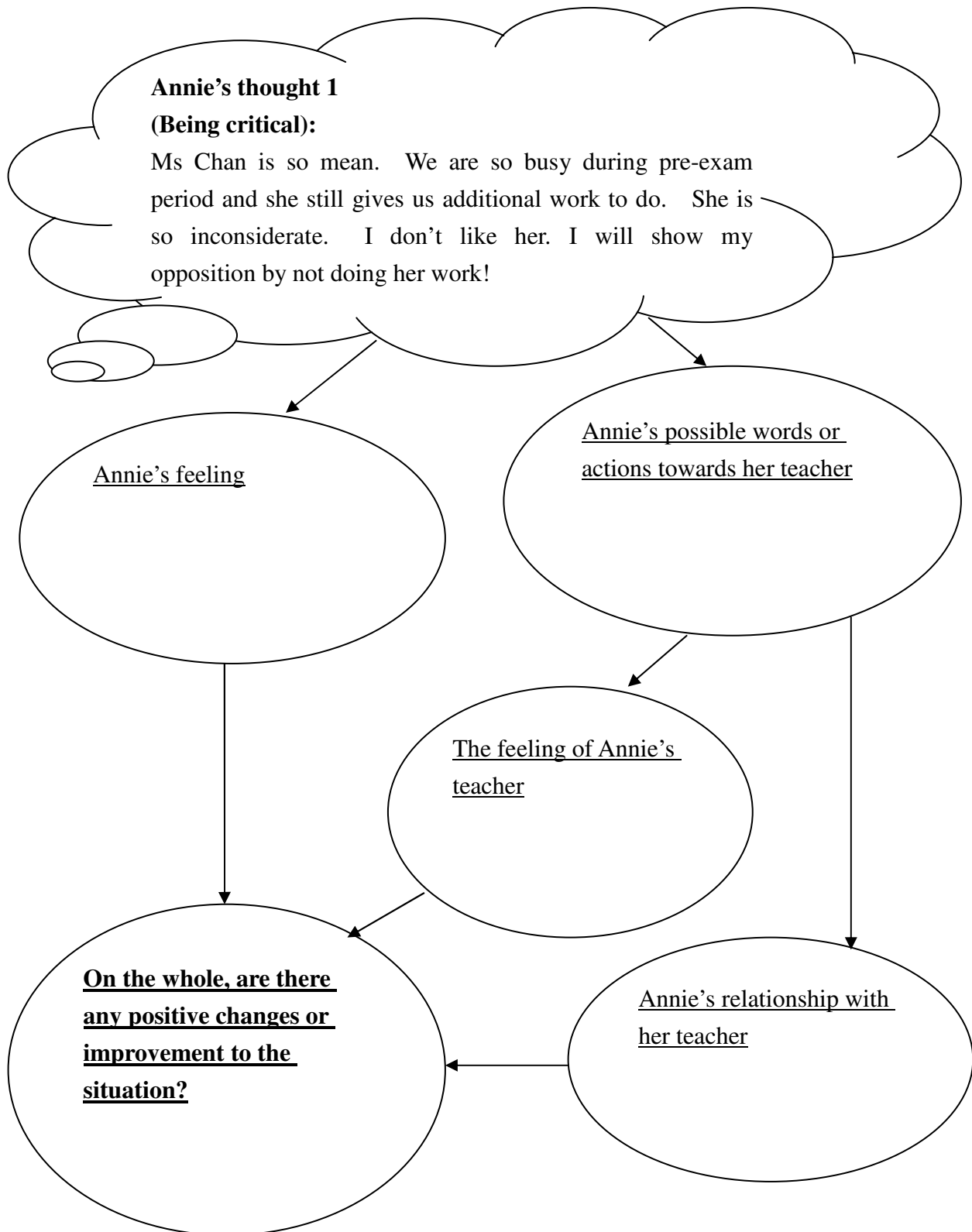
At around 6 pm, mother gets off from work. As usual, she goes to the supermarket, buys some vegetables and fish, and prepares dinner. “Dinner is ready!” mother calls out and all the food is well-prepared on the table. John is hungry; he immediately sits down and takes the first bite.....

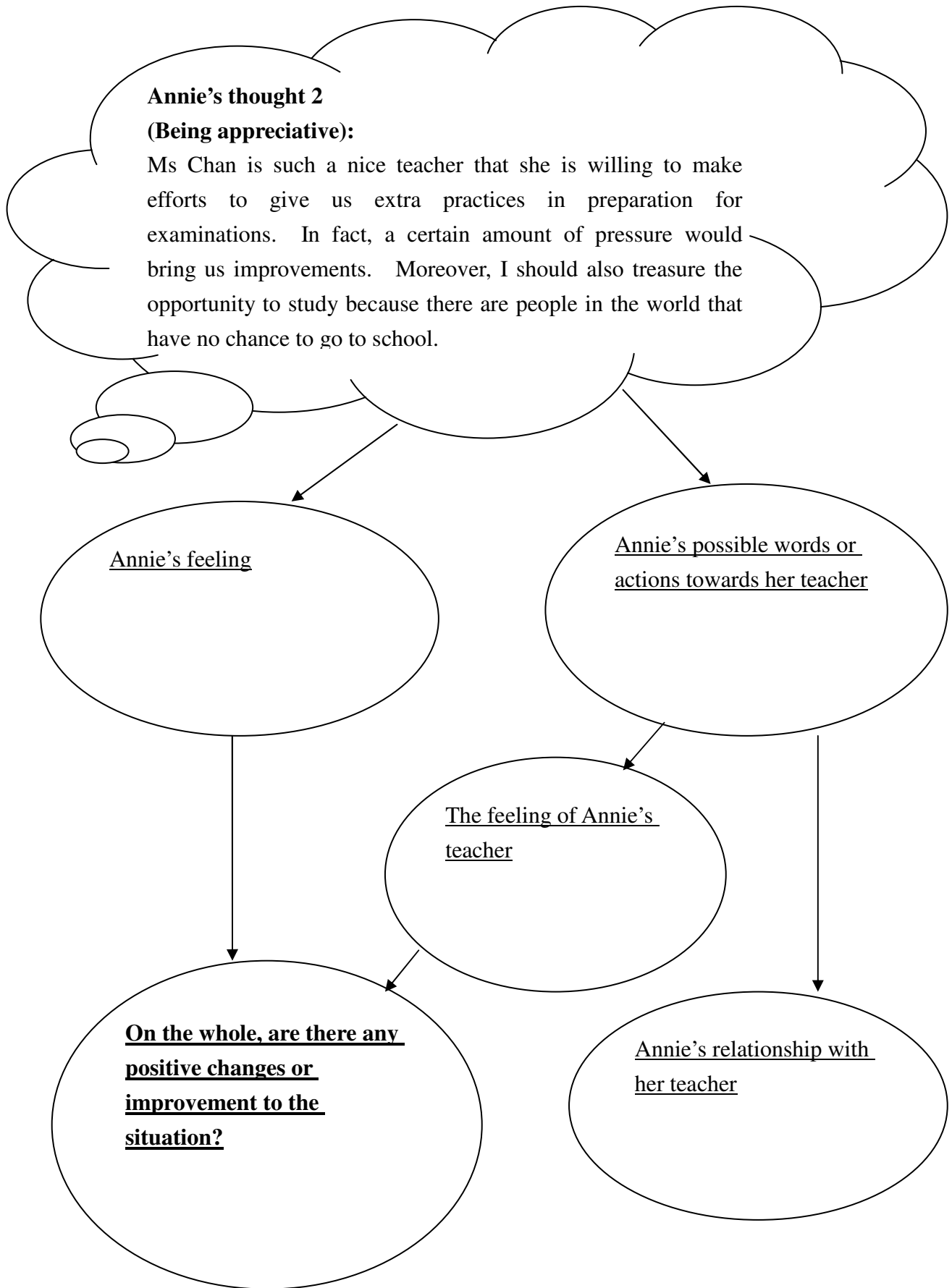




Case 2:

Examination is coming up next week. Ms Chan, the English teacher, is giving additional exercises for her students to strengthen their examination skills. Annie, being one of the students of Ms Chan, is thinking.....





I. Students' Reference 2

Suggested ways to show appreciation

To be appreciative is a habit. To show appreciation for someone, you can make use of the following ways:

- Say “thank you” in person. For example, you can say “If it is not because of you, I wouldn’t have” or “Only because of you, I have achieved....”
- If there are people that are close to you, you can give them hugs and kisses.
- If it is not easy to say thank you in person, you may give letters, cards, small gifts, flowers to the person you appreciate, or say “thank you” via the Internet.
- Make use of special occasions like “Teacher’s Day”, “Mother’s Day”, and “Christmas” to show your gratitude.
- Record 3 incidents that deserve your appreciation and gratefulness every week in your journal. You will soon develop a habit of appreciation and would not easily take things for granted.



II. Students' Extended Activity 1

“What and who should I appreciate this week?”

Name _____

Class _____ ()

Record 3 incidents that deserve your appreciation and gratefulness in this week that bring you happiness:

(i) Incident 1

What/ who did you appreciate and why?

(ii) Incident 2

What/ who did you appreciate and why?

(iii) Incident 3

What/ who did you appreciate and why?

