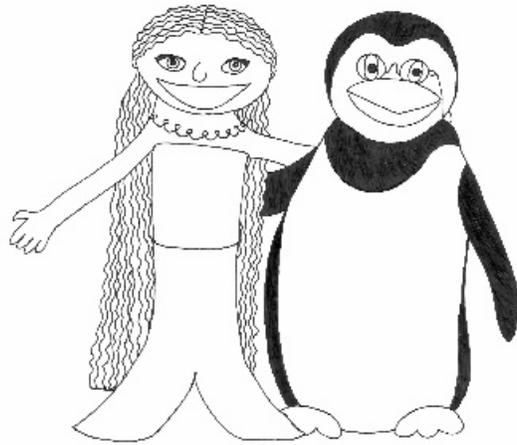


PHILO AND SOPHIE



Philosophy for Children™

Kindergarten: Happiness

Day 1 - What is Happiness?

Teacher Resource for Beta-Test

INTRODUCTION

Philo and Sophie: Philosophy for Children is a unique program for teaching the basic building blocks of moral philosophy to children in Kindergarten through 6th grade. It focuses on forming students in the essential principles of logic, ethics, and justice which they will need in later years to understand and accept Church teaching on a variety of moral issues, including respect for human life.

In over 25 years, it has been our experience that students who learn these concepts in their early years have a much easier time embracing Church teaching when confronted with moral issues later. A strong early formation makes it natural for students to see the logic and truth in Church teaching on everything from sexual integrity, to social justice, to respect for human life.

Unfortunately, our culture does not offer a default transmission of these principles through the home, media, entertainment, or other sources, as it did in years past. But do not fear! Our unique tools will provide exactly what you need to pass on these principles in the classroom in a way that is fun, easy, and deeply effective.

This project is a beta-test of Kindergarten unit on the "Four Levels of Happiness." It is being provided to you free of charge, so that you can help us to perfect the project before we release it to the wider public.

Your free *Philo and Sophie* kit comes with: this **teacher resource**, access to three accompanying **video segments**, and a free **helpline** for implementation suggestions and troubleshooting. You will also receive an **evaluation tool**, which you will fill out and return to us at the conclusion of your class unit.

If you have any questions, please do not hesitate to contact us. God bless you for your devotion to forming young children in good principles for LIFE!

Helpline Information:

For help between the hours of 7:00 AM - 3:00 PM (PST, M-F), contact Natalie Sonnen, Project Coordinator, at nsonnen@healingtheculture.com or 651-247-3487. For emergency help outside those hours, text Camille Pauley at (425) 577-4340. Be sure to mention who you are in the text.

Kindergarten Unit: HAPPINESS

Overview of the Entire Kindergarten Unit

1. Defines "happiness" as "fulfilling a desire" (explained at this age level as "getting something I want"). Introduces the concepts that there are different kinds of happiness, that they are all good, and that God wants us to be happy. Lays out the four different levels of happiness and explains some defining characteristics of each one.
2. Examines why living for Level 1 or level 2 are not enough. Demonstrates that sometimes, "what I want" can be bad for me and can hurt others and lead to unhappiness. Shows that when we make the lower levels of happiness more important than the higher ones, we will hurt other people and ourselves, and we will not be happy. Identifies some of the negative consequences of being stuck in the lower levels. Defines "sin" using the four levels of happiness. Defines "choice" and illustrates the difference between a good choice and a bad choice. Illustrates how bad choices lead to unhappiness.
3. Explains that "virtue" means a "good habit" that helps us to stay on Levels 3 and 4, and lists several virtues. Shows how to put the four levels of happiness in the right order in our lives. Explains that achieving the higher levels of happiness requires that we care for the unborn, the elderly, the ill, the disabled, and other vulnerable people. Teaches that putting other people's needs ahead of our own is a deeper kind of happiness that is more fulfilling to us and more pleasing to God.

DAY 1 – What is Happiness?

Essential Questions:

- What is happiness?
- Does God want us to be happy?
- Are there different kinds of happiness?
- Are they all good? (Are any of them bad?)
- What are the four levels of happiness?
- What are the key characteristics of each level?

Understandings

1. Know that “happiness” means to fulfill a desire (explained at this age-level as “getting what I want”), and is not just a smile, a laugh, or a feeling.
2. Understand that there are different kinds of happiness.
3. Know that all the different kinds of happiness are good.
4. Be able to say the names of the four levels of happiness in order (physical pleasure and material possessions, ego-gratification, love of others, and giving ourselves to God).
5. Be able to identify some of the key characteristics of each level of happiness.
6. Know that God wants us to be happy, and that each level is good.
7. Begin to suspect that some kinds of happiness are better than others.

Assessment Evidence

1. Verbal responses to teacher questions.
2. Placement of paper slips on correct poster boards
3. Sing-along

Day 1 Lesson Plan:

NOTE: The text in red suggests what the teacher will say.

Prepare your classroom ahead of time:

- Cut several large strips of paper or cardstock (letter-sized paper cut into three strips each will do). Cut enough for one strip per student, plus one for yourself.
- In each of the four corners of the classroom, hang a large poster board or piece of colored butcher paper. Make sure that you hang them low enough for students to reach, but high enough for everyone to see. Each poster board should have one of the following printed at the top:

- Level 1 (picture of a bowl of spaghetti)
- Level 2 (picture of a trophy or gold star)
- Level 3 (picture of a heart or two people embracing)
- Level 4 (picture of Jesus or crucifix)

Make sure the words are printed large enough to be seen from across the classroom. Pictures can be hand drawn or printed, clipped, and glued next to the words. Most of the poster should be blank so that students can affix paper slips.

- Print out enough “My Level 3 and Level 4 Drawings” pages for each student to take one home at the end of the day.
- Have a drinking glass, and a pitcher with some water on hand.

Introduction to the day’s concepts. (10 minutes)

Today we are going to learn about “happiness.” Can somebody tell me what it means to be “happy”? (Students often respond with: “it means when you’re happy; it’s when you feel good; it’s like when you smile or laugh; it’s when you’re not sad;” etc. Some may try to tell a story about being happy or give you the name of someone they know who is happy.)

Your answers were very interesting! When we “define” something, it means that we explain what something is, or what a word means. So, you just tried to explain to me what happiness is. You all tried to “define” happiness. And you did a pretty good job. Happiness means “fulfilling a desire.” Can you say that? (“Fulfilling a desire!”) Right! But what does THAT mean? “Fulfill” means to fill up. And a “desire” is something you want or need. So “fulfilling a desire” means to fill up something that you want or need – or to get something that you want or need.

(Hold up the drinking glass.) I have a drinking glass in my hand. What does the drinking glass want to be filled up with? (Water, milk, etc. Fill up the drinking glass with water from your pitcher while you say): There! The pitcher desired to be filled up with water, and now it’s filled up! Is the drinking glass “happy”? Yes! What do YOU desire? What do you want to be filled up with? What will make YOU happy?

Let’s find out! Everybody stand up. When I call on you, tell me one thing that makes you happy. It can be anything, like eating ice cream, or playing with a puppy, or being the best soccer player, or going to Mass, or helping your mom with the dishes. But each of you has to think of something

different. You can't say the same thing that someone else said, okay? *(Have students stand and call on them one by one. Tell each student to sit down after he or she answers. Write each student's answer on a separate strip of paper in writing large enough to be seen across the room. Keep the writing simple. Then, write one for yourself.)* I'm going to write one too. What makes me happy is helping children to grow and learn! *(Set aside the strips until after the video.)*

Show the Video (14 minutes)

We're going to watch a short video now. It's called "Philo (FEE-low) and Sophie," and it's about two puppets – a Penguin named Philo and a Mermaid named Sophie. When you put their names together, it makes the word "philo – sophy" – "philosophy!" Philosophy means "love of wisdom." It's when you study and learn what is true and good about the world around you, so that you can be wise and make good choices. Today, Philo and Sophie are going to learn about what happiness is. Are you ready?

Show the "What is Happiness?" video segment for Day #1.

<https://philoandsophie.org/kindergarten/>

(You may notice that in the "Fair Exhibits" vignette, the four levels of happiness are presented out of order. This was done to satisfy the creative needs of the story being told. Students will not need to understand the proper ordering of these levels until Day 2.)

Activity (20 minutes) — Four Corners Matching

Which puppet did you like the best?

In the first scene, what was Philo (FEE-low) the Penguin looking for?

Yes! He was looking for his glasses. What did Sophie think would make Philo happy? *(Wearing a fake smile, being tickled, eating a seaweed cookie.)* But those things didn't really make Philo happy, did they?

How did Philo define happiness? *(See if you can get an answer.)* Philo defined happiness as "getting what I want." And that's true, isn't it? When you want something, and then you get it, that's a kind of happiness, isn't it?

The second scene was at the Fair. Who remembers how many different kinds of happiness there were at the fair exhibits? *(Four)* Yes, four! What was the first level of happiness? *(Feeling good)* Everyone look at that corner of the room *(Point to the poster with Level 1 on it.)* Do you see the

bowl of spaghetti? That poster says, "Level 1." The first level of happiness is called "Physical Pleasure and Possessions." Everybody say that. (*Physical pleasure and possessions!*) Do you remember Frank the red monster and his fair exhibit? Frank likes spaghetti! Physical pleasure means when something feels good, tastes good, smells good, sounds good, or looks good. Possessions means something that belongs to you. Frank had spaghetti, and eating it makes him happy, doesn't it! Do you think God wants you to enjoy Happiness Level 1? Sure! It's a good level. But is it the ONLY kind of happiness?

What's the second level of happiness? Mr. Thomas sang about in his song. (*Being proud of yourself because you are better or smarter or faster than other people.*) Everybody look at that corner of the room (*Point to the poster with Level 2 on it.*) Do you see the trophy? That poster says, "Level 2." Happiness Level 2 is called "ego-gratification." Everyone say "ego-gratification."

Good! Ego-gratification means when you're happy because you did something that you're proud of, or that makes you feel important. You win a game, or you get the answers right at school, or your friends think you're beautiful, or smart, or funny. That makes you happy, right?

Who was really proud of himself in the fair exhibits? Yes, Philo the Penguin. He was good at a lot of things, wasn't he? What are you good at? (*Wait for two or three answers.*)

Does God want us to feel proud of ourselves when we work hard to be good at sports or school or other activities? Of course! He wants us to do well at the things we're good at. But is there anything more that can make us happy?

Think about Sophie the Mermaid's exhibit. That's the third level of happiness. What made Sophie happy? (*Giving out free hugs and seaweed cookies, doing good things for other people, making friends, and making other people happy.*) Everyone look at that corner of the room (*Point to the poster with Level 3 on it.*) Do you see the heart shape? That poster says, "Level 3." Sophie found happiness in loving and doing good for other people. That's the third level of happiness. Do you think Level 3 is better than Levels 1 and 2? How come? (*It's not just about myself. It makes other people happy. It's what God wants us to do.*) Yes, God knows that we will be happier when we do good for other people than if we just care about ourselves. That's because God made us to be just like him, and God is Love, right? But Levels 1 and 2 are still important, aren't they?

Is there a fourth level of happiness? (*If they don't know the answer, ask them to think about the little girl Jessica, and her exhibit.*) What made Jessica happy? Everyone look at that corner of the room (*Point to the poster with Level 4 on it.*) Do you see the crucifix? That poster says, "Level

4." Jessica found happiness in loving God and letting him love her. What kinds of things did she have at her exhibit? *(Bible, crucifix, holy cards with prayers, picture of the Nativity)* Do you think God wants you to find happiness from letting Him love you? Of course! What are some ways that you can love God back? *(Pray to him, go to church, obey your parents, be kind to other people, give to poor people, etc.)*

Now, which level of happiness do you think is the best one? *(Encourage them to say Levels 3 and 4)* Are any of the levels bad? Or are they all good? *(They're all good!)*

Before we watched the video, I wrote down one thing that each of you said makes you happy. I'm going to give each student one of these slips with your answers written on them. It doesn't matter which one you get. I'm going to TEST you! When I give you your slip of paper, you run to the corner of the room where it belongs and stick it onto the poster, and then run back to your desk. So, for example, if you get something that tastes good or feels good or smells good, where are you going to stick your paper slip? Right! The poster for Happiness Level 1 – over there. If you get something that's about caring for another person, where are you going to stick it? Yes – on the poster for Happiness Level 3 – over there. Are you ready?

As you hand them out, put a piece of tape on each paper slip so that students can stick them to the posters. If you have time, hand them out one at a time, and offer helpful guidance to get each student to the correct poster. If you do not have a lot of time left at this point, send all the students at once, as quickly as you can hand out the slips. When they are done, take a look and correct any that are in the wrong place, explaining why they need to go somewhere else.

Okay – now let's take a look. Where do you see most of our slips? *(Most likely, most of them will be in Level 1, with a few in Levels 2 and 3.)* Yes... look! There are hardly any in Levels 3 and 4! But those levels are really important, aren't they?

Okay, so here is your assignment for tonight. *(If you still have at least 10 minutes of class time left, you can actually do this assignment in class rather than as a take-home assignment.)*

You're going to take home this sheet of paper. *(Hand out the "My Level 3 and Level 4 Drawings" sheets.)* In the box where you see the number 3, you're going to draw something that makes you happy on Level 3 – doing something kind or loving for someone else. And in the box where you see the number 4, you're going to draw something that makes you happy on Level 4 – letting God love you and showing Him that you love him back. Okay? Remember to bring it back with you tomorrow, and we will cut them in half and hang them up on our posters.

Sing-along (2 minutes)

If you have time after the activity, you can sing “The Four Levels of Happiness Song” together with your students. You can select the song from the video playlist, without the interaction with actors and puppets. It is Segment #4 on the website. Alternatively, if you are musically talented (and if your students can read), you can hand out the words to the song which are included on the website and play the song for them on an instrument.