Science: Emotions

Video 1

What was this video about?		
Feeling sad	How to fix a transmission	happiness

What are the 6 happiness skills?		
Mindfulness	Generosity	Teamwork
Purpose	Being mean	Human connection
Always being nice	Positive outlook	Gratitude

How did this school's happiness project impact students?		
They had better grades	They stopped coming to class	They got in more fights

Video 2

In this video, did winning the lottery make people happy?	
Yes	No

What happened with most of the lotter winners' money?	
They lost or spent most of it really fast.	They saved their money in a bank.

How did lottery winners feel?	
Great!	Socially isolated (lonely)

How did the rich monopoly players act during the game?	
They were nice and shared their money	They were mean and made fun of the players without money and even ate all the snacks.

What makes people happier?	
Spending money on experiences like going somewhere or learning something new.	Spending money on houses, cars, and video games.

In one of the studies, people were given money and asked if they would spend it on themselves or others. Which group of people were happier?	
People who spent the money on themselves.	People who spent the money on others

How would you spend the money if you were to win the lottery?