

Sustainable Happiness and Education

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UN Decade for Education and SD

“There can be few more pressing and critical goals for the future of humankind than to ensure steady improvement in the quality of life for this and future generations, in a way that respects our common heritage - the planet we live on.

UN Decade of Education and Sustainable Development, 2005-2014



Happiness should have greater role in development policy – UN Member States



19 July 2011 – The General Assembly today **called** on United Nations Member States to undertake steps that give more importance to happiness and well-being in determining how to achieve and measure social and economic development.

Realising a World of Sustainable Happiness and Wellbeing

Having gathered at the United Nations in New York on 2nd April, 2012, pursuant to UN General Assembly Resolution 65/309 on “Happiness: towards a holistic approach to development,” hereby express our support for the following statement:

A fundamental human goal is the deep abiding happiness that comes from living life in full harmony with the natural world, and with our communities and fellow beings. This is consistent with the goals of the Earth Charter, the Millennium Development Goals (MDGs), and the emerging Sustainable Development Goals.

(UN High Level Meeting on Happiness and Wellbeing)

Who/What is teaching us about
happiness?

What are we learning?

Shop 'til you drop?



SHOP
till you
DROP

\$800 in Fashion Outlets
Discount Coupons!

Designer fashions for our kids?



Tommy Hilfiger

Rare Editions

Laura Ashley

B.T.Kids

Good Lad

Nature-Deficit Disorder?



HAPPINESS.

STARTING AT \$47,000.*

* Happiness guaranteed for day of purchase only





Happiness

- Relationships with family and friends
- Experiencing gratitude and appreciation
- Feeling engaged with our work, or other commitments (family, volunteer, etc)
- Leading a meaningful life

Happiness

Sustainability

**“Sustainable happiness is
happiness that contributes to individual,
community and/or global wellbeing and
does not exploit other people, the
environment or future generations.”**

(O’Brien)

- Choices related to what we eat and drink
- How we travel
- What we wear
- Our relationships



Sustainable Happiness Course

- Interview the Happiest Person You Know
- Sustainable Happiness Footprint Chart
- Interdependence Map
- Buy Nothing Day
- Genuine Wealth
- Gratitude Letter
- Sustainable Happiness Project

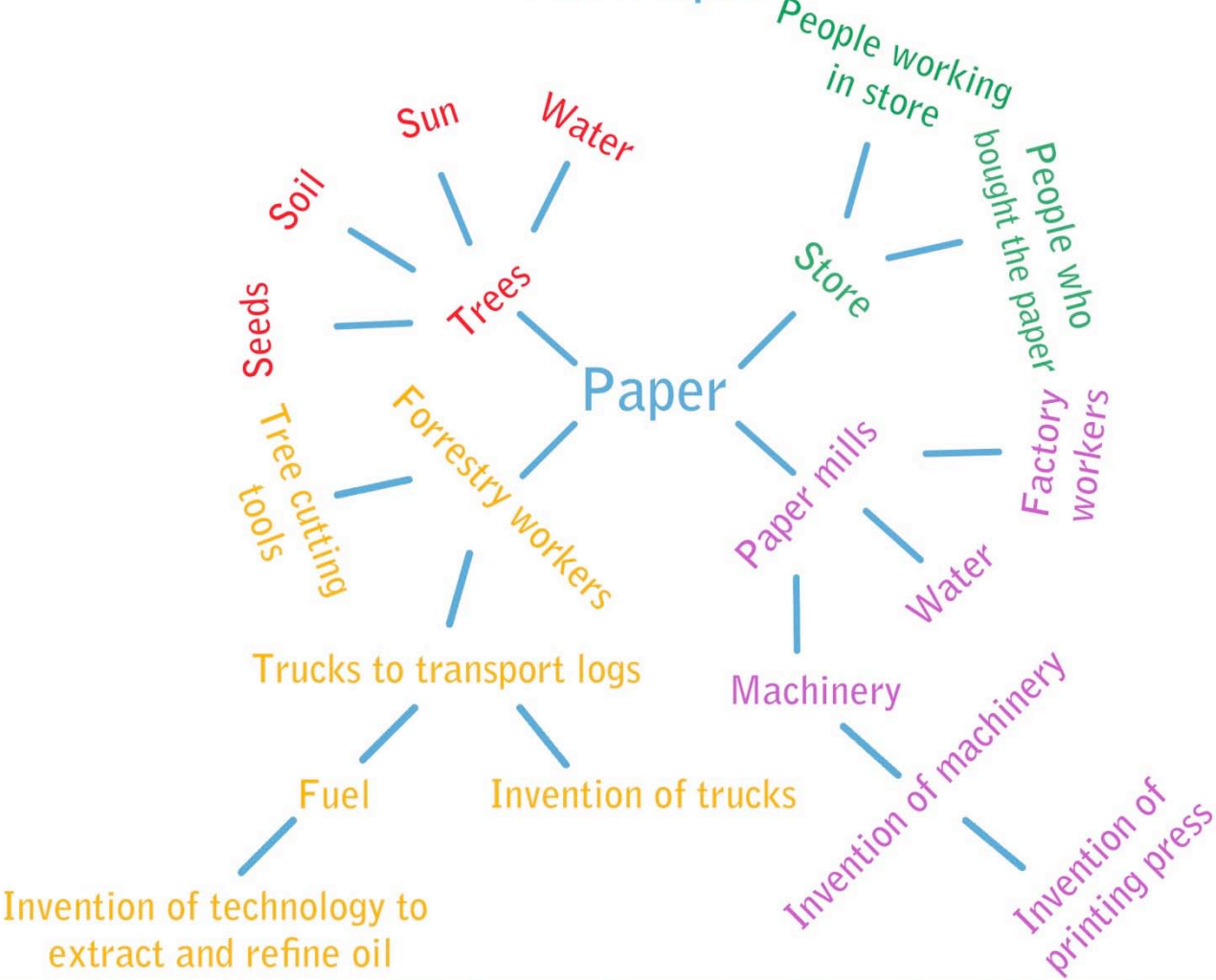
www.sustainablehappiness.ca

Sustainable Happiness Course

Sustainable Happiness Footprint Chart

TIME	ACTIVITY	EMOTIONAL EXPERIENCE	IMPACT ON SELF	IMPACT ON OTHERS	IMPACT ON NATURAL ENVIRONMENT

Interdependence Map For Paper



If you are a poet, you will see that there is a cloud in this sheet of paper.

Without a cloud, there will be no rain; without rain, the trees cannot grow; and without trees, we cannot make paper.

Thich Nhat Hanh

In H.H. Dalai Lama and V. Chan, 2004. *Wisdom of Forgiveness*, p. 119

Legacy of Sustainable Happiness

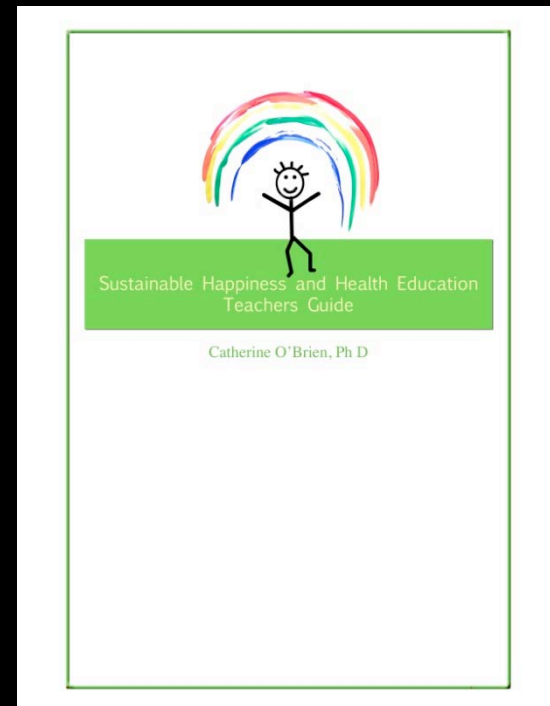
The one key that stands out for me is how much happiness has to do with our health and when you look at it how simple it is to have. All that is necessary to have sustainable happiness is to feel your feelings, live in the moment and look after the priceless gifts we already have like our planet, our family our friends and ourselves.

Student comment on Lessons Learned from the Sustainable Happiness Course

Sustainable Happiness and Education

A resource for K-6 that links sustainable happiness, with healthy, active lifestyles.

www.sustainablehappiness.ca



Natural Highs

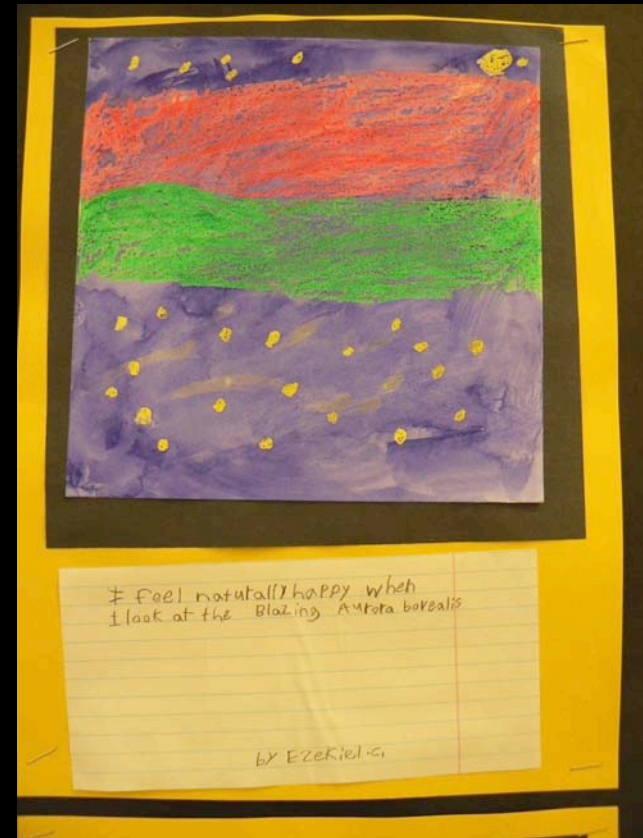
1. The cold side of the pillow.
2. Laughing so hard your face hurts.
3. The sound of an owl hooting.
4. Hearing rain on a tin roof.
5. Feeling the sun on my face.

Natural Highs

6. Watching my daughter sleep.
7. Hugs.
8. The first snow fall.
9. Playing in the ocean.
10. The smell of lilacs.



Celebrating Sustainable Happiness in Nunavut



<http://www.youtube.com/watch?v=pxMu0pEX0As>



The
Sustainable Happiness Course

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Take
HAPPINESS
and **WELLBEING**
to the
next level!

This course will:

Help you create more joy in your life, bring happiness to your friends, family and community, and sustain our planet!

Sustainable Happiness is your game changer

Interdependence

LEARN HOW **HAPPINESS CONNECTS** ALL OF US

sustainablehappinesscourse.com

Applications of Sustainable Happiness

- Cape Breton University – education, communication, nursing
- UC Berkeley School of Public Health
- Stanford University, directed reading
- Sustainable Happiness Teacher's Guide
- Education for GNH
- Pan-Canadian study – trip to school
- Wellness Coalitions, NL
- Celebrating SH in Nunavut



Sustainable Happiness

Happiness that contributes to individual, community, and/or global wellbeing and does not exploit other people, the environment, or future generations.

Taking happiness and well-being to the next level.

Sustainablehappiness.ca

Photo:Sean Murray