

Three Types of Happiness



SPONTANEOUS HAPPINESS



This is the enjoyment to be found in the moment (ice cream, a surprise of a beautiful flower opening up, a smile, a gift, a kiss, or sunset).

List some examples of spontaneous happiness that occur in your classroom.



HEDONIC HAPPINESS



This is the pursuit of pleasure for its own sake (being addicted to video games, online shopping, unhealthy foods, gambling, excess TV, or hoarding).

List some examples of hedonic happiness that occur in your classroom.



EUDAIMONIC HAPPINESS



This is the joyful satisfaction of long-term pursuit of worthwhile goals (becoming part of an athletic team that has a good season, learning a tough new skill, building something relevant, or leading an interesting project).

List some examples of eudaimonic happiness that occur in your classroom.
