







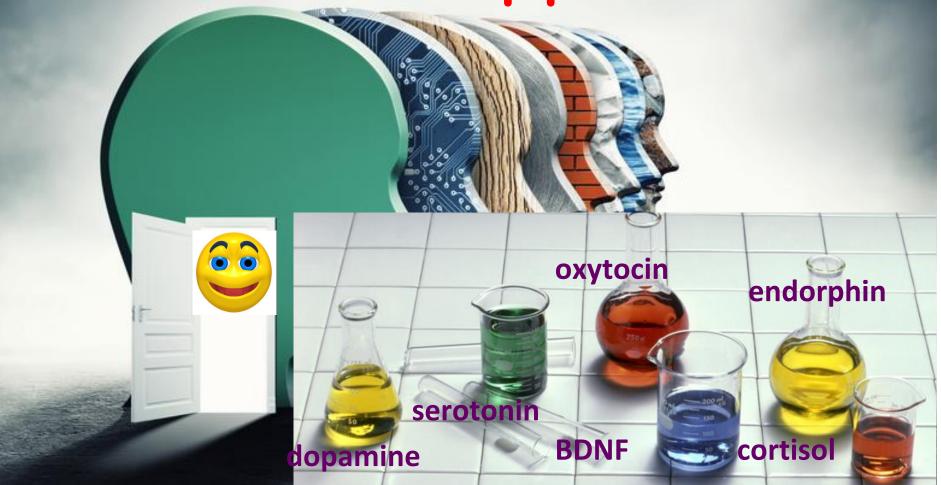


# Goals



# This is your brain

on happiness

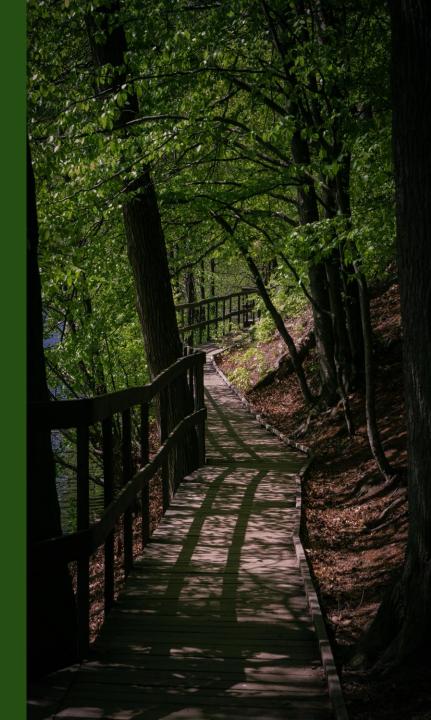




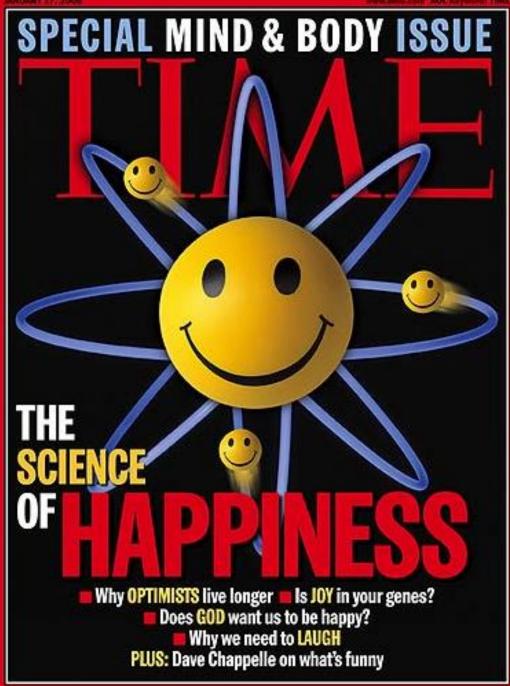
# The kindness curriculum



# depth

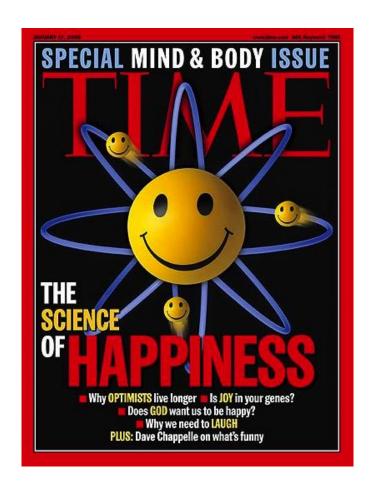






# Sonja Lyubomirsky









Say, "thank you."



# Do kind things

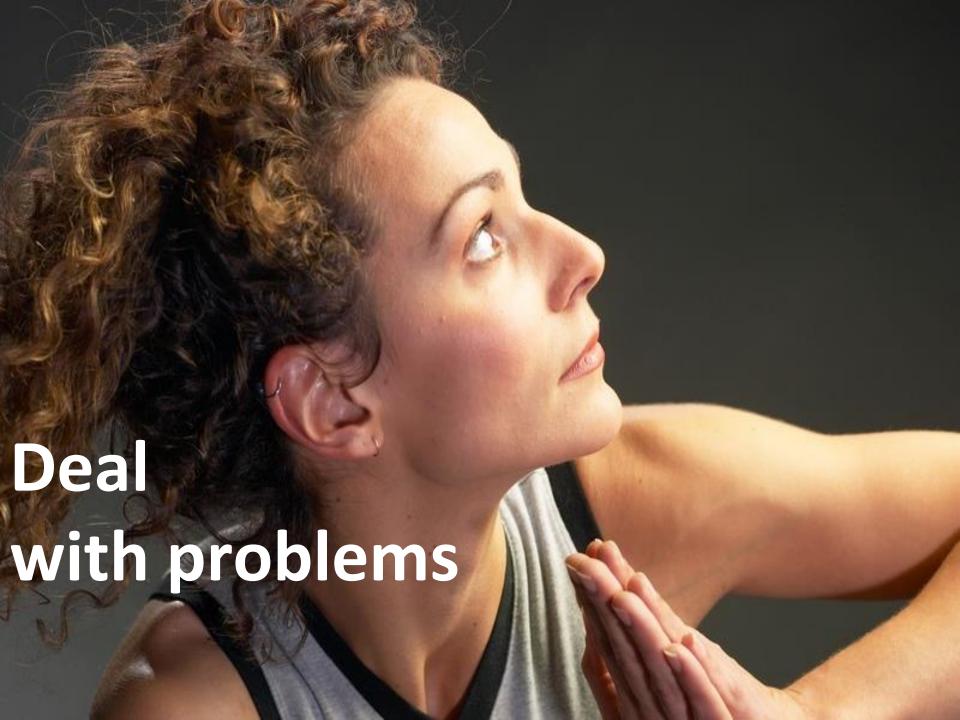






# Stay healthy





# Topicse Grammar Funappys







Do kind things











Sonja Lyubomirsky, UC Riverside

Tasksheet 1.1(b) The Scien	ce of Happiness Dictation					
What makes people happ Scientists know what happ Here are 8 good ideas.						
What number? Read it to me. Once more, please. Got it. Thanks.	Number one. Remember good things in your life. Remember good things in your life.					
Stand up. Find a partner Your partner will write the Then change partners.	: Say your sentence. ne sentence you say. Write your partner's so	entence.				
1 Remember	Remember in your life.					
•	ce things. Remember them. Count your blessi	ngs.				
2 Say " So many people help	you. Tell them.					
3 Take time for your _ These are the most in	nportant people in your life. Let them know.					
4 Do		How do you				
Kindness really does r	, , , ,	spell (that).				
Egraina If you don't	Forgive. If you don't, you carry the problem.					
	•					
A healthy body gives	and you a happy mind.					
<b>Notice</b> Think about good eve	as they happen . ents every day.					
	our and in life. You can get past them.	·				
Finished? Sit with your p How do you do these th	partner. Read all the sentences. ings? Say your ideas.					
Put away this paper. Car How will you do them?	you remember all 8 ideas? Say them.					

### Dictation

GOUR. THAIRS.

Stand up. Find a partner. Say your sentence. Your partner will write the sentence you say. Write your partner's sentence. Then change partners.

- Remember <u>good things</u> in your life.

  There are so many nice things. Remember them. Count your blessings.
- Say "\_\_\_\_\_ " to people who help you. Tell them.
- 3 What mumber? . Let them know.
- 4 Do \_\_\_\_\_ things.
  Youssay does make you happy.
  - What's your sentence?
- Take care of your \_\_\_\_\_ and \_\_\_\_\_ AYoluy writes it a happy mind.

How do

Vatica as they banne

GOUTE. THATIKS.				
• • • • • • • • • • • • • • • • • • •	partner. Say your sell write the sentence yrtners.		ur partner's	sentence.
	good things	in your life.		

How do

spell (t

- There are so many nice things. Remember them. Count your blessings.
- Say " \_\_\_\_\_\_ " to people who help you. So many people help you. Tell them.
- Take time for your \_\_\_\_\_\_\_\_. These are the most important people in your life. Let them know.
- Do \_\_\_\_\_ things. Kindness really does make you happy.
- \_\_\_\_\_ people who \_\_\_\_\_\_ . Forgive. If you don't, you carry the problem.
- Take care of your \_\_\_\_\_ and \_\_\_\_\_ . A healthy body gives you a happy mind.



#### ELTandHappiness.com

#### Home

Getting started

Introducing happiness

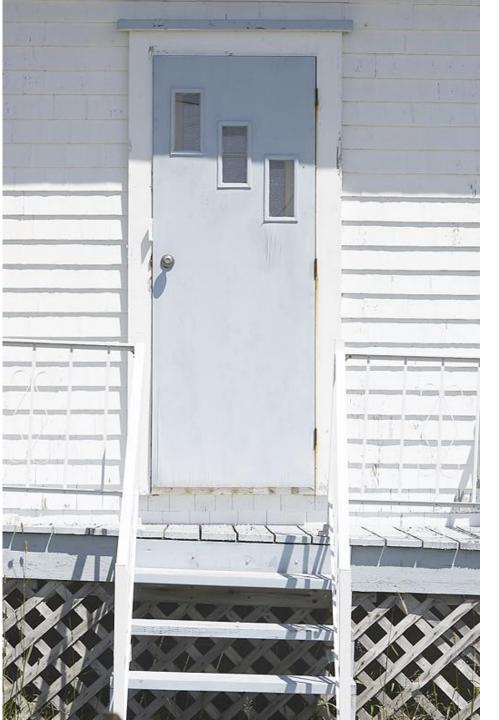
Main Activity Download Center

#### 10 Minutes for

#### **ELT & the Science of Happiness**

This website is about ELT — English Language Teaching. And about Positive Psychology something TIME magazine calls, "the Science of Happiness."

It is for EFL and ESL teachers who want to use



### Welcome

# to your brain







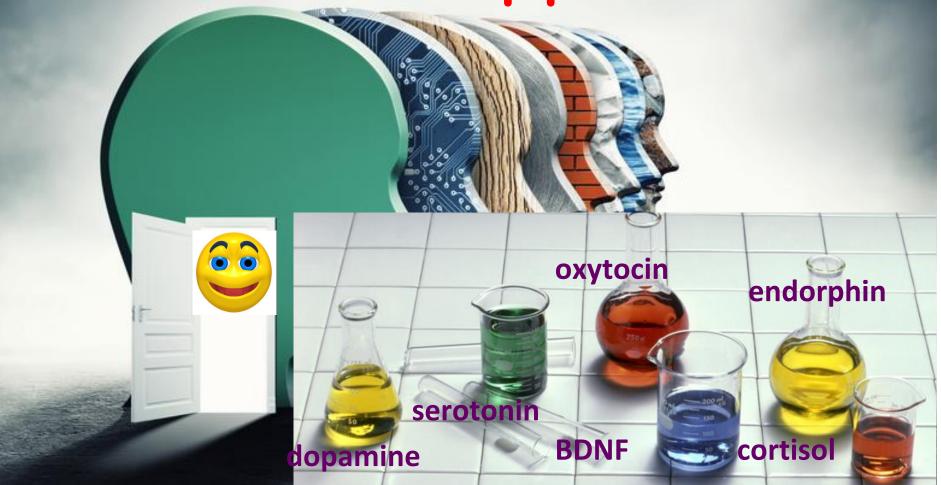
# This is your brain

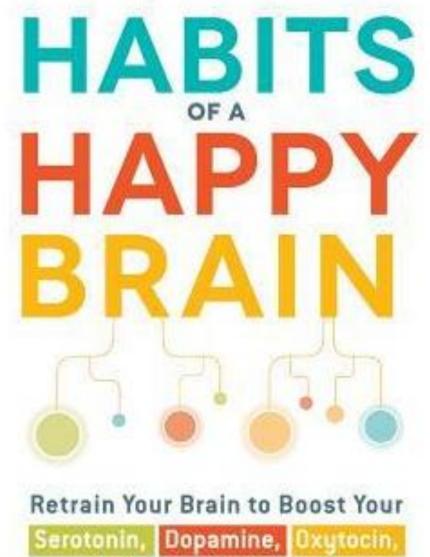




# This is your brain

on happiness





& Endorphin Levels

LORETTA GRAZIANO BREUNING, PHD



Inner Mammal Institute Prof. Emerita California State Uni.

East Bay



5 pictures: good things in my life.



Wext class:



#### **Think Time**

What will you say about each picture? Think of the WH-question for ideas.

**6** Work with a partner. Show your pictures. Explain them.

Partner, ask questions.

This will help your partner

"re-experience" the good things.



or printed











## Discourse strategy Keep the conversation going





# Active Constructive Responses

5 pictures: good things in my life.



Wext class:



#### **Think Time**

What will you say about each picture? Think of the WH-question for ideas.

**6** Work with a partner. Show your pictures. Explain them.

Partner, ask questions.

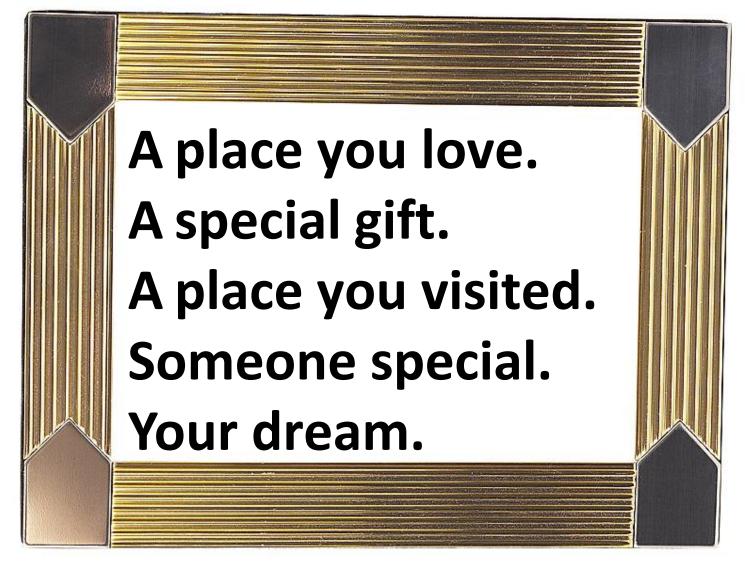
This will help your partner

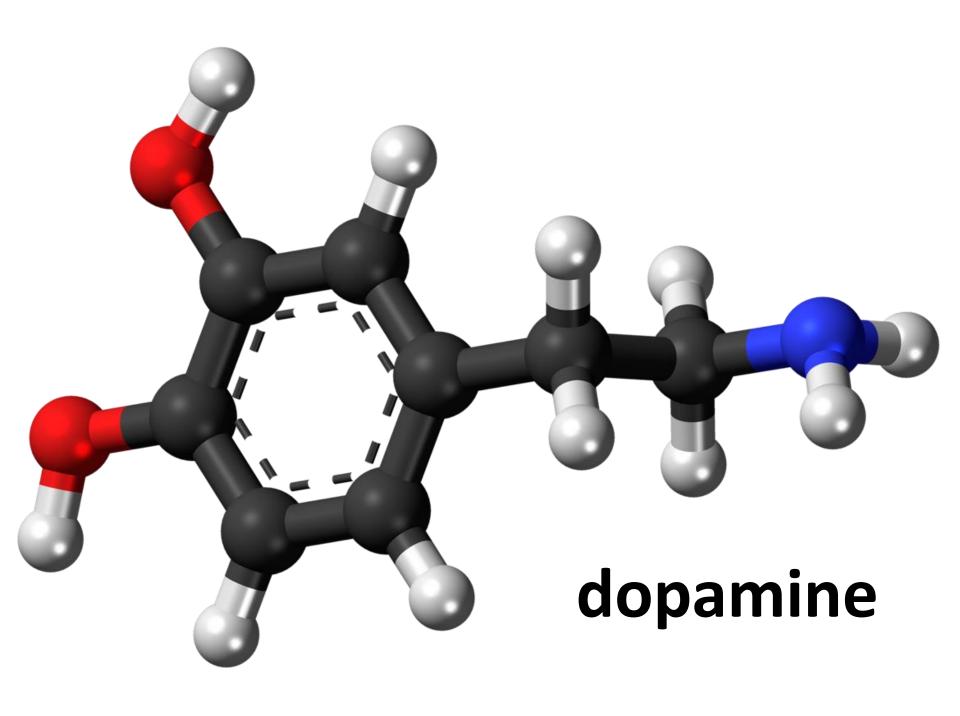
"re-experience" the good things.

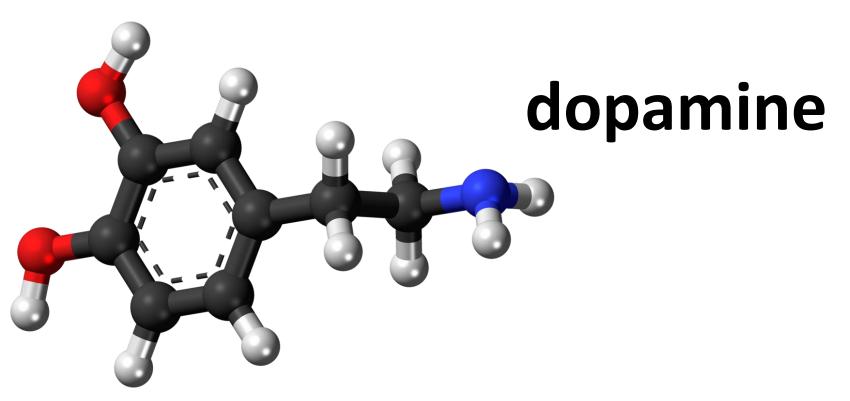


or printed

## Invisible photo gallery







memory motivation focus

### Emotion triggers dopamine





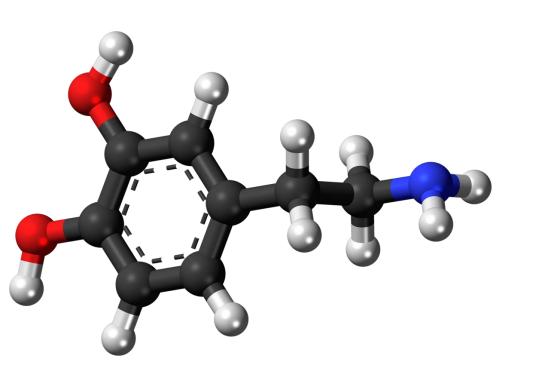
repetition

Image: biology4alevel.blogspot.jp/



emotion

https://thebestbrainpossible.com/five-ways-experience-changes-your-brain/



Other dopamine triggers pleasure sleep exercise goal completion

### Today's goals:

\_

\_

\_

\_

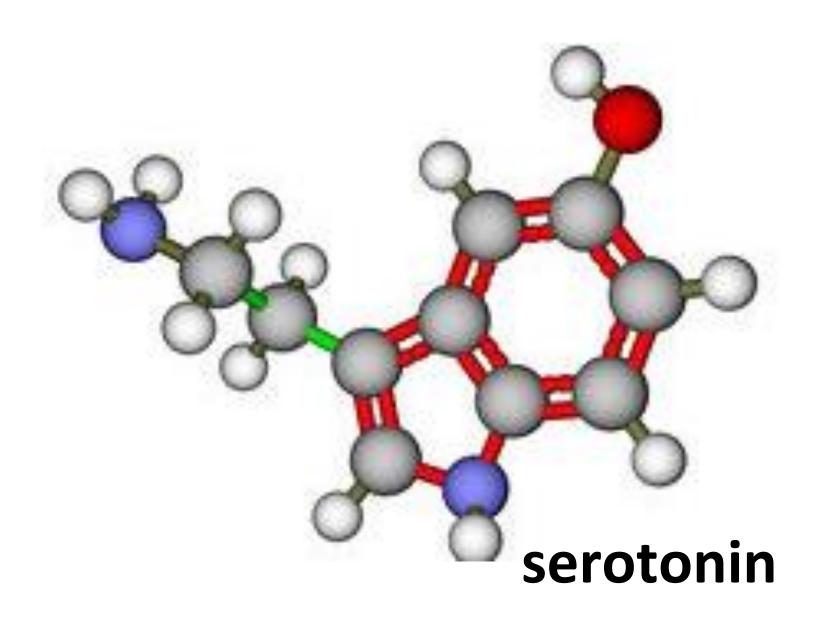
Celebrate small victories.



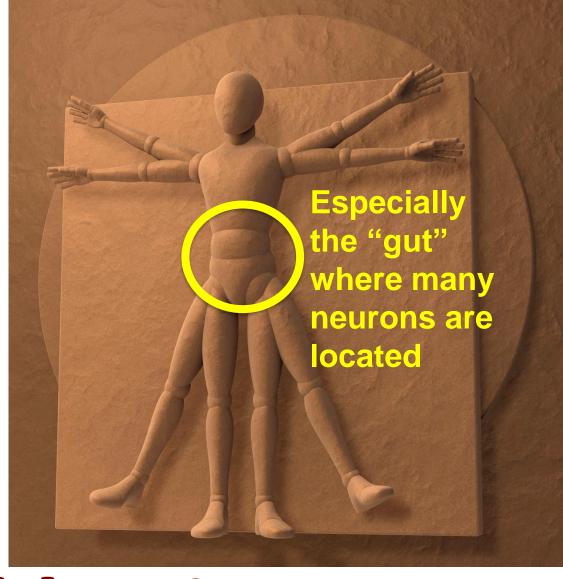
# Stress but







Your body is like a

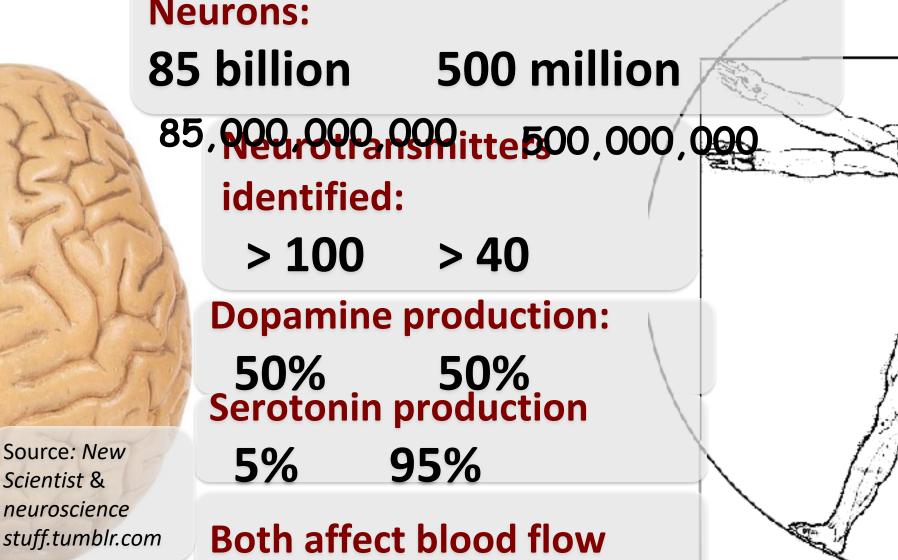


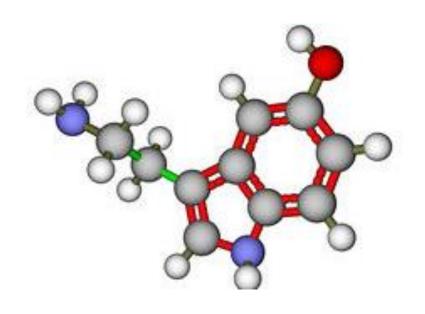
"second brain"

### Your brain Your body

### **Neurons:**

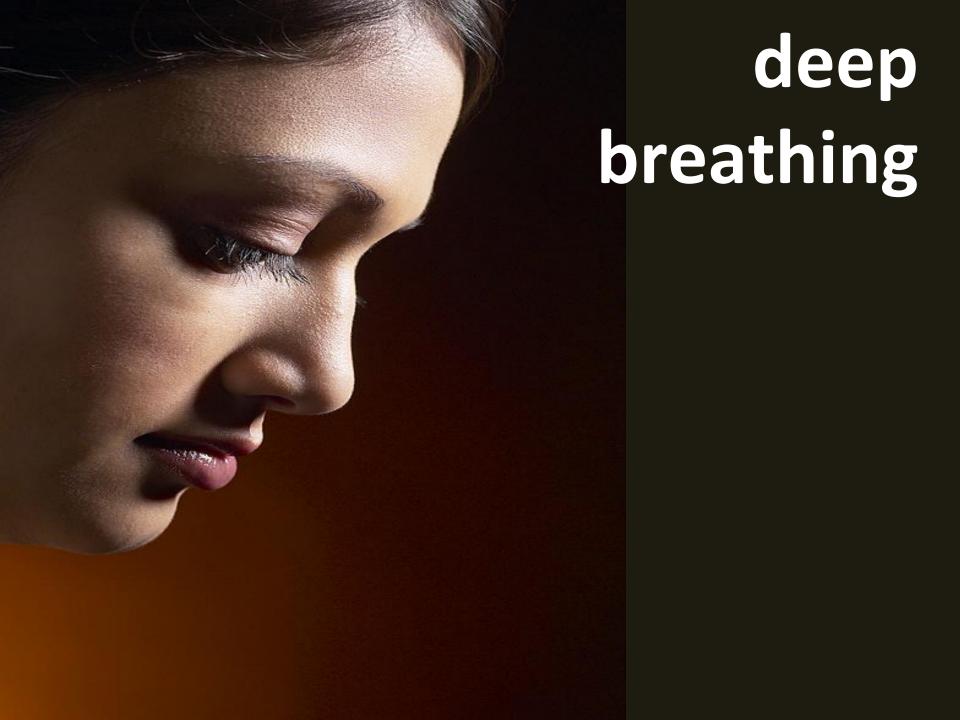
Source: New Scientist & neuroscience





# Serotonin triggers

bright light exercise meditation feeling respected





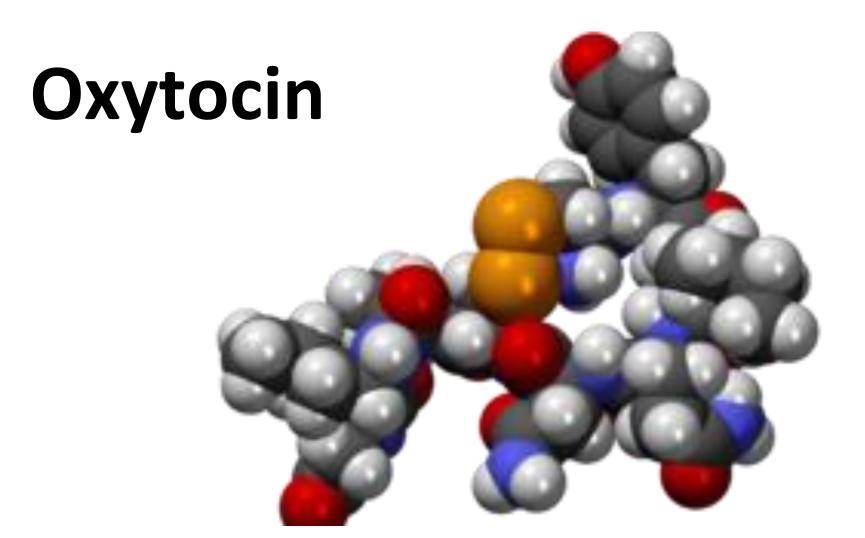


"to attend to, appreciate, and enhance positive experiences" - Bryant & Veroff



### Remembering positive events triggers serotonin





The cuddle chemical The hugging hormone

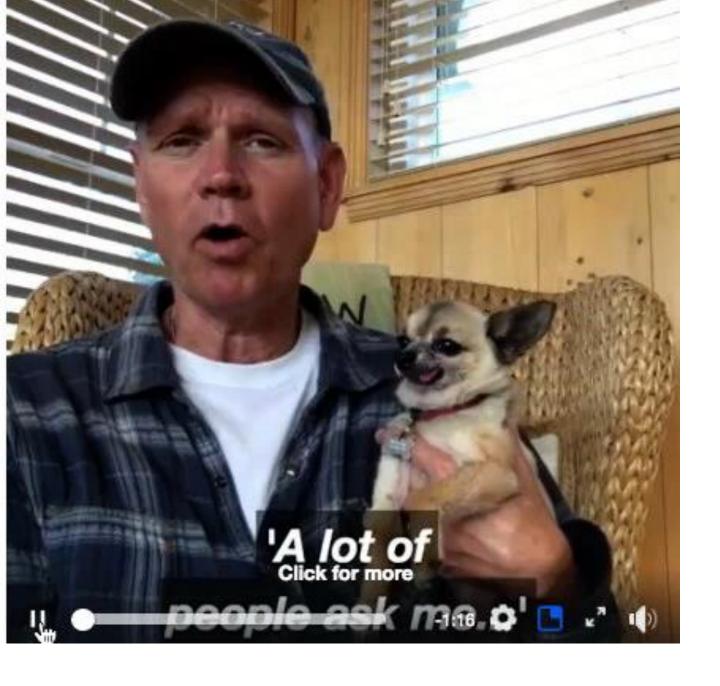




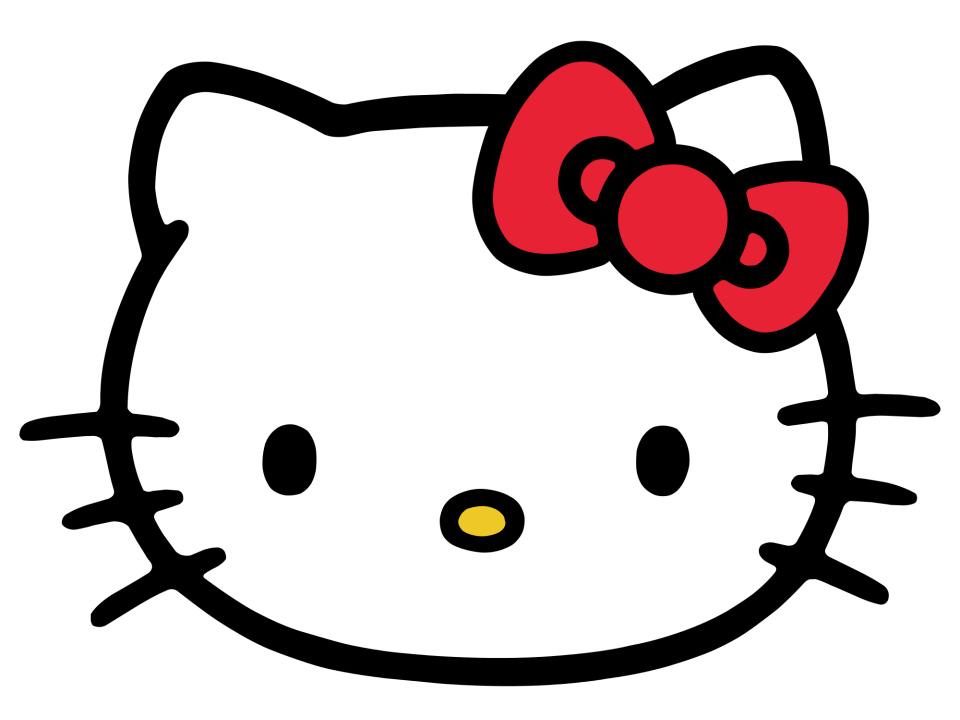




With fur babies, too



https://www.youtube.com/watch?v=DLu2CFDBJk0





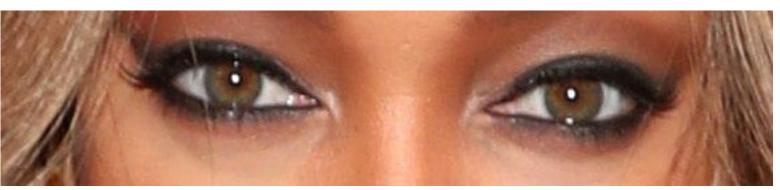


https://www.youtube.com/watch?v=EBharOWh4xM

:09-:31

Note – Smize is NOT the science. We'll get to that in a minute.

Let's try. Stand up. Face a partner. Mouth neutral. Squint a little. Smile with your eyes.





### Eye contact



Eye contact triggers oxytocin

# The dark side Oxytocin



## Envy & jealousy





### Violence in aggressive people



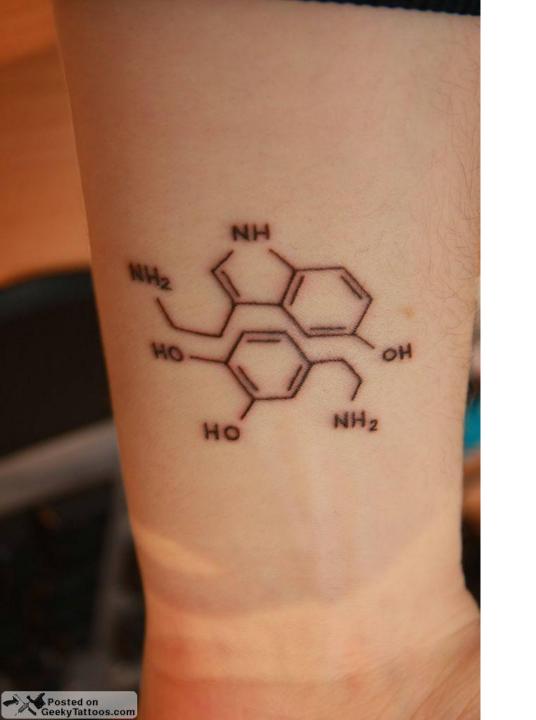
### 

IDEASWORTHSPREADING



IDEASWORTHSPREADING





Nature's pain killer



Like roller coasters?





## That's not endorphin.

That's adrenalin. (ephinephrine)

### Runner's high





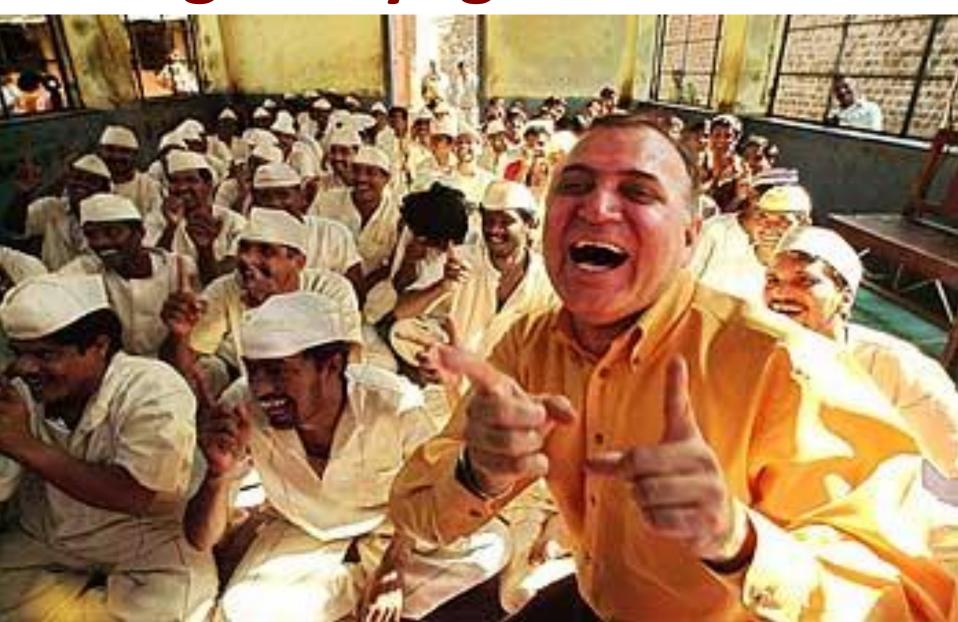
Image: andyellowood

## DIY — Do it yourself Endorphin

- Laugh
- Cry (or tear up)
- Eat spicy food



### Laughter yoga







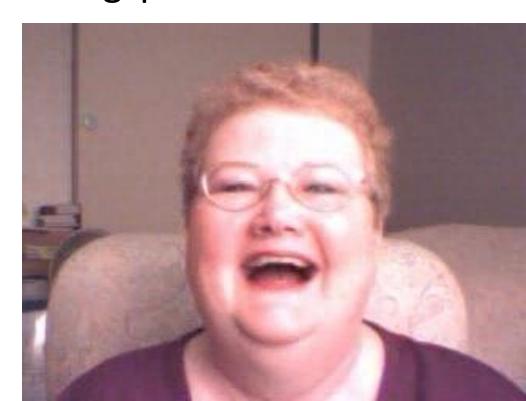


## Ho. Ho. Ha!



### Laughter practice

Beth Agnew www.laughpractice.blogspot.com



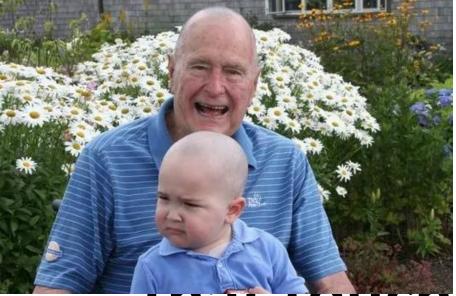
Final Exam



Stories that touch your heart.







unat touch your heart.





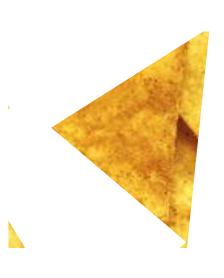
# Eating with mindfulness slowly



## Happy "Day of the Dead"/ Dia De Los Muertos,

Ma agge!

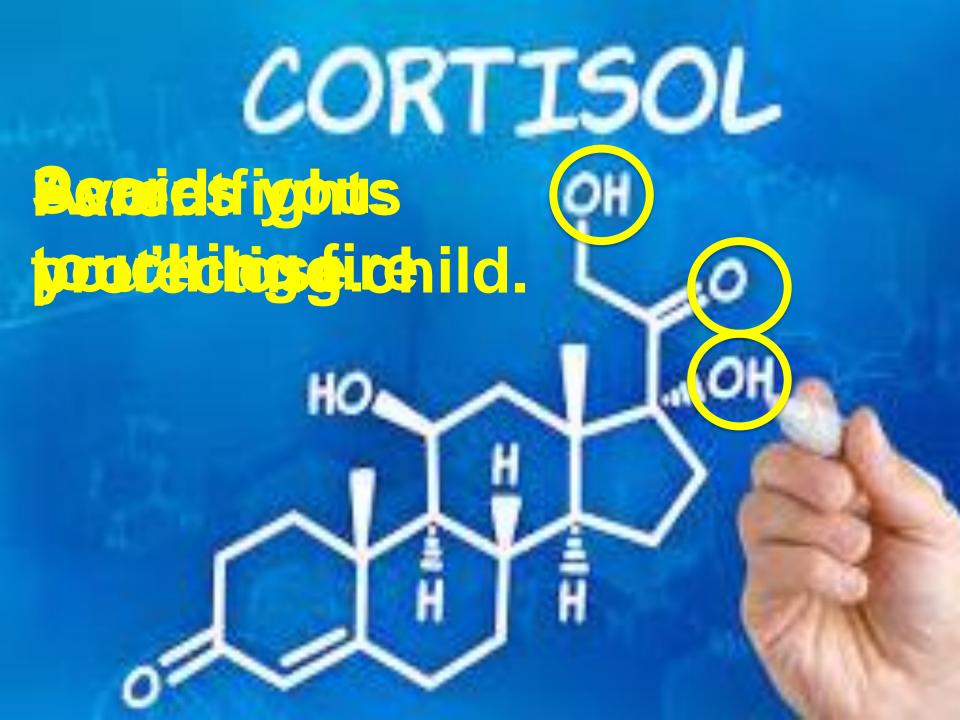




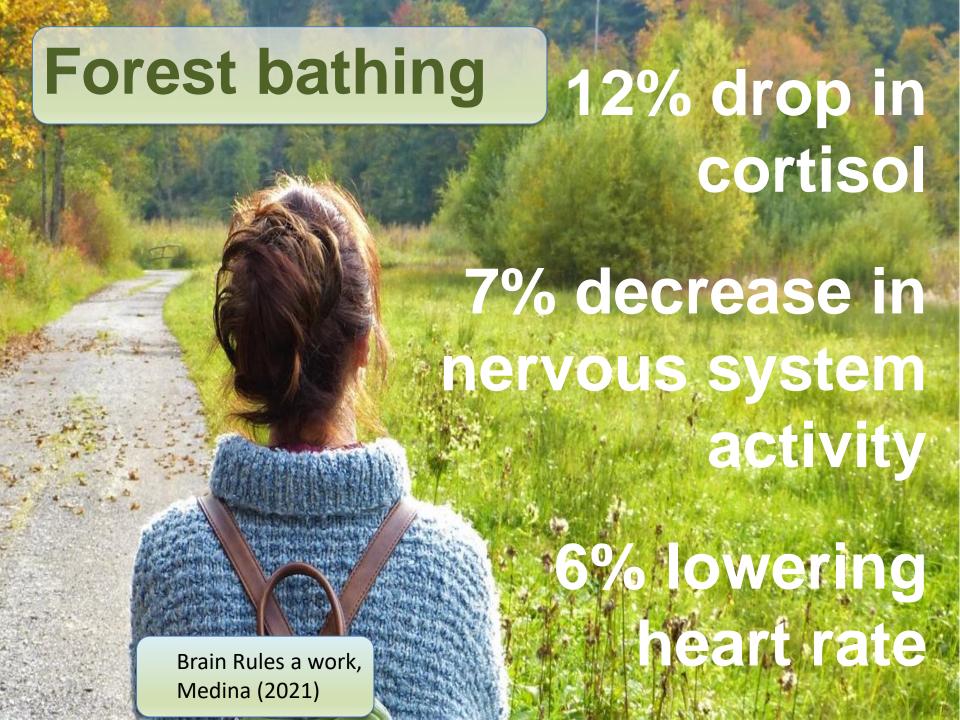
### DIY — Do it yourself Endorphin

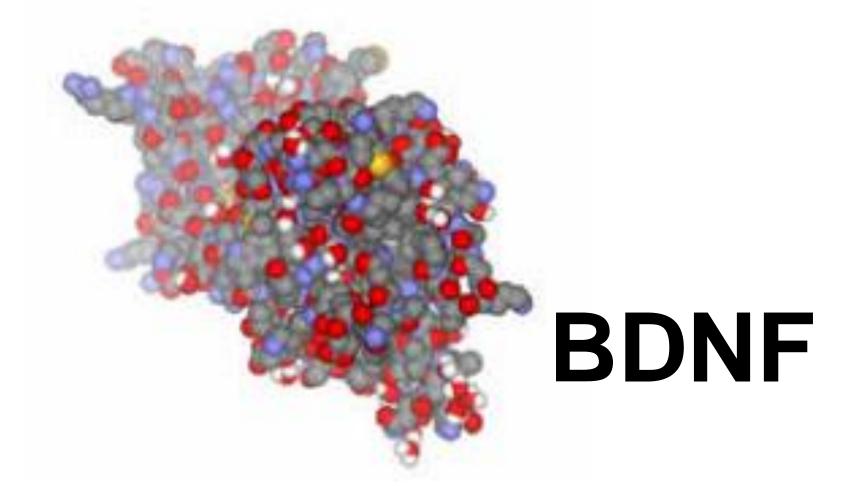
- Laugh
- Cry (or tear up)
- Eat spicy food









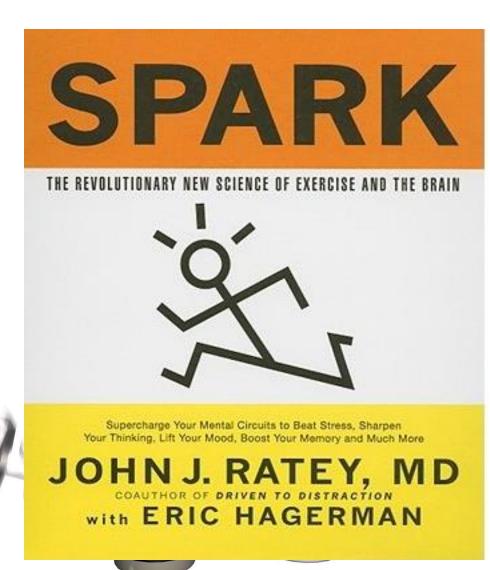


## Brain-Derived Neurotrophic Factor

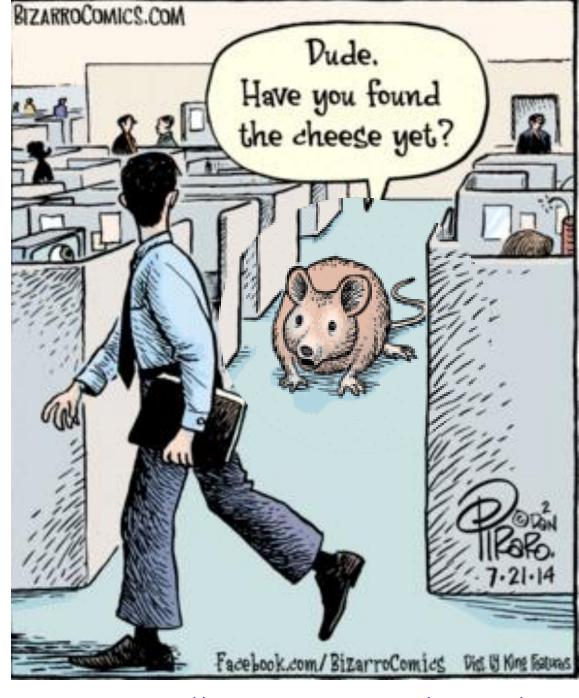
### Exercise increases BDNI

#### 肥料

"Miracle-Gro For the Brain" - John Ratey Harvard



Lab rats -**Aerobic** exercise, learn mazes 2 - 12xfaster



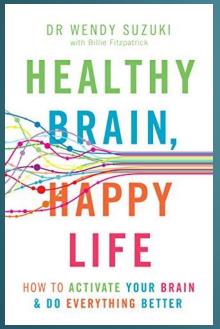
**Schools** with PE classes, students better on science & math tests.



After exercise, 20% faster learning vocabulary.







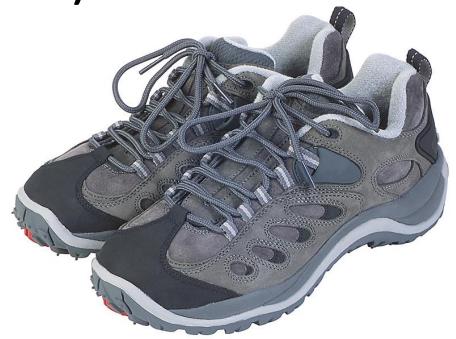
Wendy Suzuki, PhD Neuroscientist New York University



### Single workout:

Increases albibitionide, fecoscatte, ntion.

noradrenaline (+mood)



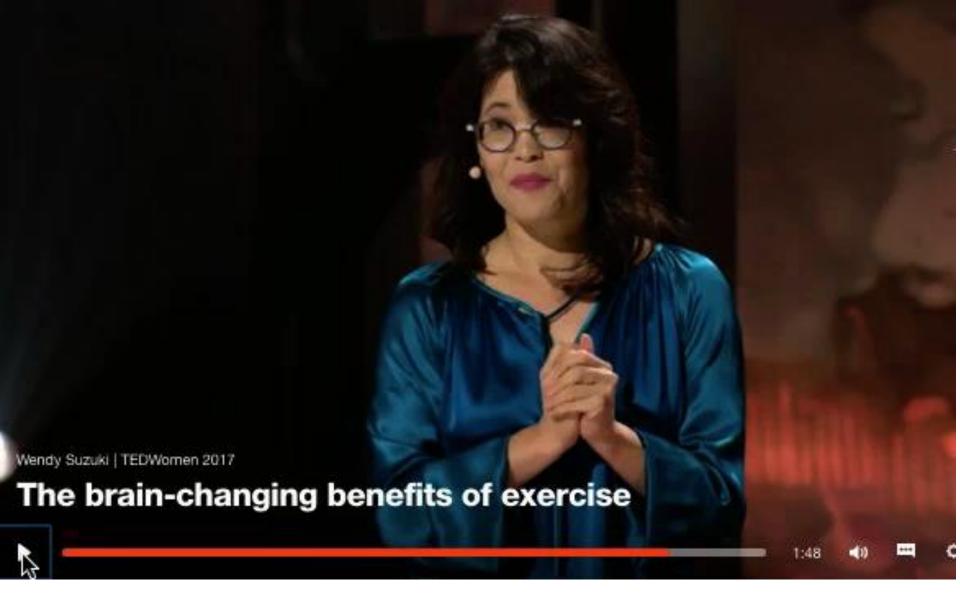
### Long-term:

Proteste battle (hippfocampus, BFE) rhoth agih gopocampus (memory)









https://www.ted.com/talks/wendy suzuki the brain changing benefits of exercise

From 11:15



### More ideas at

### http://tinyurl.com/ELT-physical



5-minute physical tasks for the language classroom

Wher

## Let's get physical-

Warm-up activities involving movement and language

Marc Helgesen

Miyagi Gakuin Women's University



OK, this next activity is a little strange.

Mind massage



Learning English makes me feel good.

Rost 2005





Learning English is my passion.

Rost 2005

### Choose one you like.

Learning English makes me feel good.

Learning English is my passion.

I believe I'm a good student.

I'm hungry for English.

### Choose one you like.

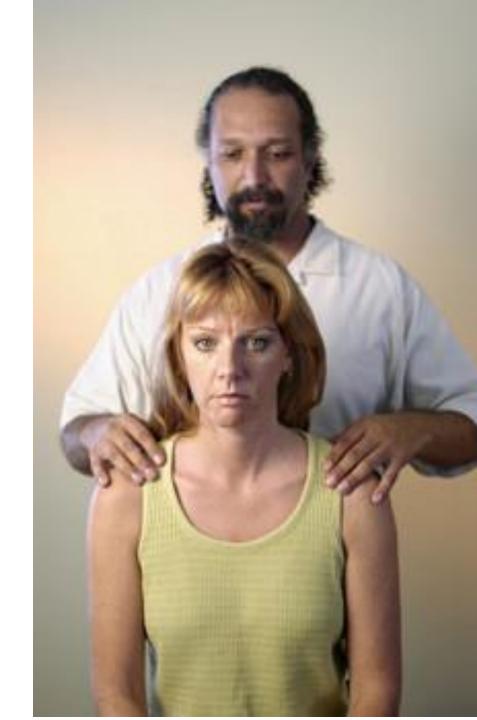
Teaching English makes me feel good.

Teaching English is my passion.

I believe I'm a good teacher.

I'm hungry for good teaching.

Positive per neck massage



Make a circle or line of 8-10.

Massage your partner's neck & shoulders.

Repeat your sentence many times.



# Positive peer neck massage



## Sorta like this





Partner,
ENJOY.

BTW, massage stimulates serotonin, too.



# Well balanced students





# Well balanced students



## This is your brain

# on happiness





www.mindbrained.org publications

Bulletin of the JALT Mind, Brain, and Education SIG



Subscribe free

## This is your brain

# on happiness





 The following are slides from a longer version of this presentation.

### Things they don't believe.



I don't think

I am a good person.

& now I'm a liar.





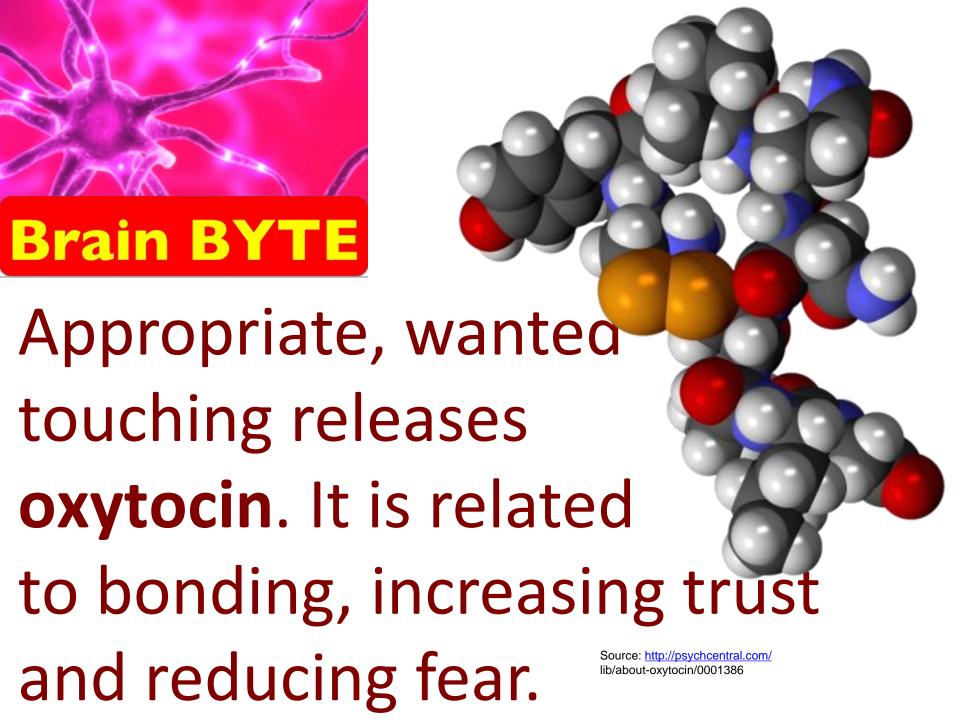
Cory's & Yoshiko Koby's Puppy, Luca.

**L**--

With fur babies, too

# HUGS













#### Your partner got a job promotion.

**Active** 

**Constructive** 

Wow. Great.

Tell me all

about it.

**Passive Destructive** 

That's nice.

What's for dinner?

**Passive** 

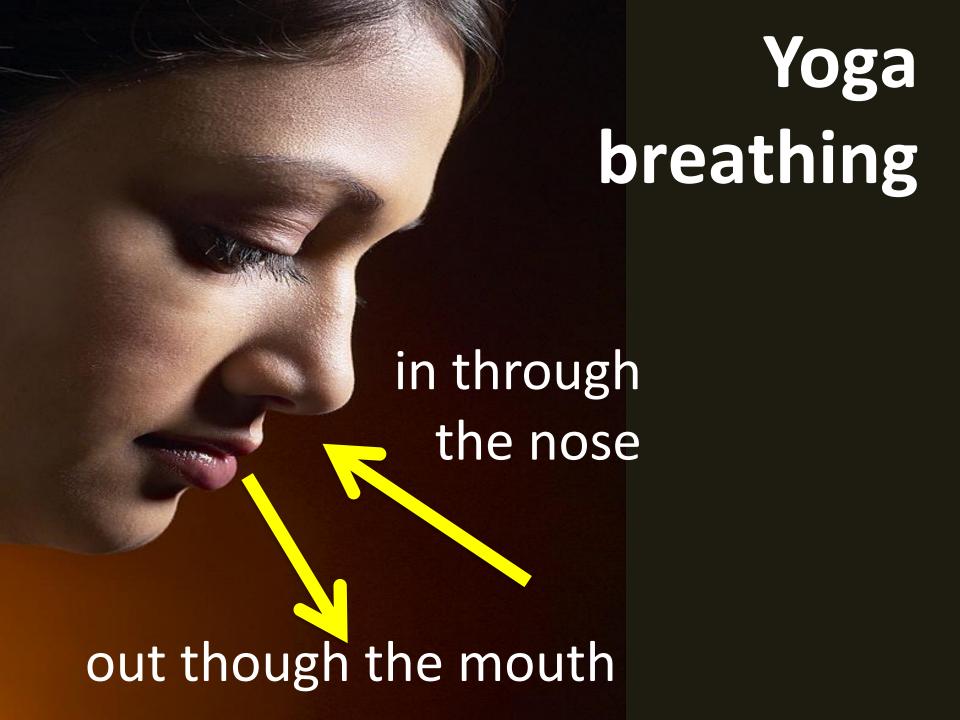
**Constructive** 

Wow. Great.

That's nice.

**Active Destructive** 

Oh. Now you are going to be even busier than now.





## Yoga breathing

**OUT - 2-3-4-5-6** 

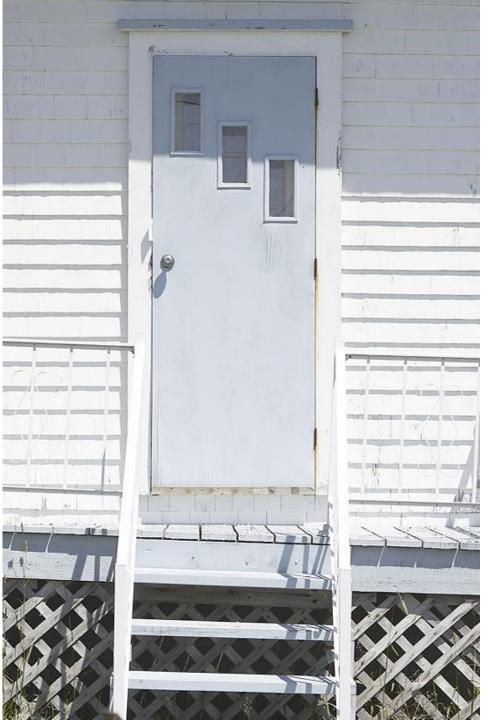
Hold - 2-3-4-5

IN - 2-3-4

Hold - 2-3-4-5



With fur babies, too



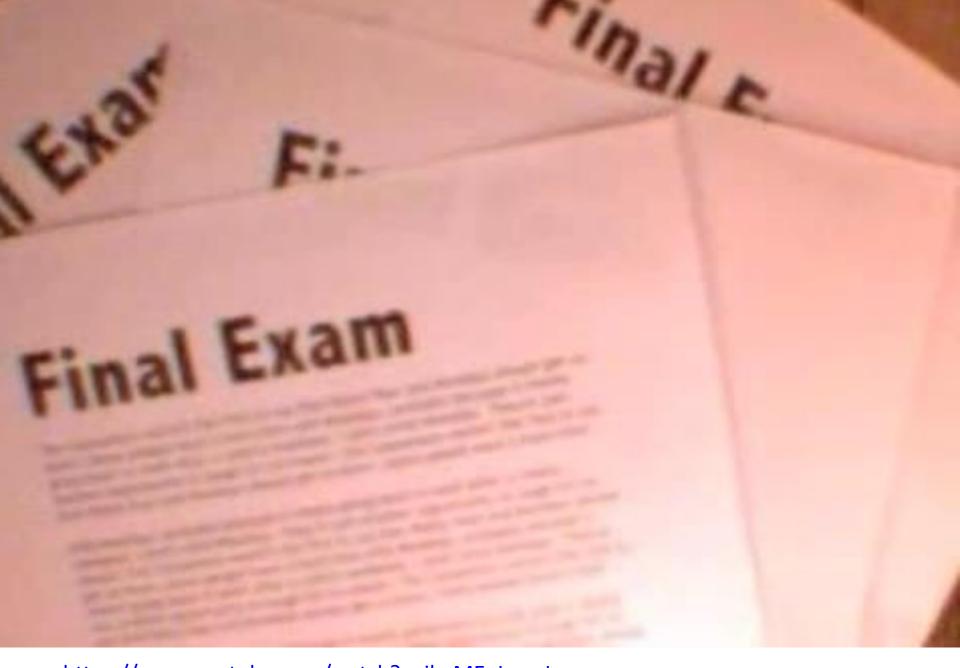
### Welcome

# to your brain

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Most photos © clipart.com. Used under license



https://www.youtube.com/watch?v=jknMEqLnepl