**Staying Happy Resources**

Johann Hari, Lost Connections [Video](https://youtu.be/bC2Na1E3iVg)

Hari, Johann. *Lost Connections: Why You're Depressed and How to Find Hope*. Bloomsbury Publishing, 2019. <https://youtu.be/6OAMLR38-AI>

Modelling Happiness [Video](https://youtu.be/CJ0VmoPteX0)

**Rose, Reen**. *Modelling Happiness: A Guide for Teachers and Parents*. Reen Rose, 2017.

* [Example Class that Regularly participates in Happiness lessons](https://www.youtube.com/watch?v=PEJhpeRdtv4)
* [Nourished by Gratitude including a Guided Meditation on Gratitude](https://www.mindfulschools.org/personal-practice/nourished-by-gratitude/)
* [9 Ways Online Teaching Should be Different from Face-to-Face](https://www.cultofpedagogy.com/9-ways-online-teaching/?fbclid=IwAR3_DgRMrpNUT75vgjSkrGBVxY37Dosz9isXVeQ9kZX0ZbkOGHpR0IrBnt4)
* [Emotion or Feelings Wheel](http://feelingswheel.com/)
* [Headspace Meditation for Kids](https://www.headspace.com/meditation/kids)
* [Proper breathing brings better health](https://www.scientificamerican.com/article/proper-breathing-brings-better-health/)
* [Your Amygdala and the Ha Ha Ha Feelings Song](https://www.youtube.com/watch?v=EG26SPoaG2I)
* [One Community Happiness Lesson Plan](https://www.onecommunityglobal.org/happiness-lesson-plan/)
* [Ten Activities to help kids explore emotions](https://www.apperson.com/teach-talk/10-activities-to-help-students-explore-emotions)
* [Emotional self awareness lessons](https://proudtobeprimary.com/emotions-for-kids/)
* [Lessons on emotions, friendship and problem solving](https://www.ecmhc.org/ideas/emotions.html)
* [Happiness Lesson](https://greatergood.berkeley.edu/images/uploads/Boniwell_How_to_Teach_Happiness_at_School_lesson_plan.pdf)
* [Teaching Feelings and Emotions](https://childhood101.com/managing-big-emotions-best-resources-to-use-with-kids/)
* [Ways to integrate social emotional learning](https://www.thepathway2success.com/25-ways-to-integrate-social-emotional-learning/)