



Teacher Resource

World Happiness Survey

Focus Questions

Discuss the BTN story as a class and record the main points of the discussion. Students will then respond to the following:

1. Briefly summarise the BTN World Happiness Survey story.
2. Who started the World Happiness report?
3. What country has been named the happiest country on earth?
4. Where did Australia rank in World Happiness Report?
5. What factors contribute to a country's happiness? List three.

Activity: Class Discussion

Before watching the BTN World Happiness Survey story, explain to students what the purpose of the World Happiness Report is (learn more about it [here](#)). Ask students to make some predictions, using the following questions to help guide discussion:

- Which countries do you think made the top 10 happiest countries in the world in 2023? Look at a globe, wall map or digital application such as Google Earth.
- What type of questions do you think the UN would ask to measure a country's happiness? (Think about variables like health, freedom, social support, income, and education).
- How would you define happiness?

After watching the BTN World Happiness Survey story, hold a class discussion, using the following discussion starters.

- What are the 10 top happiest countries in the world? Find on a map.
- What makes Finland the happiest country in the world?
- What makes you happy where you live?
- How did the story make you feel?
- What was surprising about this story?



EPISODE 8

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KEY LEARNING

Students will learn more about and celebrate International Happiness Day. Students will explore the variables that influence happiness.

CURRICULUM

HASS – Years 5-6

Locate and collect relevant information and data from primary sources and secondary sources.

HASS – Year 7

Apply a methodology to locate and collect relevant information and data from a range of primary sources and secondary sources.

HASS – Year 7

Factors that influence the decisions people make about where to live and their perceptions of the liveability of places.

The influence of environmental quality on the liveability of places.

Strategies used to enhance the liveability of places, especially for young people, including examples from Australia and Europe.

Health and PE – Years 3-4

Investigate how emotional responses vary in depth and strength.

Health and PE - Years 5-6

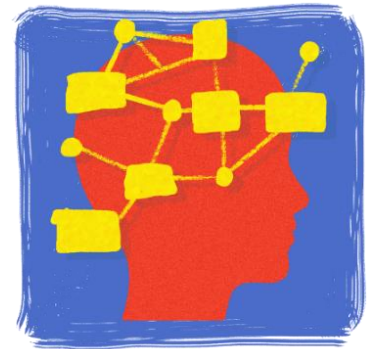
Examine the influence of emotional responses on behaviour and relationships.

Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities.

Activity: What makes kids happy?

Discuss the BTN World Happiness Survey story as a class. Create a class mind map with HAPPINESS in the middle. Use the following questions to guide discussion. Brainstorm ideas in small groups and then students will report their group's responses to the class.

- Find a definition for happiness.
- What makes you happy? Think about the happiness within yourself and within your community.
- What makes you happy where you live?
- What do I need to be safe?
- Name something that makes you worried, angry, or sad. What can kids do if they are feeling worried, angry, or sad?
- Why does it matter to be happy?



Survey – What makes kids happy?

Survey students in your school about what makes them happy. Think about ways to record students' responses – written, audio or video. Ask students to think of creative ways to share the results with the school community.

Activity: Celebrate International Day of Happiness

Since 2013, the United Nations has celebrated the [International Day of Happiness](#) as a way to recognise the importance of happiness in the lives of people around the world. Students will learn more about the UN International Day of Happiness and then respond to one or more of the following:

- What is the International Day of Happiness? When is it and why is it important?
- What is the World Happiness Report?
- Why do we mark international days?
- What can your school do to celebrate International Day of Happiness? Brainstorm some ideas as a class. Make a photo album which captures the happiness in your class or school. Visit the [UN photo album](#) to see their collection of photos.

[UN photographers capture people smiling](#), celebrating, playing, and laughing in this special collection for the International Day of Happiness.



Activity: Country profile

Finland has topped a list of the world's happiest nations for the sixth successive year. The northern European nation was judged to be the happiest, [according to the World Happiness Report 2023](#).

Students will research and develop a profile of Finland and gain a deeper understanding of the country. Working in pairs, ask students to brainstorm what they know about Finland and record their responses. Using the 'Who, what, why, when, where and how' framework, ask students to write questions that they would like to find the answers to. Students share their questions with the rest of the class. Discuss how students could find answers to the questions they generate.

Research

Students will learn more about Finland and create a profile.

- Population and area size.
- Government and politics – who is the leader of the country and how is the country run?
- Economy – work, trade, industries, and products.
- Education
- Geography – capital city, physical features of the country, climate, environment. Who are its neighbours? Show on a map.
- The people, language, culture, customs, and beliefs.
- Interesting facts.

Presentation

Discuss with students how they are going to present their profile of Finland.

Possibilities include:

- [Create a postcard](#) using Canva to share some of the things you have learnt about Finland.
- A short oral presentation.
- Compare Finland to Australia using a Venn diagram.

Further investigation

Students will explore what makes some countries happier than others. Below is a range of variables which can contribute to someone's level of happiness. Students will investigate the factors that make Finland the happiest place on earth.

Income

Education

Nature

Generosity

Social support

Health

Freedom

Politics

Activity – Choose a Project

Individually or in small groups, students will choose one of the following projects to work on and then present their findings to the class.

Tips and Exercises

Make a list of tips and exercises to help you find joy and happiness in every day. Keep a journal of things that make you happy every day.

Summary

Write a summary of the story. What does the story explain? Explain in your own words what happiness means to you and why we have the UN International Day of Happiness.

Design a poster!

Design a poster to celebrate International Day of Happiness (20th of March). Write a letter to your local MP or members of the UN expressing your hopes and dreams for young Australians now and into the future.

UNICEF drawing challenge.

Do you love drawing? Do you want to change the world? Pick a cause that matters to you and create an original illustration that shows the world you want to build. Be a part of UNICEF's drawing challenge here!

Useful Websites

- [What is the World's Happiest Country?](#) – Newsround
- [World Happiness Report](#) – BTN
- [World Happiness Report 2023](#) – World Happiness Report
- [The 2023 World Happiness Report has been released. Where does Australia rank and what makes a country 'happy'?](#) – ABC News
- [Happiness Survey 2020](#) – BTN