


**Teaching setting:** Guidance counselling course 2 (code OP2, “Post-graduate studies, working life and future”), second year high-school students. One guidance counseling module consists of 38h of work.

<b>Numbering, pacing and sequencing</b>	Week 1, e-tivity 1/3
<b>Title</b>	Happiness: “Clap along if you know what happiness is to you”
<b>Purpose</b>	After finishing this activity, you will perceive different kind of grounds for happiness. You will think about your own life, how happy you are, and how you could build happy future for yourself.
<b>What you will do?</b>	First you will share your thoughts on an example of happiness. After that you will post your own illustration of happiness and tell what happiness is to you. Finally you will comment on three posts by your coursemates.
<b>Spark</b>	<p><b>TASK</b></p> <p>a) Here is one perception of happiness in a form of a picture.</p>  <p>Happiness can be portrayed in various different ways. Happiness originates in long run from routines that support your balanced and healthy lifestyle. Does this picture illustrate happiness to you or not, why?</p> <p>Post your answer to this forum where you can see all others’ posts also. Your post should be between 10-40 words.</p> <p>b) Find a picture of your own which reflects your idea of happiness (no rude or dirty pictures). You can use any source with your pictures them being posted to closed online environment. You can use for example Google photosearch, pixabay or pexels.</p> <p>c) Post your picture to the forum and tell others how the picture portrays your view of happiness. Tell what happiness means to you and what kind of things cause happiness in your life. What kind of things increase and decrease your</p>

	<p>happiness? You can use the list of different factors in materialbox. Your contribution should be between 30-60 words.</p> <p><b>REACTION</b></p> <p><b>d)</b> Check out all the posts and react to three different posts by sharing your thought on the picture and your coursemates thoughts. You can for example ask a question or tell what kind of thoughts the picture rouses in you. You can also add something to the other comments. Your comment should be between 10-40 words.</p> <p>Make sure that every contribution gets at least one comment.</p> <p>The task and reaction should be completed during the first week of the ongoing high-school period.</p>
<b>Teachers intervention</b>	<p>Summary from the teacher will be posted on Wednesday.</p> <p>Unappropriate behavior in forums results in editing and extra assignments for the offender.</p>
<b>Schedule and time</b>	<p>Period's first full week. This assignment will take you approximately 15 minutes to comment on the picture, 30 minutes to find your own picture and reflect on it, and finally 30-45 minutes to read all the posts and comment on three of them.</p>
<b>Next</b>	<p>Move onto e-tivity 2 (week 1)</p>

**List of different factors of happiness which can increase or decrease happiness for you:**

<b>Routines</b>	<b>Praying/meditating</b>	<b>Listening / playing music</b>
<b>Pets</b>	<b>Eating</b>	<b>Gaming</b>
<b>Sports</b>	<b>Reading</b>	<b>Exercising</b>
<b>Travelling</b>	<b>Sleeping</b>	<b>Doing work / school</b>
<b>Being with family</b>	<b>Getting to know new people</b>	<b>Going beyond comfort zone</b>
<b>Hobbies</b>	<b>Hanging out in social media</b>	<b>Shopping</b>
<b>Outdoors</b>	<b>Being alone</b>	<b>Something else, what?</b>
<b>Health</b>	<b>Praying/meditating</b>	
<b>Using substances</b>	<b>Eating</b>	
<b>Seeing friends</b>	<b>Reading</b>	