

Questions about « On Happiness »

1. From the British Council's article :

In this article Nicola Prentis claims that long-term happiness does not come from pleasure only.

What do you need to find, to be happy in the long run?

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Does Nicola Prentis claim that pleasure is unimportant to our happiness?

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So what is the ideal way to get happy?

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Is happiness about circumstances?

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2. From the Unesco Happy Schools! program:

a) Philosophies:

Buddhism identifies two main factors of happiness, what are they?

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Why does Socrates think learning is important?

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The paragraph about Confucius starts from two topics that have already appeared : and

but then adds something more to that:

As with Buddhism Aristotle thinks of the mind as being of paramount importance, but what "power of the mind" does he refer to?

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At this point it must be added that in his book1 of the Nichomachean ethics Aristotle states that health is a necessary means allowing us to attain or enjoy more desirable ends.

Then the last part of this paragraph refers to the Age of Enlightenment. John Locke adds another field to take into consideration to help children in their "pursuit of happiness":

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b) Science of Happiness:

When does the "science of happiness" date back to?

The six core virtues that are recognized across all cultures as being essential to promote lasting happiness are recorded in the first line of the following table.

Then there are twenty-four character strengths related to these categories:

Write down each character strength in the box they belong:

creativity , persistence , prudence , self-control , curiosity , humility , integrity , teamwork

appreciation of beauty and excellence, open-mindedness , zest , gratitude , forgiveness/mercy

love of learning , leadership , hope , love , perspective , kindness , fairness , humour , bravery , spirituality

social intelligence

wisdom knowledge	courage	humanity	justice	temperance	spirituality transcendence

These six virtues and twenty-four character strengths are rather abstract.

In the end of the text we have a more concrete view of the five goods which will help us to attain long lasting happiness:

1) Positive Emotion, 2) Engagement, 3) Relationships, 4) Meaning, and 5) Accomplishment

Let us, as Aristotle, add Health as a sixth good.

Think of the two topics you've picked to work on in this project: in which category(ies) can you fit them in?

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fits in

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fits in