



Bow High School - Course Overview

Course Title: Happiness Mindset
Department: English
Credits: .5
Grades: 9-12

Course Description:

- Together we will discover ways to bring more happiness and joy in our lives by examining mindfulness and practicing gratitude. Additionally, we will explore the misconceptions about happiness, and the topics of mental, physical, emotional, and spiritual health and their connections to happiness. You will gain the skills of mindfulness, happiness, and gratitude through reading, writing, and researching. This is a journey you definitely want to take.

School Competencies:

- Self-Reflection & Advocacy (Awareness - Foundational)
- Self-Expression (Communication - Foundational)
- Writing (Communication - Foundational)
- Digital Collaboration (Awareness - Advanced)
- Self-Awareness (Awareness - Advanced)
- Emotional Wellness (Wellness - Advanced)

Course Competencies:

Reading:

- Cite strong and thorough textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text.
- Determine a central idea of a text and analyze its development over the course of the text, including how it emerges and is shaped and refined by specific details; provide an objective summary of the text.

Writing:

- Given an assigned topic, use a writing process to formulate and support a thesis in writing, using properly cited textual evidence to support analysis.
 - Write narratives to develop real or imagined experiences or events using effective technique, well-chosen details, and well-structured event sequences.
 - Use a variety of techniques to sequence events so that they build on one another to create a coherent whole.
 - Use precise words and phrases, telling details, and sensory language to convey a vivid picture of the experiences, events, setting, and/or characters.

Communication:



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- Given formal and informal opportunities, present and participate in discussions and deliver presentations, using various types of media to communicate a message.
 - Come to discussions prepared, having read and researched material under study; explicitly draw on that preparation by referring to evidence from texts and other research on the topic or issue to stimulate a thoughtful, well-reasoned exchange of ideas.
 - Make strategic use of digital media (e.g., textual, graphical, audio, visual, and interactive elements) in presentations to enhance understanding of findings, reasoning, and evidence and to add interest.
 - Demonstrate command of the conventions of standard English grammar and usage when writing or speaking