

“Happy” The Documentary

CLE 10

Block: _____

NAME: _____

Describe in brief (point form is okay!) which of the examples documented in the film best represents the following ideals:

1. **Find your flow:** *(Who, where and what makes this person happy?)*

2. **Serve others:** *(Who, where, what did this person leave behind to serve others?)*

3. **Surround yourself with friends and family:** *(Describe the group and where they live; what do you think they would say about the way we live in this part of the world?)*

4. In Okinawa, where there are more happy 100 year olds than anywhere else on earth, it is cultural to eat right, sleep lots and keep moving. What wisdom or teachings or advice have you received from your parents, guardians or elders about finding happiness?

5. What advice would you give your 10 year old self?

6. What are five things you are grateful for today?