



Erasmus+



COLEGIUL NAȚIONAL "GRIGORE MOISIL"
B-dul Timișoara nr. 33, Sector 6, București
Tel: 021 413 26 96; 021 413 26 47. Fax: 021 440 10 06
Website: <http://www.moisil.ro>

ROMÂNIA
MINISTERUL
EDUCAȚIEI
NAȚIONALE

Lesson Plan

DEHA (DESTINATION HAPPINESS – ERASMUS +)

TOPIC: *What makes a good life? Lessons from the longest study on happiness*

School: "Grigore Moisil" National College

Teacher: Cristina Moldoveanu

Objectives:

By the end of the class students will:

- Have listened to a 10 min+ lecture on happiness.
- Have reflected on the things which maintain their happiness.
- Have expressed their feelings of happiness through simple drawings.
- Have debated on the importance of happiness and success in life and have drawn their final conclusions.

Age/Level: 16-17 / B2+ - C1

Time: 2 hours

Materials: Pdf Worksheets, Video, PPT, laptops.

Activity 1: Lead in

Aim: to reflect on things which make them happy; to express their feelings of happiness through simple drawings

Materials: laptop, ppt, a piece of paper, crayons, pencils, TEAMS

Time: 10'

Procedure: - T. starts an open-class discussion related to happiness. T. asks Ss questions related to happiness, e.g.: *What makes a good life? What makes you happy?* Then she asks Ss to express their ideas of happiness in a drawing. When Ss. are ready, they compare their drawings, then they share their ideas of happiness with the entire class.

Activity 2: Video

Aim: to listen to a 10 min+ lecture on happiness and have discussions on it



Erasmus+



COLEGIUL NAȚIONAL "GRIGORE MOISIL"

B-dul Timișoara nr. 33, Sector 6, București
Tel: 021 413 26 96; 021 413 26 47. Fax: 021 440 10 06
Website: <http://www.moisil.ro>

ROMÂNIA
MINISTERUL
EDUCAȚIEI
NAȚIONALE

Materials: laptop, ppt, video, TEAMS

Time: 20'

Procedure: Ss listen to a Ted Talks speech: *What makes a good life? Lessons from the longest study on happiness* by Robert Waldinger, then they work in groups of 3 to figure out the answers for the following question: *What are the three lessons that make us living a good life (according to Robert Waldinger)? What about you?*

Activity 3: Debate

Aim: to debate the importance of happiness and success in life

Materials: laptop, ppt, video, TEAMS

Time: 1h 30'

Procedure: T. exposes Ss to the following question: *Is happiness more important than success?* T. elicits random answers (different opinions are expected). T. proposes Ss. a debate on this topic. Before dividing Ss in groups and assigning their positions, T. presents to the Ss a debate plan to know how to approach/ to plan their speech (see the last slide in the ppt.). After T. has presented the techniques of planning a debate speech, she divides Ss into three groups: **the advocate of happiness, the advocate of success** and finally the **neutral group** that is to come with arguments in favour of both being successful and happy. Ss work in break-out rooms, in Teams. While Ss. are working, T is monitoring Ss and gives them some advice, if necessary. When Ss. are ready, they present their ideas and share their arguments, but also counterarguments, with the other teams.