



# Bow High School - Course Map

**Course Title: Happiness Mindset**

**Department: English/Humanities**

**Unit Name: Social Connections, Mindfulness and Mental Health, Physical Health**

**Topics:**

- Gratitude
- Kindness
- Culture and Subculture
- Mindfulness and meditation
- Physical wellness (sleep, nutrition, movement)

**School Competencies:**

- Self-Expression (Communication - Foundational)
- Writing (Communication - Foundational)
- Self-Awareness (Awareness - Advanced)
- Wellness (Emotional Wellness- Advanced)
- Wellness (Risk Taking- Foundational)
- Wellness (Empathy- Foundational)
- Wellness (Physical Wellness- Advanced)
- Communication (Digital Communication- Advanced)
- Digital Collaboration (Awareness - Advanced)

**Formative Assessments:**

- Letter to self
- Gratitude letters to others
- Gratitude journal
- Discussions
- Misconceptions of happiness presentation
- Character strength survey
- Values and beliefs assignment
- Personal Narrative draft
- Giving Thanks article and response
- Kindness article and response
- Infographic Analysis
- Infographic Research

**Summative Assessments:**



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- Infographics on self selected topics
- Social Connections Unit Quiz
- Meditation, mindfulness Assessment
- Physical Wellness Movement Assessment