

## Science: Emotions

### **Video 1**

#### **What was this video about?**

Feeling sad	How to fix a transmission	happiness
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#### **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
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### **Video 2**

#### **In this video, did winning the lottery make people happy?**

Yes	No
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#### **What happened with most of the lottery winners' money?**

They lost or spent most of it really fast.	They saved their money in a bank.
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#### **How did lottery winners feel?**

Great!	Socially isolated (lonely)
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#### **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.
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#### **What makes people happier?**

Spending money on experiences like going somewhere or learning something new.	Spending money on houses, cars, and video games.
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#### **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
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#### **How would you spend the money if you were to win the lottery?**

