



EduTrend Contents

P4C · HAPPINESS AND THE GOOD LIFE · PRIMARY

The Happiness Jar

What makes us happy, and is it the same for everyone?

Ages 5–7

Level: Foundation

30 minutes

Whole class circle · up
to 30

Activity 01

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 pupil worksheets · assessment checklist

ACTIVITY 01 · AT A GLANCE

The Happiness Jar

The facilitator shows an empty jar labelled “Happiness”. Children draw or choose picture cards of things that make people happy: a hug, a new toy, sunshine, helping someone, a finished puzzle. They sort them into things you can hold and things you cannot. Then they create questions and vote on one, such as “What is happiness?”

Learning outcomes

By the end of the session pupils can:

- name things that bring happiness;
- sort and compare ideas;
- give a reason;
- take turns to speak.

KEY WORDS

happy · smile · share · hold · feel · last

CURRICULUM LINKS

PSHE: wellbeing. Art: drawing.
Maths: sorting.

1

STIMULUS

Share something to think about

2

THINK

Quiet thinking time

3

QUESTION

Create and choose a question

4

ENQUIRE

Reason together

5

BUILD

Agree, disagree, add

6

REFLECT

Last words

Materials (per class)

- A jar
- Happiness picture cards
- Question and thinking-move cards
- Worksheets 1, 2 and 3

Before the session

- Read the stimulus and note possible concepts.
- Prepare question and thinking-move cards.
- Set out a circle so everyone can see each other.
- Print the worksheets.

SAFETY

Everyone may pass. Discuss ideas, not people, and use the story or invented examples rather than personal situations.

ACTIVITY 01 · SESSION PLAN

Step by step

Stay neutral: ask for reasons, examples and counter-examples rather than giving your own view.

Time	What happens	Say or ask
0–5 min Stimulus	Fill the class happiness jar with picture cards.	<i>“What did you notice?”</i>
5–12 min Questions	Pupils create questions in pairs and vote on one.	<i>“Which question is most interesting to talk about?”</i>
12–26 min Enquiry	Enquire into the chosen question, building on each other’s ideas.	<i>“What is happiness?”</i>
26–30 min Last words	Each person says one last thought or passes.	<i>“Has your thinking changed?”</i>

CHALLENGE CARD (print or copy onto the board)

Name something that makes you happy that you cannot hold.

ACTIVITY 01 · FACILITATOR NOTES

The philosophy in brief

Philosophers have asked what happiness is for over two thousand years.

Sorting happy things into things you can hold and things you cannot helps children notice that happiness is not only about owning things.

Common ideas to listen for

- “Happiness means having lots of toys.” Many happy things are not things.
- “Happy people are never sad.” Everyone has mixed feelings.
- “Everyone is happy about the same things.” People differ.

Adapting the activity

Support

Use six picture cards.

Stretch

Ask: can you make someone else happy?

WORKSHEET 1

My happiness jar

Name: _____

Class: _____ Date: _____

Draw and sort.

My happiness jar

Things you can hold	Things you cannot hold

WORKSHEET 2

Thinking moves

Use these in the enquiry.

Thinking moves

Thinking move	My example
I agree with... because...	
I disagree with... because...	
An example is...	
A counter-example is...	
Building on what... said...	

WORKSHEET 3

Last words

Before and after.

Does a new toy make you happy forever? Before the enquiry I thought... Now I think... because...

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight pupils; copy as needed.

Pupil	Names ideas	Gives a reason	Takes turns

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

The Happiness Jar is a sample activity from the EduTrend Contents P4C Happiness and the Good Life programme (primary, level: foundation). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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