

## CORNERSTONE 2017 RESOURCE

### Happiness Lab *Evening Experience*

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| <b>AUTHOR(S):</b>          | Daniel Abramson, Tomer Moked, Asya Gribov   |
| <b>SUMMARY:</b>            | In this lab, participants will participate in, and evaluate different experiences designed to generate joy, silliness and laughter. - <i>Submitted by</i> Daniel Abramson, Tomer Moked, Asya Gribov   |
| <b>TOPIC(S):</b>           | Games, Group Dynamics   |
| <b>LEARNING OBJECTIVE:</b> | Participants will understand ways in which happy moments can be intentionally woven into experiences. Further, participants will learn about the science behind creating mindful/intentional moments.   |
| <b>AUDIENCE:</b>           | Large group; any age  |
| <b>TIMING:</b>             | 75-90 minutes   |
| <b>APPENDICES:</b>         | Happiness Lab Data Analysis Chart<br>Blessings for all occasions  |
| <b>MATERIALS NEEDED:</b>   | <ul style="list-style-type: none"> <li>• Lab Kits for each participant: clipboard (cardboard, binder clips) paper, pencils</li> <li>• Outfits: (optional) 30 Lab coats - Plastic aprons for cooking, goggles, 30 pairs of cooking gloves</li> <li>• Bubble wrap</li> <li>• Soft materials</li> <li>• nice smelling oils/soaps/spices</li> <li>• silly musical instruments: drums, chicken, kazoo, invisible guitar, noise maker</li> <li>• Art supplies: 2x2 inch cardboard squares, small paintbrushes, paint, glitter glue, kinetic sand, glass jars, or small recycled plastic water bottles</li> <li>• cups with water</li> <li>• food materials: ice cream, ice cream scooper, small paper cones, vanilla extract, ice, small and medium zip lock bags, heavy cream, salt, cornstarch</li> </ul> |

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### SET-UP DETAILS:

This program is best for an art room that has space to hold a number of different stations at the same time. Each station should be set up with materials prior to program start.

### SESSION TIMELINE & OUTLINE:

Introduction (15 minutes)

All the participants begin together as a group.

Welcome scientists to the Happiness Lab- a place where we can engineer moments of joy, laughter, and happiness! You are invited to conduct a series of experiments, using various methods to test your hypothesis. We know that your brain can impact your body, but it turns out that your body can influence your brain! In other words, the old saying "fake it till you make it" has some scientific merit! So today, we are going to learn how to formulate happiness.

Watch short clip to demonstrate the idea:

[https://www.ted.com/talks/amy\\_cuddy\\_your\\_body\\_language\\_shapes\\_who\\_you\\_are#t-991670](https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are#t-991670)

Participants are split up into three groups – each of the groups is accompanied by a facilitator – 'Head scientist'

Participants are invited to dress the part and put on goggles, lab coats and gloves.

Participants receive Lab Kits with cardboard and clip, paper, pencils, and Data Analysis Chart (printout 1)

Experimentation (75 minutes)

Participants rotate every 15 minutes from one lab station to another where they conduct experiments on engineering happiness.

### Generosity Lab

"Studies found that the old adage "it's better to give than to receive is correct: spending money on others or giving to charity puts a bigger smile on your face than buying things for yourself."

- The Guardian

Participants can **paint a 2 inch cardboard painting** that they must gift to someone else.

Or

Participants can create simple origami creatures to give to someone.

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### **Mindfulness Lab**

Participants watch a short video and will make their own mindful jars to help them take a moment to breathe and relax.

<https://www.youtube.com/watch?v=RVA2N6tX2cg>

<http://jugglingwithkids.com/2011/10/mind-jar.html>

Instructions:

Fill a small mason jar almost to the top with water

Add a generous squeeze of glitter glue

Seal the jar

### **Sensory Lab**

Participants will explore different sensory materials including bubble wrap, fuzzy cloths, cornstarch goo, candy, happy/funny sounds and images and will try to rank which sense has the most powerful association with joy. The goal is to provide stimulation for as many senses as you can creatively engage with materials and resources that you have accessible at camp.

### **Laughter Lab**

Participants will engage in a laughing meditation. Standing in a circle, the first participant will say ha, second ha ha, third ha ha ha, and so on. Laughter ensues.

### **Wild Rumpus Lab or Musical Lab**

Each participant receives a musical instrument (kazoo, chicken, drum, shakers,) Participants will dance and make a cacophony of noise.

### **Dream Lab:**

Participants will write down their life goal or dream in great detail. Including timeline, necessary steps, results of achieving this dream, etc.

### **Gratitude Lab**

Saying brachot for small miracles (print out)

Write your own bracha for a small miracle. For hiccups/ for your left toe/ your outie bellybutton/ the person next to you/ the person you are happy you never see again/ etc.

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### Ice Cream Lab

Participants will watch the scientist create ice cream in a bag and receive a scoop of ice cream to engage the sense of taste.

As participants walk around the lab and conduct the various experiments, they are able to measure their levels of joy on a chart. In the end everyone should be much happier than when they started!

Participants take away their lab kits to continue bringing moments of joy to others around them!

### Guiding Text and Resources:

- Reb Nachmen Breslov- it's a mitzvah to be happy
- NPR Simply Happy Podcast <http://www.npr.org/programs/ted-radio-hour/267185371/simply-happy>
- Why generosity feels good: <http://elitedaily.com/life/science-generosity-feels-good-give/890500/>
- It's better to give than to receive: <https://www.theguardian.com/science/2008/mar/21/medicalresearch.usa>
- On Mindfulness: [http://www.huffingtonpost.com/elise-bialylew/mindfulness-happiness\\_b\\_7049292.html](http://www.huffingtonpost.com/elise-bialylew/mindfulness-happiness_b_7049292.html)
- How to create glitter jars: <http://www.mindful.org/how-to-create-a-glitter-jar-for-kids/>

### ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

Any one of these lab can also be a quick activity to start the morning, energize a group, kill time between programs, etc.