



What's going on this week?

The authorities in the war-torn city of Kabul in Afghanistan have invested money in painting the houses in some of the hilltop villages in the countryside. The idea is to boost happiness in the area by creating a sense of pride and community by bringing people together. By the end of next year, they hope to have painted 40,000 houses.

Main question:

Does thinking positively help when times are hard?

Listen, think, share

- Look at the poster image and tell the children that the buildings in the local area are being painted bright colours and ask why they think this might be happening? Ask the children how bright colours might make you feel. Explain that the government are currently aiming to paint 40,000 homes before the end of next year! Do you think this is a good idea and what impact do you think it might have on the community? If possible, watch the video clip from this week's news story (found in useful websites).
- Tell the children that the project was inspired by a similar project that was undertaken 2 years ago in villages in Mexico, with many houses being painted bright colours and decorated by artists. There were lots of positive outcomes including it bringing people together and even a reduction in crime in the area!
- Talk about what being positive means and how our thoughts and actions can change how we see different situations. Can you think of a time where you've thought or acted positively even when things were hard? How did it help?
- When you are sad about something, what kinds of things do people say to you? E.g. cheer up, things will get better. How do each of these things make you feel? What is the best thing someone can say to you when you are sad? Is it the same for everyone?
- Read through the John Lennon quote from the assembly resource and discuss what John meant. Do you agree with his thoughts? Do you think being positive and happy should come first?

Reflection

Sometimes we may find things challenging, life isn't always easy and it's very natural to feel sad from time to time. If we act and think in a positive way, it will not only make us feel better but also help those around us.



KS1 Focus

Question:

How does being happy make us feel?

Listen, think, share

- Ask the children to think of things that make them happy and things that make them sad.
- Make a list and discuss whether the same things make us all happy.
- Discuss how lots of different things make us feel happy because we are all different!
- Ask the children how we feel when we help others or are kind?
- Talk about how being kind usually makes us feel happy.
- How do we feel when someone is kind to us?
- Look at the different pictures from the KS1 resource. Talk about what is happening in each picture. Discuss how someone who is thinking happy thoughts like Mrs Happy approaches life compared to someone who is thinking sad thoughts such as Mr Sad.
- What do you think the outcome would be for each and how do you think their thoughts and actions might affect their feelings and the feelings of those around them?

Reflection

We won't always be happy but if we try to think happy thoughts and are kind to others it will usually make us feel happier.



KS2 Focus

Question:

Can we learn how to be happier?

Listen, think, share

- Ask the children to share when they are happiest. This could be at home watching your favourite film, with family or friends or playing sport.
- What do we mean by a 'positive attitude'? Talk about how the difference being positive might make compared to having a negative attitude. Read through the story in the KS2 resource. Talk about how looking at things differently can change how we see things. Have we ever worried about something so much that it's actually made things worse? What advice might you give to help someone who worries a lot?
- If possible, watch the happiness video (found on useful videos) and talk through the different things the man does for others. Discuss what he gets in return, happiness, a feeling of wellbeing etc. Discuss if you agree with the saying 'happiness is contagious', meaning that happiness can spread amongst people.

Reflection

It is often thought that we have control of our own happiness and if we look at things in a positive way we can feel much better about nearly any situation we might find ourselves in!



KS2 Cross-Curricular Ideas

English: Poetry often attempts to evoke emotions. Discuss what is meant by this. Ask the children what type of language they would use if they were trying to stop somebody feeling upset or negative. Consider how powerful words can be. Think about how to empower somebody with words and give them inner strength. Use ideas collected to create a poem.

Maths: Explain that to encourage happiness and positivity in the class the children are going to plan, prepare and then enjoy a picnic! Give the children sweets, fruit and squash to organise for the picnic along with ratios for organising e.g. 1:3 green sweets to red, 1:4 squash to water etc. If you can't bring in food, you could provide ratios for paint to create a happy picture.

PE: Exercise and dance can often make us feel happy. Ask the children to consider why this might be? The children could listen to then choreograph a routine in small groups to an upbeat song. Pharrell Williams 'Happy' would suit this perfectly!

Art: Ask the children to consider how we link different colours to different emotions. What about different marks and lines? Look at work created by Kandinsky to inspire a piece of artwork to showing how they are feeling. Share the art created by children who are feeling happy. Ask if looking at this piece helps to make them feel happier too.

Geography: Locate Afghanistan on the map. Ask the children to compare physical and human features of Kabul and the place they live.

History: Consider how people in WW2 attempted to remain positive – songs, posters, inspiring speeches etc.



KS1 Cross-Curricular Ideas

English: As a class, record a list of adjectives linked to being happy. Consider how being happy makes you feel on the inside and look on the outside. Use these to write 'happy' sentences or create a whole class 'happy' poem.

Maths: Explain that to help make us feel happy, we are going to play a game. Provide music for the children to dance to and have a game of corners. Give each corner a colour. When the music stops, the children must select a corner. Each time one corner is selected to be out. Use this to explore number e.g. how many children are in the red corner? The blue corner are now out, how many children are left? Is the number of children in the green corner an odd or even number?

Music: Singing can make us feel happy. Ask the children to think of songs that make them feel happy. Take time to sing some popular ones such as 'If you're happy and you know it clap your hands'.

MFL: Use your MLF to learn phrases and words to describe how you feel 'I feel... happy, sad' etc.

Geography: Look at a map of the World. Show and name the different continents. Point to Asia and explain that this is the continent Afghanistan can be found.

Role-play: Create a 'Happy' corner. Ask the children to bring in pictures or things that make them feel happy. Provide the children with games, books and activities that make them happy. Share why they think these things make them feel this way. Ask the children to consider if they are happier in the corner on their own or with their friends. Do we always need things to make us happy?



This Week's Useful Websites

This week's news story

<http://bbc.in/2lyxyJD>

This Week's Useful Videos

Happiness video

<http://bit.ly/2gZTKLe>