

## ACTIVITY NOTES FOR VIDEO LESSON 1:

### **Video Lesson 1- What causes happiness? (2:45)**



#### **BRAINSTORM ACTIVITY**

Pause the video at 01:46 and ask the pupils, in groups, to brainstorm the question posed in the video, “What do happy people all have in common?”

Ask pupils to jot down their thoughts.

Discuss all answers afterwards and collate a list of results.

#### **DISCUSSION ACTIVITY**

Discuss the video lesson talk with your pupils. What do they agree with / not agree with? What do they find interesting? What aspects are new insights?

#### **NOTES ACTIVITY**

Re-watch the video lesson and pause the video to jot down the quotes & important points.

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