

Glocalisation: Developing Students' Language and Intercultural Competence through a Multicultural Language Arts Programme in KS2

THE SECRETS OF HAPPINESS:

**A TASK-BASED APPROACH TO
INSTILLING POSITIVE VALUES
IN YOUNG LEARNERS**

S.K.H ST. PETER'S PRIMARY SCHOOL
MLA SEED PROJECT 2021-2022
SPEAKER: DENNIS TAM



SCHOOL DETAILS

- An aided primary school in Shek Tong Tsui
- Co-ed school
- Eight P6 classes – 6 of them are of mixed abilities, while one class is an elite class and one class is the remedial class



HAPPINESS

The feeling of being happy

AGENDA

1. OVERVIEW OF THE LESSONS

2. EVALUATION

3. Q&A



LESSON 1-2

1. Are you a happy person? Why or why not?



2. When do you feel happy? When do you feel unhappy?

LET'S ALL TAKE THIS TEST!

Don't take too long over individual questions; there are no "right" or "wrong" answers (and no trick questions). The first answer that comes into your head is probably the right one for you.

1. I am not pleased with the way I am. (R) _____
2. I am intensely interested in other people. _____
3. I feel that life is very rewarding. _____
4. I have very warm feelings towards almost everyone. _____
5. I rarely wake up feeling rested. (R) _____
6. I am not particularly optimistic about the future. (R) _____
7. I find most things amusing. _____
8. Life is good. _____
9. I do not think that the world is a good place. (R) _____
10. I don't have particularly happy memories of the past. (R) _____

ARE YOU HAPPY?

- Please say how much you **agree** or **disagree** with each by entering a number in the blank after each statement, according to the following scale:

1 = strongly **disagree**

2 = moderately **disagree**

3 = slightly **disagree**

4 = slightly **agree**

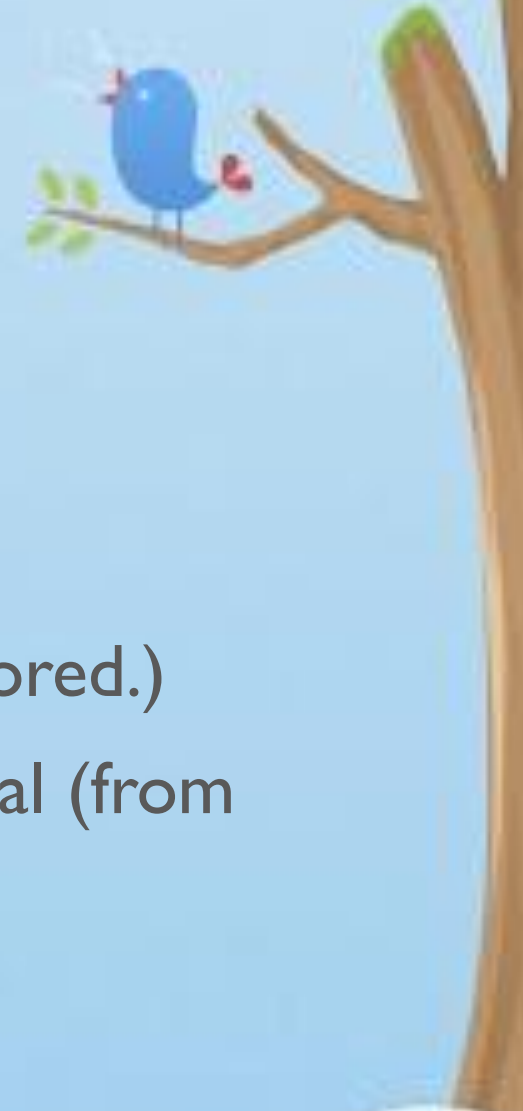
5 = moderately **agree**

6 = strongly **agree**

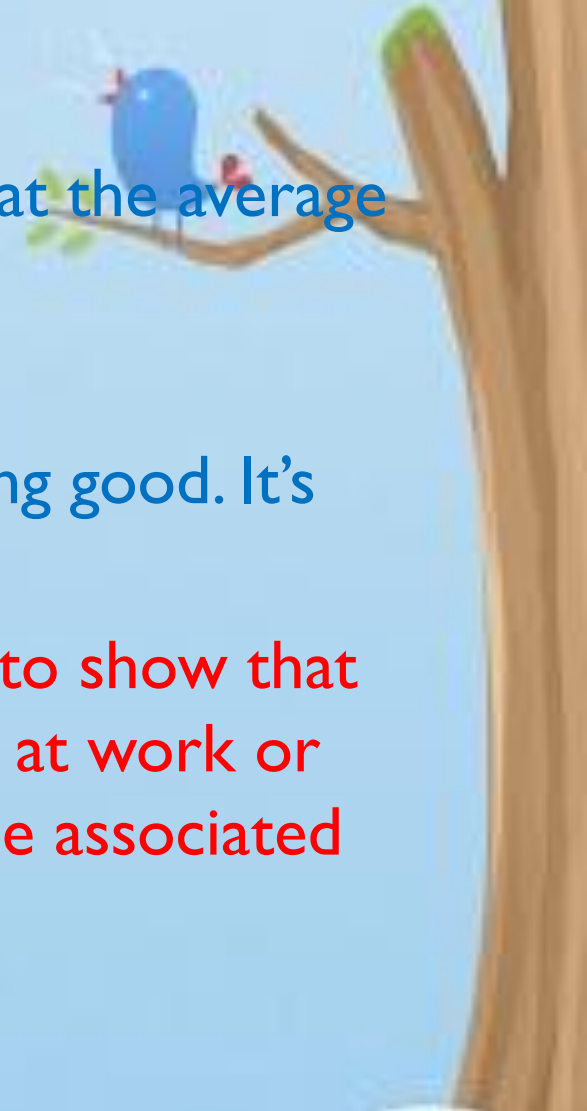
- **Don't take too long** over individual questions; there are **no “right” or “wrong” answers** (and no trick questions). The first answer that comes into your head is probably the right one for you.



- Step 1. Items marked (R) should be scored in reverse:
- If you gave yourself a “1,” cross it out and change it to a “6.”
Change “2” to a “5”
Change “3” to a “4”
Change “4” to a “3”
Change “5” to a “2”
Change “6” to a “1”
- Step 2. Add the numbers for all 10 questions. (Use the converted numbers for the 5 items that are reverse scored.)
- Step 3. Divide by 10. So your happiness score = the total (from step 2) divided by 10.

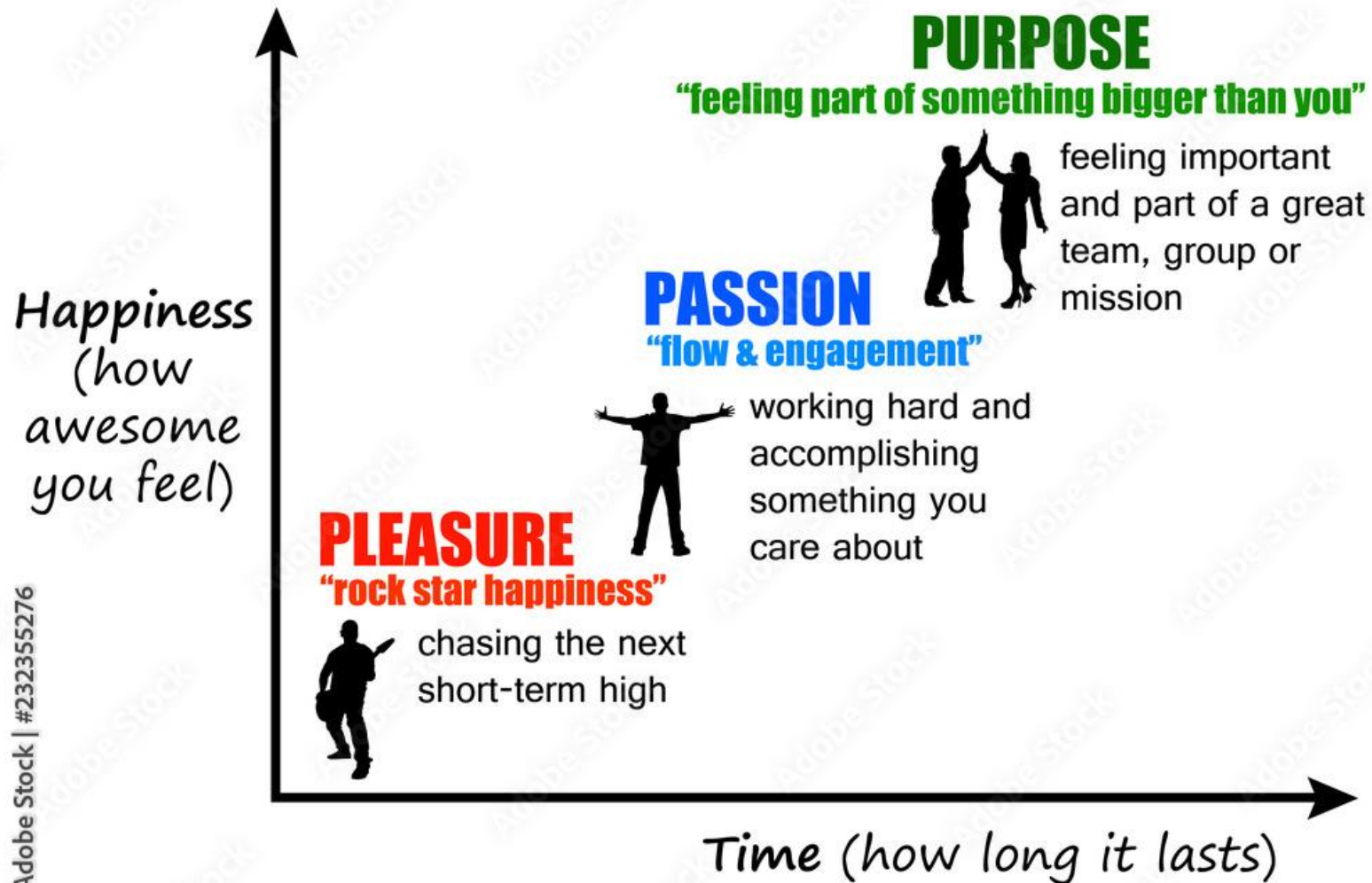


- 1-2 : Not happy. If you answered honestly and got a very low score, you're probably seeing yourself and your situation as worse than it really is.
- 2-3 : Somewhat unhappy.
- 3-4 : Not particularly happy or unhappy.
- 4 : Somewhat happy or moderately happy. Satisfied. This is what the average person scores.
- 4-5 : Rather happy; pretty happy.
- 5-6 : Very happy. Being happy has more benefits than just feeling good. It's correlated with benefits and attaining your goals.
- 6 : Too happy. Yes, you read that right. Recent research seems to show that there's an optimal level of happiness for things like doing well at work or school, or for being healthy, and that being "too happy" may be associated with lower levels of such things.



3 TYPES OF HAPPINESS

THREE KINDS OF HAPPINESS



“Secrets of happiness”

the **6 secrets**:

1: Happiness is personal.

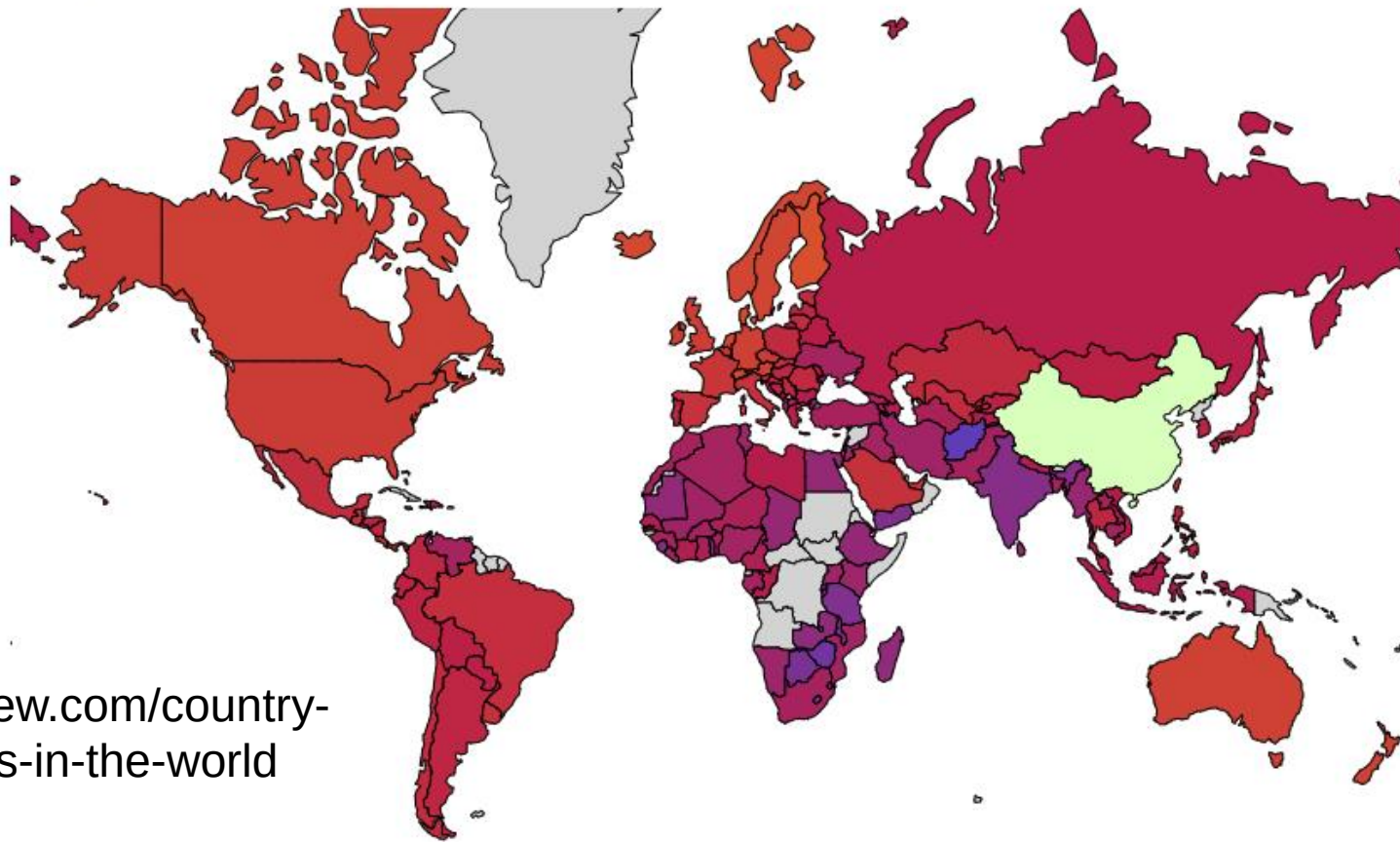
We all have our own meaning of life.



Lesson 3-4

Do you know the ranking of the **happiest** countries in the world?

Happiest Countries in the World 2022



<https://worldpopulationreview.com/country-rankings/happiest-countries-in-the-world>

Do you think people in the **developed countries** are happier than those in the **developing countries**?

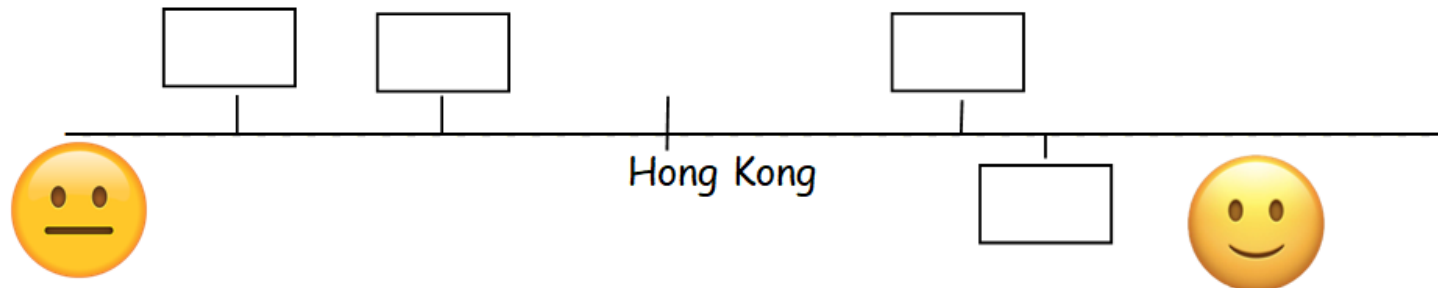


Which countries have the higher happiness levels?

1. Make a guess:

Write the letters to represent the names of the countries about their happiness levels.

A= South Africa B= the Philippines C= South Korea D= China



2. Find out the ranking of these countries:

Happiest Countries in the World 2022

<https://worldpopulationreview.com/country-rankings/happiest-countries-in-the-world>

Country/ City	Happiness level (ranking)
South Africa	101
the Philippines	60
South Korea	61
China	82
Hong Kong	75



HAPPY



visualcapitalist.com

Let's watch some **videos!**

Complete the following table!

2. Complete the following table:

	What do the children use to play the games?	Are the tools simple (s) or complicated (c)?	Why do you think the children are happy when playing games?

What games do the children play in **different countries?**

Watch a YouTube video:

Batang 90's 😊: Your Favourite Games of the 90's (Traditional Filipino Games)

<https://www.youtube.com/watch?v=VJ7NIZWqEMk>



7 Korean Traditional Games | Yutnori, Jegichagi and more (3.08)

<https://www.youtube.com/watch?v=Q0ZG1o0SibE>



Childhood games every Hong Kong kid grew up playing



<https://www.timeout.com/hong-kong/things-to-do/childhood-games-every-hong-kong-kid-grew-up-playing>



The secret of happiness

[Secret ②]

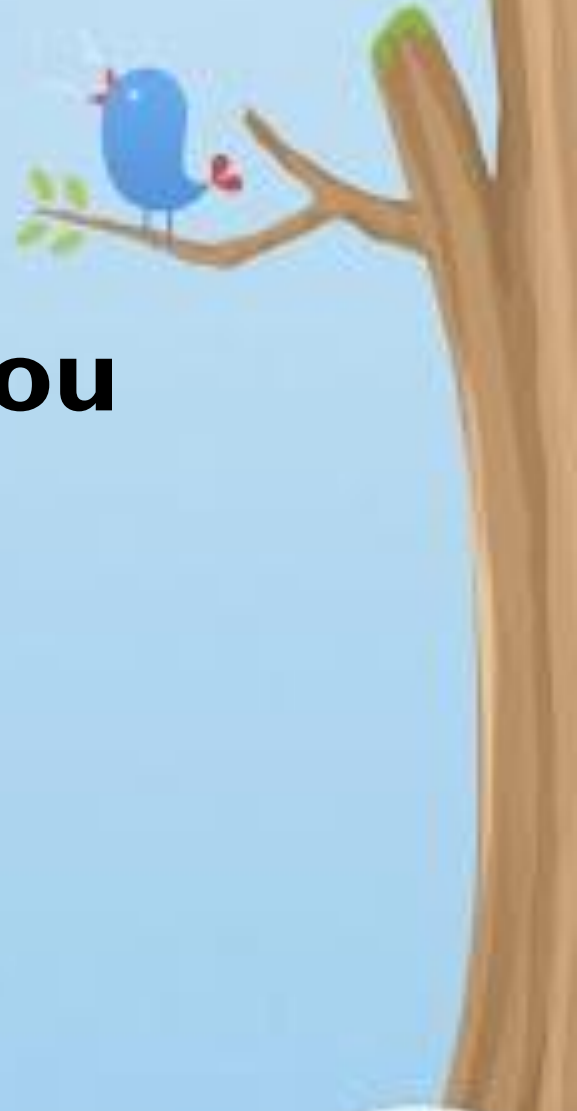
**“More things won’t make you
happy.”**



The secret of happiness

(Secret ②)

You have to appreciate what you have.



A large group of students, likely from a primary or secondary school, are gathered in a classroom. Many of them are wearing face masks and making peace signs with their hands. The students are dressed in school uniforms, including white shirts and grey shorts or skirts. The classroom has large windows in the background, and the overall atmosphere is positive and energetic.

Lesson 5-6

Set Goals and Achieve your Dreams!

Learn from people with disabilities

So Wa Wai / Nick Vujicic

**THESE ARE THEIR GOALS!
ACHIEVING THE GOALS OF
YOUR OWN MAKES YOU
HAPPY!**



SO WA WAI



- born with jaundice → affected his **hearing** and the balance of his limbs
- competed in the Paralympic Games → **won** many competitions



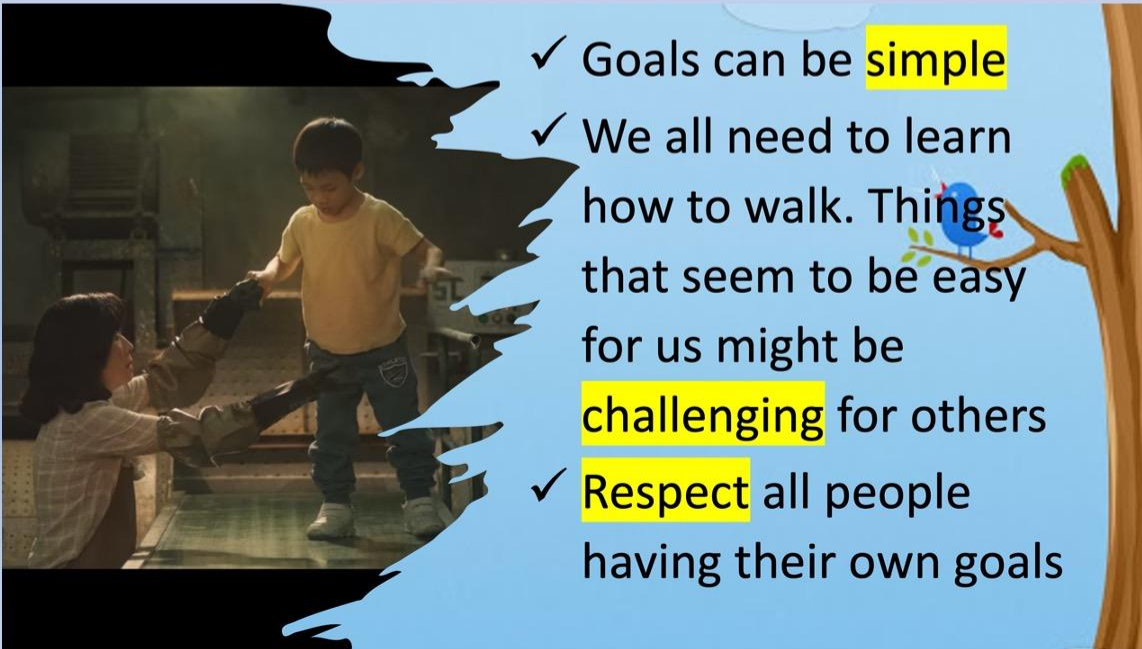
- ✓ Achieving your goals usually takes **great effort**! It might be a painful process!
- ✓ Even the process is hard, you feel **fulfilling**!



- ✓ From learning to walk to winning the Paralympic Games, So **took a long way**.
- ✓ We have different goals in our different stages of life.
- ✓ Sometimes we and others share the same goal. We work **together** to achieve our goals.



- ✓ Goals can be **simple**
- ✓ We all need to learn how to walk. Things that seem to be easy for us might be **challenging** for others
- ✓ **Respect** all people having their own goals



NICK VUJICIC



**WITHOUT HANDS AND LEGS,
WHAT CAN'T NICK DO?**

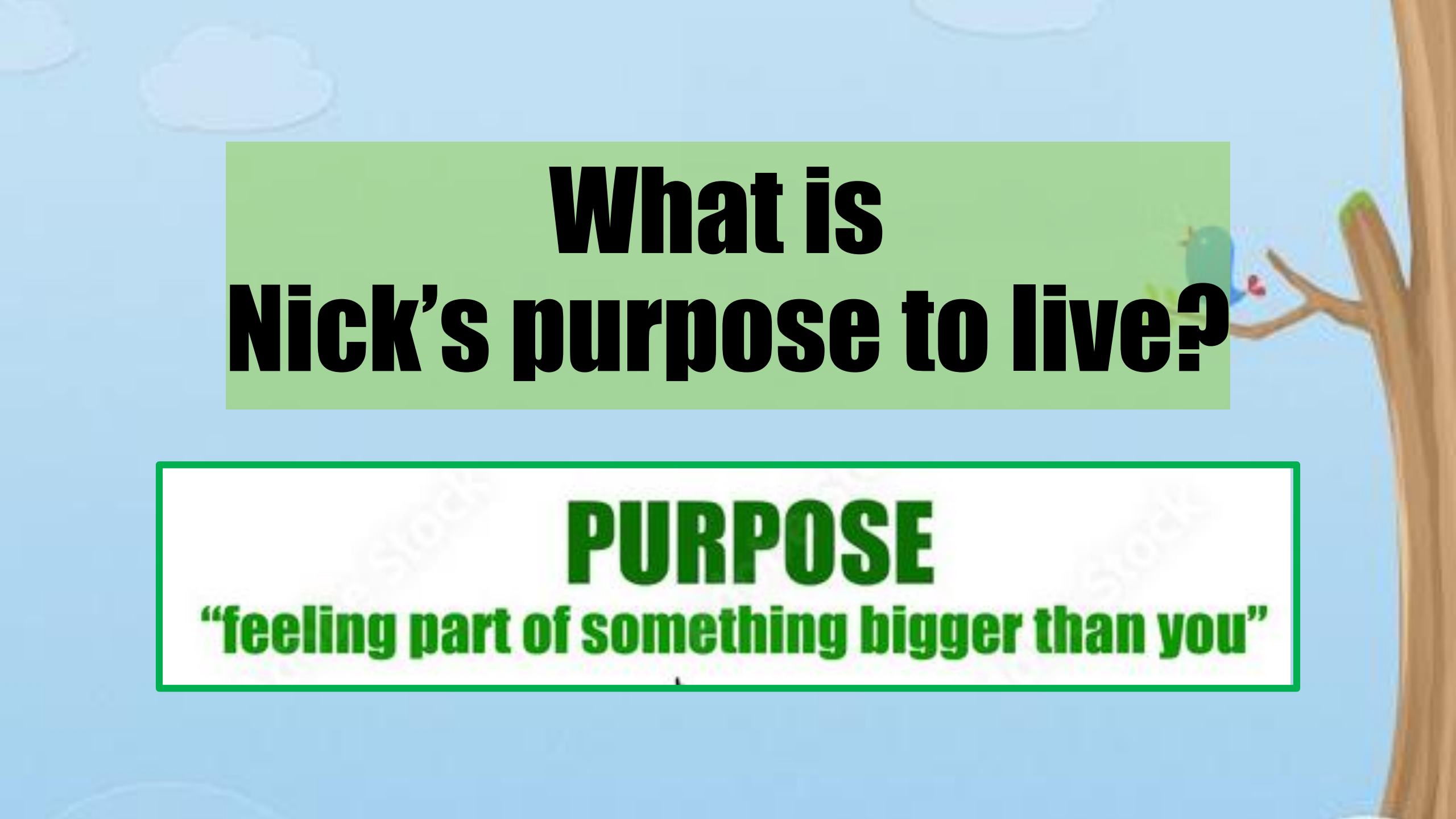


**DO YOU THINK
HE CAN PICK UP A PHONE CALL?**

LET'S LISTEN TO HIS SHARING!

**DO YOU THINK NICK IS
HAPPY?
WHY OR WHY NOT?**





**What is
Nick's purpose to live?**

PURPOSE

“feeling part of something bigger than you”

CONCLUSION

**SECRET OF HAPPINESS
SET GOALS AND ACHIEVE OUR
DREAMS**

NEVER GIVE UP!



I want to improve my English writing skill. I plan to write a diary entry every day and read a story book every week to improve my skill.

I hope to join the bus company as a professional bus driver, also write transportation routes for the company.

I want to keep good relationship with my friends.

There are two main plans I want to achieve. The first is to be a great and fun teacher — to be more interactive with students. Also to develop a good environment for kids to study. The second dream that I want to fulfil is to create a video game. It'll be fun for youths to play.

“Secrets of happiness”

the **6 secrets**:

3: It is important to **set goals and achieve them.**

During the process of reaching a goal,
you will feel happy too.



LESSON 7

EILEEN GU

- an 18-year-old American-born Olympic gold medalist freestyle skier and model
- She has been in love with skiing and fashion since a very young age.



WATCH A SHORT VIDEO ABOUT EILEEN.

Why does she like **skiing**?

“When skiing, I feel like a bird flying up and then landing. It is **amazing**.”

What I love the most is this sense of flying and happiness. That’s why I’m so **fascinated** by it.”



GORDON RAMSEY

- British chef, restaurant owner and television host
- He has loved cooking since he was five years old.



Gordon Ramsay

**BEING A CHEF
NEVER SEEMS LIKE
A JOB, IT BECOMES
A TRUE PASSION.**



W W W . E L I T E C O L U M N . C O M

WHAT DO EILEEN AND RAMSAY
HAVE IN COMMON?

Is it money? Good looks? Fame?



What is the key element of success?

Hint: passion

“Secrets of happiness”

the 6 secrets:

4: Happiness is a choice.
Be passionate.

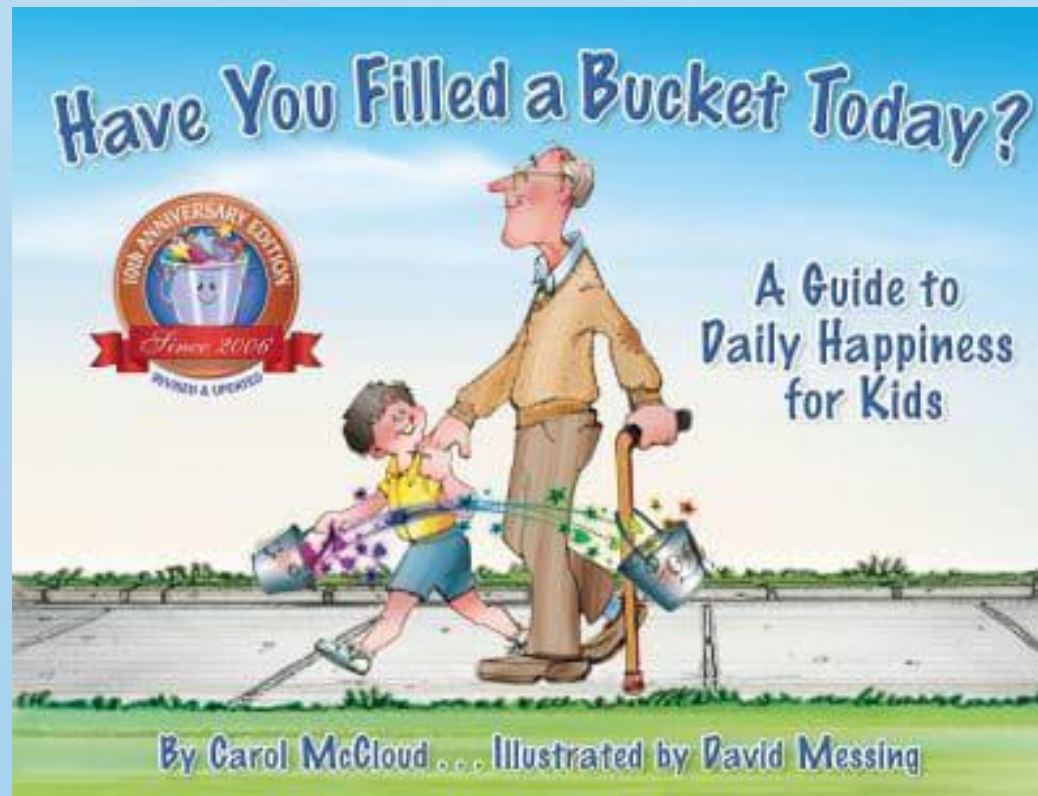


LESSON 8



DOING GOOD DEEDS AND RESPECT OTHERS

- <https://youtu.be/wAQpbecOPOI>



HAVE YOU FILLED YOUR BUCKET TODAY?

- On a small piece of paper, write down something good that you did / will do today.
- Then, fold it and put it in the bucket.
- The teacher will read them aloud randomly later.



HAPPINESS BUCKETS



Emma Lam

Said good morning to teachers and
they smiled.

Khloe

I will be patient with my brother,
ask him about his day and actually
spend some time bonding with him
tonight.

What would you like to put in your bucket today?

I would like to
~~write~~^{write} a thank you
card ~~for~~^{to} my parents.

Say 'Good morning~' to
my family.



I would like to
make everyone laugh
and become happy.



Teach my younger
sister ~~to~~^{to} do homework~

Chat with my
friends and played
with them.



LESSON 9



Watch this Thai advertisement as well

Help others without expecting anything back

<https://youtu.be/aUmj2VzVeEg>

What does the man do to help others?



What does he get?

friendship peace in mind

satisfaction warm feeling

a sense of purpose

trust

happiness



Studies show:

When we do kind things,

- it gives our **brain** a **boost**, activates its 'reward centre' and that feels good.
- It **takes our minds off our own worries.**



Create kindness ripples

Help others and
induce others to help more others

<https://youtu.be/Yi3LW5riHfc>



“Secrets of happiness”

What do you think is the 5th secret?

5: Helping others makes one
happy



LESSON 10-12



How kids help others in the community

<https://www.wdsu.com/article/these-six-stories-about-kids-helping-others-will-melt-your-heart/19505433>

The helping others circles

Who can we help in our daily life?

We can first help those we see every day, and then those we are not familiar with.



North Macedonia

An 11-year-old girl with Down syndrome was being bullied.
So her country's President walked her to school.



President →

↑
Embla

A

**An 11-year-old girl with Down syndrome was being bullied.
So her country's President walked her to school.**

By Allegra Goodwin, CNN

Source: <https://edition.cnn.com/2022/02/11/europe/north-macedonia-bullied-girl-president-intl-scli/index.html>

(CNN) The President of North Macedonia walked an 11-year-old girl with Down syndrome to school after he heard she was being bullied.

President Stevo Pendarovski held Embla Ademi's hand as he walked her to her elementary school in the city of Gostivar on Monday.

Embla has experienced bullying at school due as a result of having Down syndrome -- a genetic condition that causes learning disabilities, health problems and distinctive facial characteristics -- a spokesperson for the President's office told CNN.

"The President said that the behavior of those who endanger children's rights is unacceptable, especially when it comes to children with atypical development," the statement said.

"They should not only enjoy the rights they deserve, but also feel equal and welcome in the school desks and schoolyard. It is our duty, as a government, but also as individuals, and the key element in this common mission is empathy."

"It will help children like Embla, but it will also help us learn from them how to feel happy, share and be in united," the president added."

He is also seen waving the 11-year-old off at the school gate as she walks into the building.

"We are all equal in this society. I came here to give my support and to raise awareness that equality is a basic principle", the press release quoted Pendarovski as saying.

"Prejudices (偏見) in that context are the main obstacle to building an equal society for all," Pendarovski said, according to the press release.

He also stressed there was "a legal and moral obligation to provide inclusive education, in which the main focus is on developing skills and abilities in children with different developmental processes" and emphasized the need to raise public awareness of the issue.

“Secrets of happiness”

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1: Happiness is personal.

We all have our own meaning of life.



“Secrets of happiness”

the **6 secrets**:

2: More things won't make you **happy**.

You have to **appreciate what you have**.



“Secrets of happiness”

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“Secrets of happiness”

the 6 secrets:

4: Happiness is a choice.
Be passionate.



“Secrets of happiness”

What do you think is the 5th secret?

5: Helping others makes one
happy



“Secrets of happiness”

What do you think is the **6th** secret?

6: Developing positive attitudes
is a key to happiness.



STRENGTHS

- 1. Values education**
- 2. Mental health**
- 3. Exposure to different world cultures and multimodal texts**

IN THE FUTURE...

- 1. Law of Attraction**



Thank you!

