

*Use this visualisation*

- To support learning about self-awareness & emotional wellbeing
- To help children understand that their emotions are powerful and impact others around them
- In Literacy to explore what it means to be 'happy', considering nuances of meaning in synonyms.
- In RE to consider the use of prayer wheels, belief in karma and cause and effect.
- In PSHE to open discussion relating to personal fulfilment, motivation and drive; altruism; vocation; and how we measure success.
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*Reflection*

- ❖ What part of the visualisation did you enjoy most?
- ❖ What makes you happy?
- ❖ Are the things that make you happy now the same as two years ago?
- ❖ Does the experience of happiness itself change?
- ❖ How did it feel to be able to create and spread happiness?
- ❖ Has the visualisation changed the way you think in any way? How?

*Learning Outcomes & Evaluation*

- ✓ I can talk about what makes me happy.
- ✓ I recognise that my state of mind (moods and attitudes) affects others around me, and that equally that of others affects me.
- ✓ I know that I can control my emotional wellbeing.
- ✓ I enjoy learning about the beliefs and traditions of others and reflecting upon what I can learn from them.

*Response*

- Free Thought Journaling response to the above reflection prompts using words or illustrations.
- Wellbeing: In pairs/threes discuss what makes you happy. What changes would you make to create a happier world?

Think of an exercise wheel used by a small caged animal such as a hamster or a mouse. As the animal climbs aboard and begins to run the wheel turns and turns round and round. The wheel of happiness is similar but much bigger. Large enough in fact for you to climb inside.

In your imagination I'm going to invite you to do just that right now. In your mind's eye take hold of the frame. What does it look like? What colour is it? It is made of metal, yet it is in fact very light and moves easily upon the lightest touch. As you begin to walk it makes a beautiful sound - listen carefully.

Could you describe that sound? You also notice that as you walk the wheel takes on an iridescent quality - it is as though it begins to glow.

And as you increase the speed of your walking, by the same measure the volume of the sound and the intensity of the light increases.

The energy created by this light and sound gives you a pleasant feeling. Turning the wheel seems to produce waves of happiness.

You enjoy this feeling so much, that you are keen to keep on walking. Indeed you decide to increase your effort because you are curious to see just how much can be achieved and what changes will happen as a result. So you begin to run. And as you do so more and more waves of happiness flood over you and through you. As you continue to run the wheel turns faster and faster. You don't notice yourself becoming tired or fatigued by the effort. If anything, you feel more alive than ever before. It is as though the light and sound vibrations are spreading through your body and energising you. It is as though you and the wheel and everything else becomes one.

And as you are running you notice that the world around you looks different...Brighter and lighter somehow because of all the wonderful sunshine rays spreading out from the wheel of happiness.

Eventually you decide it's time to rest. You're feeling quite exhilarated and out of breath now, so you decide to climb down from the wheel of happiness. Yet you notice that even once you have stepped down, the wheel continues to turn by itself for quite some time...It is as though, you have helped to generate an energy that effects everything and continues to do so even when you decide to rest.

This thought makes you smile. Lie down to rest now. Stretch out your body, letting it soak in all the wonderful sunshine light that surrounds you...