

Get ready to get happy 🤪 ✨ 😊

Essential Questions: What is happiness? How do you get it? (or is that even the right question?)
How can happiness be understood scientifically?

Introducing the Happy Science Project

The Happy Science Project is about the philosophy and science of happiness. During this project you will:

1. Explore **different perspectives on happiness** to **create your own happiness philosophy**.
2. Do your own **happiness experiments** using the scientific method and **create art to show your experiment data**.
3. **Present your philosophy and art** in an online exhibition of learning

How are we going to do this project online?

You are taking the lead in how and when you learn.

Each email will be full of a week's worth of assignments, plus a few other great resources that you can explore if you want to take your learning deeper.

You will have a small group to help you.

You will participate in small groups via email to share and explore ideas. Unlike projects that we do in-person, this small group is there for connection and support. You will not have to rely on your small group to do each week's assignments. Look for a group email from me later this week.

Two big online gatherings.

We will have two times in this project where everyone will come online together, at the same time. The first time we are coming together is this Thursday at 10:30AM for our official project launch! The second time will be for the exhibition of learning when we unveil your artwork in a digital web gallery.

Online work submission.

You will submit your assignments using Google Forms and emails. If you are ever confused about how to submit your work, just email me directly and we'll figure it out together.

One-on-one support.

I will be available with online office hours every day using Google Hangouts from 10:00AM-12:00PM if you need a live explanation or want to chat about what you're doing. You can sign up for an appointment on my Google calendar, or just "stop by." If you can't meet with me during office hours, you can email me any time with questions.

Assignments

1. **Introduce** yourself to your group members and create three group norms
2. **Email** me and let me know how you're doing this week and how you feel about doing this online project.

Next Steps

- Look for your group email introduction later today!
- Questions or concerns? Contact me via email or stop by during my virtual office hours.
- See you at our official project launch on Thursday at 10:30AM!