


I AM IN
CHARGE
OF HOW I
FEEL AND
TODAY I AM
CHOOSING
HAPPINESS



Happiness Advantage
Gratitude Project

What does it mean to
be happy and why is it
important to you?

Take two minutes to write your
thoughts in your journal.

Bloomington

Organized TED event



At your table share new
ideas or thoughts about
happiness.

Some Key Points

Misconception:

"If I work harder, I'll be more successful. If I am successful I will be happier."

What we know:

90% of long term happiness is predicted by the way your brain processes the world.

What we know:

"Your brain at positive performs significantly better at positive than at negative, neutral or stressed."


What we know:

Dopamine has two functions:

- It makes you happier
- It turns on all the learning centers in your brain.

WHEN WE ARE
HAPPY OUR BRAINS
ARE READY TO
LEARN!

21 Day Rewire



**SHOWING
GRATITUDE IS ONE
OF THE SIMPLEST
YET MOST
POWERFUL THINGS
HUMANS CAN
DO FOR EACH
OTHER.**

RANDY PAUSCH

1.

3 Gratitudes

3 new gratitudes each day. You create a pattern of your brain scanning the world for the positive and not the negative.

Take 2 minutes to write 3 gratitudes.

2. I am grateful for
having a sister
because if I didn't
I would be lonely.

Gratitudes

1. I am grateful for
the window because I
can see things from
it.

2. I am grateful
for having a brother
because we could
tell our mom and
dad what we did.

Gratitudes

1. I am grateful for
my dog because when
I come back from
school I have someone
to cuddle and to play
with.



If you change the way you
Look at things, the things you
Look at change.

- Wayne Dyer



2.

Journal a Positive Experience

Allows your brain to relive it.

Take 2 minutes to journal something positive that happened yesterday.

Journal

Yesterday I enjoyed doing pottery because we got to do a spinning wheel and it wasn't a mechanic spinning wheel it was a hand made one then we could make one from clay but it was a man doing it for us not us doing it by ourselves.

HAPPINESS

IS NOT A FITNESS
GOAL; IT IS A BY-
PRODUCT OF TAKING
CARE OF YOURSELF.

~ Felicity Luckey

GREAT MINDS THINK FIT™

3.

Exercise

Teaches your brain your behavior matters.

be.

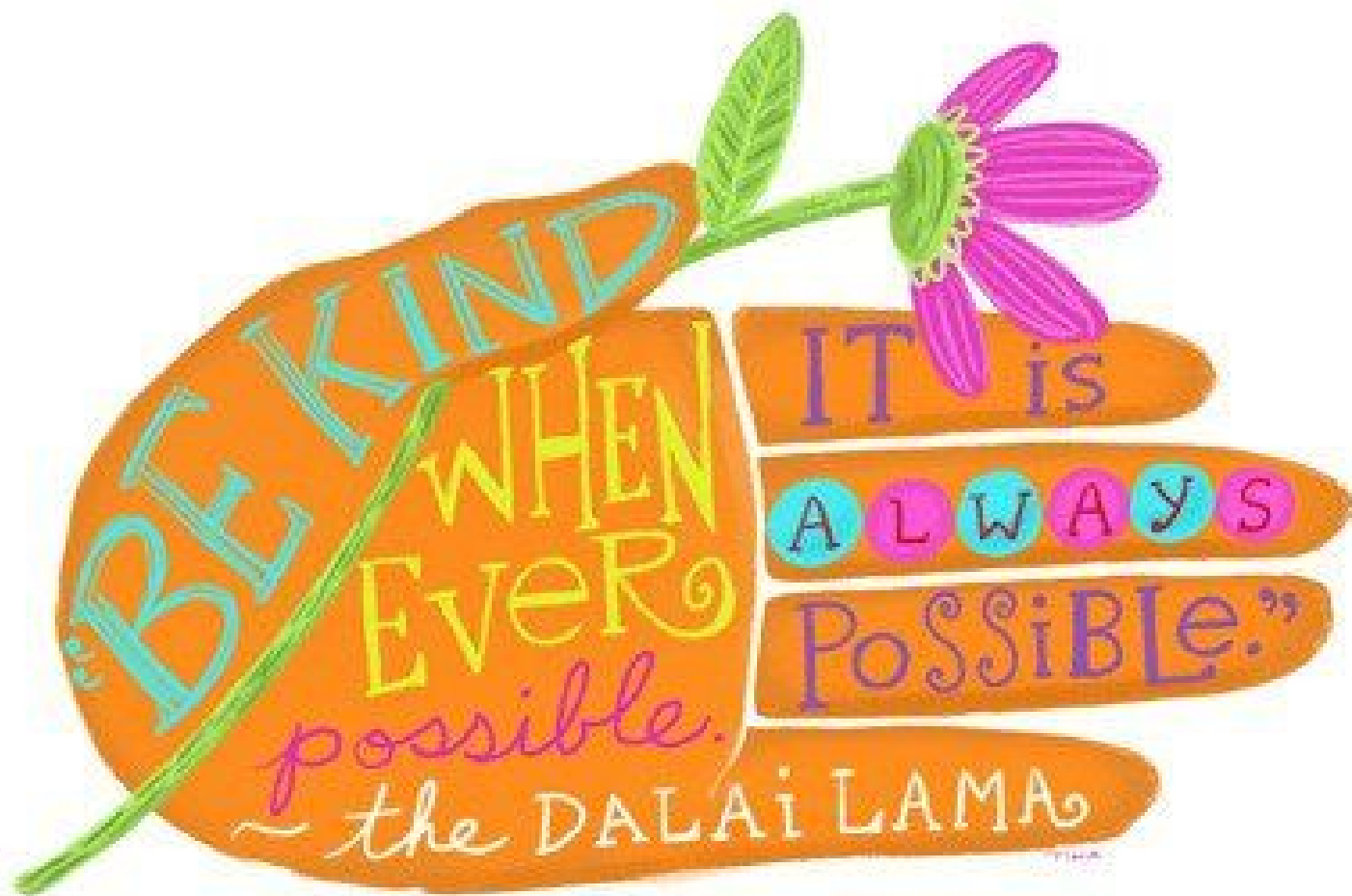
here.

now.

4.

Meditation

Get over the cultural ADHD by doing multiple tasks at once. Allows the brain to focus on the task at hand.



“BE KIND
WHEN
EVER
possible.”

~ the DALAI LAMA

IT IS

ALWAYS

POSSIBLE.”

P. H. H.

5.

CONSCIOUS ACT OF KINDNESS

Taking the time to show gratitude and appreciation for someone in your life or community.

Make a CAK plan for today or tomorrow.

February 16, 2017

C.A.K.

my C.A.K. is to say
happy valentines day to
me. single.

February 17, 2017

C.A.K.

it will help my many
lean the floor.

February 18, 2017

C.A.K.

I will measure my man.

February 17, 2017

C.A.K.

it will give some
food to some one
he leaves on a
road.

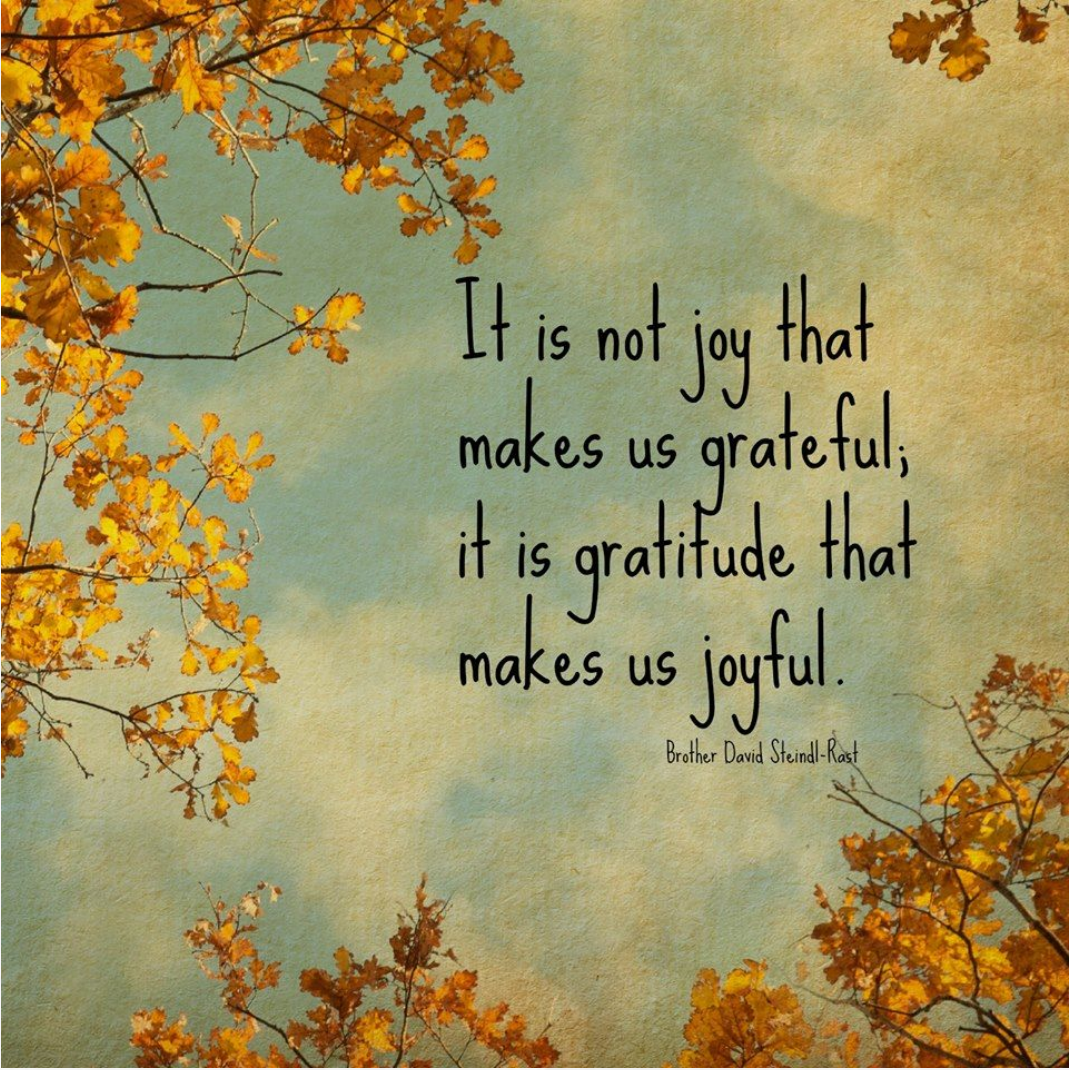
In my classroom

- Meditation begins day 1 now.
- Jan/Feb Project
- Share part of the video
- Start small-begin with one gratitude
- Journaling
- CAK most challenging concept for 8 year olds.
- Begin day with inspirational quotes or videos to discuss.

Between stimulus
and response,
there is space.
In that space
is our power
to choose our response.
In our response lies
our growth
and our freedom.

- Viktor E. Frankl

THANK YOU!



It is not joy that
makes us grateful;
it is gratitude that
makes us joyful.

Brother David Steindl-Rast

Happiness Playlist

<https://www.youtube.com/playlist?list=PLo4IZn2clulONd2W6pPtNshEMNKzeJTTX>

Random Acts of Kindness Playlist

<https://www.youtube.com/playlist?list=PLo4IZn2clulM7OYp-ifNLB6wu0iYPBizS>

Compassion Playlist

<https://www.youtube.com/playlist?list=PLo4IZn2clulPllKeSzAau3hkhz8E-f05NX>

Inspriational Playlist

<https://www.youtube.com/playlist?list=PLo4IZn2clulPtNEI4mJtx6x3iJoZkCQUR>