

Video Activity: The Science of Happiness - An Experiment in Gratitude

I. Review this worksheet

- Read through this worksheet and see what information is required in the various sections.

II. Previewing activities

- Read the title of the video and predict what you will learn from watching it.

A. Since the title includes the phrase 'The Science of Happiness' in it, I predict I'll learn that

B. Since the title includes the phrase 'An Experiment in Gratitude' in it, I predict I'll learn that

C. We define the word 'gratitude' as meaning

III. Viewing activities

- Watch the video and make notes about who the people express gratitude to and why they express gratitude.

A. The first girl expresses gratitude to _____ because _____

B. The second girl expresses gratitude to _____ because _____

C. The third girl expresses gratitude to _____ because _____

D. The young man expresses gratitude to _____ because _____

E. The older man expresses gratitude to _____ because _____

IV. Describe the experiment

- Write down the steps that were followed in this experiment.

Step 1: Experimenters asked people about their level of happiness.

Step 2: Experimenters asked people to close their eyes and think about _____

Step 3: Experimenters asked people to write a paragraph in which they express their feelings of gratitude toward the person they are thinking of.

Step 4: Experimenters asked people to _____

- Write down what the results of the experiment were.

A. For people who:

- expressed gratitude in writing,
- but did not call the person to whom they were grateful,
- their happiness increased from ____ % to ____ %.

B. For people who:

- both expressed gratitude in writing,
- and then called the person to whom they were grateful,
- their happiness increased from ____ % to ____ %.

V. Homework suggestion: Write a paragraph expressing gratitude to someone. Write it either English or Japanese, whichever you prefer. Bring the paragraph to class after you complete it.