

## Eight Hugs Curriculum

**Previous Unit:** The role of gratitude

**Unit:** Spirituality = happiness ?

**Next Unit:** Gender and happiness

**Lesson Concept:** We can answer big questions by collecting and analyzing data

**Aim:** SWBAT answer the question:  
Does meditation make us happier? By  
analyzing class longitudinal data.

**Lesson Essential Question:** Does meditation make us happier?

**Instructional Model:** Inquiry

### Agenda:

1. Introduce students to meditation. Explain theory behind meditation, ask about any background knowledge and establish a routine for meditating. Be sure to practice this routine and bookend it with an environmental stimulus, for example a chime sound, turning off the lights, or sitting on the floor.
2. Arrive at class hypothesis to answer to essential question: Does meditation make us happier? (Eg: Yes vs. No)
3. Divide class into three groups: Control (C), Focused Attention (FA) and Open Meditation (OM). Explain roles of 3 groups. C– don't make changes; FA pick one thought to focus on; OM – focus on stillness/emptiness of mind. Set guidelines for when meditation will occur.
4. Explain how data will be collected and measured. Qualitative data: mood trackers. Quantitative data: blood pressure. Take first data point as baseline measurement.
5. Collect data over course of week, graph results, discuss findings and analyze if hypothesis proven/disproven.
6. Close off experiment by returning to essential question: Does meditation make us happier? If yes, how can we use this info to lead better lives?

**Heavy Lifting:** Data analysis, data comparison, acting as scientist and subject. Extension: discuss subject bias.

**Formative:** Data collection

**Summative:** Lab report

**Homework:** Collect data, graph data, analyze data/complete lab report

### Materials:

Mood tracker  
Chime  
Stopwatch  
Graphing paper

### Unit Essential

**Questions:** How can spirituality enhance wellbeing and happiness?

### CCSS Standards:

CCSS Math: Represent and Interpret Data (grades 1-5)

CCSS HS Math: Use probability to evaluate outcomes of decisions

### NGSS Cross-cutting concepts:

- Patterns
- Cause & Effect
- Scale, proportion and quantity