Lesson: 1. Research Happiness apps. Research Inspirational messages. Revise the basics of .net programming with Visual Basic.	Comic: 2
Overview of Key Skills Concepts – happiness apps, positive affirmations, jokes and humour, mood improvement Skills and process – research skills, report/article-writing, programming skills	**Cross-curricular links** English: reading and writing PSHE: **Health and Wellbeing**

Learning Objectives:	- To understand how computer technology can be used to increase happiness and wellbeing - To understand how positive affirmations can be used to increase happiness and wellbeing - To understands how jokes and humour can be used to increase happiness and wellbeing - To understand the basics of .net programming including forms, classes, objects, subroutines, variables and arrays.

Key Teaching Points / Research Opportunities	Introduce the unit and the learning objectives attached to it. One of Apple's taglines is "there's an app for that"! Do you think that can also be true for happiness? Can computer technology actually make us happier? Let's do some research on this. Here are some Internet links to get you started: https://www.happiness.com/en/magazine/inspiration-spirituality/the-3-best-happiness-apps/ https://www.shareable.net/15-apps-to-boost-your-happiness/ Now let's focus on just one type of happiness app…. Positive affirmations! How about if we wanted to create our own app? Perhaps, we need to get together a list of affirmations first! How many do we need? One for each day of the year? What about a leap year! Here are some links to get you started: https://committedtomyself.com/list-of-positive-affirmations/ https://www.developgoodhabits.com/positive-affirmations/ I wonder what type of app Ken Dodd would design? A joke for each day of the year?! Now, if we are going to write our own positive affirmations app, we need to brush up on our programming skills. Let's revise: - Forms - Classes - Subroutines - Objects - Variables

	● Arrays
Independent Work	Come up with a list of 366 positive affirmations or jokes (this can be less if shared between other members of the class and staff). Write a brief report/magazine article about how apps are used to promote happiness, and discuss the possible benefits of positive affirmations.
Plenary	● So what did we find out about happiness apps? ● What did we find out about positive affirmations? ● What do you remember about forms, classes, subroutines, objects, variables and arrays? ● What do you feel that you have learned during this lesson? Now let's try the End-Of-Lesson Assessment.
Resources, including ICT	Internet links PC computers with screen magnification/speech Microsoft Office End-Of-Lesson Assessment Online quiz
Key Questions	● What types of "happiness" applications are there and how do they work? ● What are the possible benefits of positive affirmations? ● Do jokes improve happiness and wellbeing? https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456
Vocabulary	Apps, applications, positive affirmations, Visual Basic, C#, forms, classes, subroutines, objects, variables, arrays.
Success Criteria	● Ability to understand how computer technology can be used to increase happiness and wellbeing ● Ability to understand how positive affirmations can be used to increase happiness and wellbeing ● Ability to understands how jokes and humour can be used to increase happiness and wellbeing ● Ability to understand the basics of .net programming including forms, classes, objects, subroutines, variables and arrays.
Assessment Opportunities	● Post-Lesson Assessment sheet and online quiz ● Report/magazine article