

ACTIVITY 6.5

The Happiness Lab Podcast Walk

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CONCEPT

Students are asked to listen to a podcast episode on the science of happiness and consider the main takeaways from the episode.

MATERIALS

- This activity could take 45-60 minutes and can be done as homework. Each episode is about 40-50 minutes long and the worksheet below may take 5-10 minutes to complete.
- Access to [The Happiness Lab Project](#) with Dr. Laurie Santos
- Headphones
- *The Happiness Lab Project* Worksheet

INSTRUCTIONS

- Students are asked to pick an episode from [The Happiness Lab Project](#) with Dr. Laurie Santos and listen to this podcast while they take a walk outside.
- After finishing the episode, students should complete *The Happiness Lab Project* worksheet.

THE HAPPINESS LAB PROJECT WORKSHEET**Phase 1 to a happier you****Time to Get Outside**

Pick an episode from [The Happiness Lab Project](#) with Dr. Laurie Santos. Listen to this podcast while you take a walk OUTSIDE.

- These can also be easily searched for on your phone with the podcast App or wherever you listen to podcasts.

Your task: Answer the following questions**Which episode did you select?****Give an overview of what the podcast episode was about (this must be a minimum of a large paragraph).****What were the significant takeaways from the episode?****Did you enjoy this and how likely are you to listen to another episode outside of class?**