



# 101 Activities for Happiness Workshops

*Tom Bournier, Bridget Grenville-Cleave, Asher Rospigliosi*

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"This is a great resource for anyone who currently leads or runs groups in schools, the community or in the workplace - or plans to. Everything you need to design a whole workshop from scratch is here, along with a wealth of ideas and inspiration". Vanessa King (MAPP), Positive Psychology Lead and Board Member, Action for Happiness. 101 Activities for Happiness Workshops is suitable for both new and experienced workshops facilitators. It's a practical book which you can start using immediately. Each activity is based on the '10 Keys for Happiness' from Action for Happiness. The purpose of each activity is clearly explained, and you are given details about the materials you need, step-by-step instructions so that you can facilitate the group confidently, plenary/debrief questions where appropriate and follow-up notes including comments and variations. Photocopiable handouts are also provided where used in the activity. The opening chapters include background information about positive psychology, happiness and why it matters, and the closing chapters will help you design and plan your own workshop as well as give you information about different facilitation techniques. You can also find new happiness activities on the website which accompanies the book. If you want to know more about developing activities and running workshops that will contribute to a happier world, this is the book for you.

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