

# LESSONS IN DIGITAL LITERACY

## THE SCIENCE OF HAPPINESS

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## Reading task - Checking information

- The aim of this task is to raise interest in the information and to develop students' ability to read to confirm information.

Give the students the reading task. Ask them to look at the statements and try to decide if they are true or false.

Once they have made their decision give them a link to the infographic. Ask them to explore the graphic and to check their assumptions.

Once they have had some time to find the information, put them in pairs or small groups and give them some time to compare their answers and share what they have discovered.

Have a short plenary session and confirm and clarify their answers.

### Reading task - Checking information

Study the infographic and decide if these statements are true or false.

1. Eating turkey may make you happier.
2. Serotonin is the part of the brain that is responsible for happiness.
3. 20 minutes outside in good weather can make you happier and improve your memory.
4. You are less likely to be happy if you are married.
5. The happiest people in the world live in Iceland.
6. Having a child can make you happier.
7. Walking can make you happier.
8. Exercise is the most effective treatment for depression.
9. Getting more sleep can make you happier.
10. Children in Mexico who go to church are happier than other children.
11. People who earn high incomes are much happier than average earners.
12. Most women get depressed during holidays.

Answers:

1. True.
2. False. Serotonin is a compound (neurotransmitter) in the blood.
3. True.
4. False. Married people are around 10% happier.
5. True.
6. False. People with children are 0.24% less happy.
7. True.
8. True.
9. True.
10. False. Children in Mexico are happier than other children, but church is not a factor.
11. It's not clear. People on the highest incomes are 3.5% happier.
12. False. More women than men get depressed during holidays (44%), but not most women.

### **Reading task** - Improving happiness

- The aim of this task is to develop students' ability to read for deeper understanding.

Give the students the reading task.

Ask them to explore the graphic and try to answer the questions. Once they have had some time to answer the questions, put them in pairs or small groups and give them some time to compare their answers and share what they have discovered.

Once they have had time to compare their answers, have a short plenary session and confirm and clarify their answers.

### **Reading task** - Improving happiness

Study the infographic again and answer these questions.

1. Name four things the infographic suggests you can do improve your level of happiness.
2. What drugs mentioned in the text can improve levels of happiness?
3. Which foods mentioned in the text can improve happiness?

Answers:

1. Get more sleep, Take more exercise, Spend more time outside in the sun, eat turkey, get married, move to Iceland.
2. Serotonin and Dopamine.
3. Turkey, poultry, fish, milk, bananas.

### **Discussion task** - Your happiness

- The aim of this activity is to get the students to think more deeply about the information and share their responses to it.

Give the students the discussion task and put them into small groups to interview each other.

Once they have discussed the questions in their groups you might want to have a whole class plenary session. You could also regroup the students according to which of the quotes they liked most and encourage them to find out what else they have in common with the people who chose the same quote.

### **Discussion task** - Your happiness

Ask and answer these questions.

1. What information from the text will you use to make yourself happier?
2. Which 3 facts in the text do you think are most likely to be untrue?
3. How do you think happiness was measured when this information was collected?
4. What do you think were the motives for creating this infographic?
5. Which person would you most like to share the information in the infographic with? Why?
6. Which of these quotes do you feel best describes your own attitude to happiness?