

### TASK I / Setting the stage

The United Nations now recognizes the importance of happiness as a measure of global well-being. Since 2011, the U.N. has invited member countries to track the happiness of its citizens. The World Happiness Index measures happiness through six variables:

1. Money (spending power)
2. Health and life expectancy
3. Social support (having someone to count on)
4. Freedom to make life choices
5. Freedom from corruption
6. How generous one acts and feels

What do you think about this list?

Is there anything missing from this list that you feel should be recognized as an indicator of happiness?

What are some things that make them happy?

Do you think happiness can be inspired and shared? If so, how?

### TASK II / Engaging with the Story

You will be watching a film about Johnny Barnes, an 88-year-old native Bermudian man. Since 1986, Barnes has performed a daily ritual of standing on a street corner in Bermuda's capital city of Hamilton. He shares positive affirmations to passers-by.

Watch the film and take note of Barnes' personality traits. Make a list of the comments that he says and the responses he gets from the people with whom he interacts.

### TASK III / Delving Deeper

After viewing the film, discuss the following ideas:

- Make a list of the ideas and beliefs of Johnny Barnes that support his efforts to make others happy.
- In the film, a radio host said, "a lot of people couldn't understand why he would do what he's doing." In your own words, describe the motivation behind Johnny Barnes' actions.
- What are three synonyms and three antonyms of the word "happiness"?
- One woman interviewed in the film explains that she did not want to look at Johnny Barnes when she was driving to work one morning because she wanted to "hold on to my unhappy moments." Why might someone want to hold on to unhappy moments?
- If you could summarize what Johnny Barnes represents in one sentence, what would be your description?
- The Greater Good Science Center has collected research showing that people who are kind and generous toward others tend to be happy, and that happiness contributes to being kind and generous. Do you agree with this statement? Why or why not?
- Do you think happiness is something one can work toward? If so, how?

#### **TASK IV / Reflecting and Projecting**

- Is happiness a choice?
- As portrayed in the film, a statue of Johnny Barnes was commissioned and erected at the Hamilton traffic circle in his honor. Imagine that you are chosen to write a plaque for the base of the statue. Create a one-sentence inscription honoring Johnny Barnes.

#### **TASK V/ Identifying & writing**

Jane Goodall, educator and primatologist, says, “ I have many kinds of happiness. I’m completely happy when I’m alone in nature... I’m really happy when I sit around with friends in the evening, particularly around a campfire where we can tell stories... I’m totally happy when I’m walking with a dog. Dogs make me really, really, happy because you can just be yourself with a dog.”

Write a paragraph, similar to Goodall’s description. What are some things in your life that make you feel content and happy? Why?

\*Jane Goodall interviewed for the movie, “[Human](#).” What is the life essence / message she wants to transmit?

<https://www.youtube.com/watch?v=99gJKzINNow>

Source: <https://www.globalonenessproject.org/library/films/mr-happy-man>