

LESSON 23

Recognising and recalling positive emotions

Positive perspective questions:

What is your happiest memory?

How do you feel after sharing and hearing other happiest memories?

Draw your happiest memory in the space below:

Learning Intentions:

We are learning to: identify the benefits of positive emotions.

Resources:

- Interactive white board.
- YouTube access.
- Post-it notes.
- Student Journals.

Outline:

Activity 1: Video (5 mins)

- Watch **Video 529** from the Video Resource List.
- This clip shows people recalling their happiest memory and displaying it in the street.

Activity 2: What's your happiest memory? (25 mins)

- Share with the class one of your happiest memories. Tell them why it is one of your favourites. Students will then need to brainstorm what their happiest memories are. Tell them to take their time and to really think about a memory when they were truly happy. Once they have one each, ask them to write it on a post-it note.
- Sit in a circle and ask students to share their story with the class. Remind students about the importance of listening and contributing to the conversations. After everyone has shared their favourite memory, create a 'happiest memory wall'. It could be in the classroom, or somewhere more public like the school library or school office.
- Have the students make a poster saying, 'Happiest Memories', and stick post-it notes on the poster. Leave some spare post-it notes and pencils so that others can contribute and add to your display.

Activity 3: You can't make me smile! (5 mins)

- Play a game similar to the 'Honey, you can't make me smile' game. Players form a circle, and you choose one to three students to be in the middle. The job of the students in the middle is to make their classmates laugh. They can go up to any student and say funny jokes, make funny sounds or just stare. They are not allowed to touch the students in the circle, and you can set them a time limit.
- The aim of the game is to get the whole class laughing. Once you have one student laughing, it's pretty contagious, and soon you will find everyone cracking a smile and breaking out in laughter.

Activity 4: Reflection (15 mins)

- In their Student Journals, students answer 'Positive Perspective Questions':
 - What was your happiest memory?
 - How did you feel after sharing and hearing other people's happiest memories?

Extension Activity: (5 mins)

- Students share their drawings with the class.