

Topic: Discovering one's hobbies and passions

Activity

Goal/Aim	The activity will allow you to learn how to self-reflect about own's hobbies and passions and to know the importance of hobbies and passions for happiness and mental health.
Duration	approximately 45 minutes
Objectives	<ul style="list-style-type: none">- To be aware about the importance of hobbies for happiness and mental health.- To self-reflect and describe own interests, hobbies and passions- To express own ideas and hobbies.
Needed materials	Papers
Instructions	<p>Trainer will encourage participants to do a brain storming about what is „Happiness“.</p> <p>After that, give participants enough time to discuss the following question: what make me be happy? Participants will elaborate a list.</p> <p>Trainer will explain the theoretical foundations of happiness, from the positive psychology, as well as important concepts as: emotions, feelings, optimism, cognitive behaviour, etc. S/he will emphasize the importance of having hobbies and passions in our life, as part of having a happy life.</p> <p>Trainer will ask the participants: did you write on your list any hobby? Participants will share their lists and will debate about their ideas.</p> <p>After that, trainer will ask them to note also the visible behaviours they usually have when they are cheerful. When we say visible are those that can be seen, for example showing your teeth when you smile.</p> <p>In the final discussion, each person's writing will be shared and the facilitator can ask questions so that they can recognize themselves: “What parts of the body move when we are happy?”, and they can be asked to explain how the body parts move. The trainer can also explore further and ask how they feel when they are happy.</p>