



Finding Happiness in the Ordinary

**Presented by Dr. Kok Siat Yeow, Deputy
Campus Director, NIEC (City) Campus**



Eudaimonic

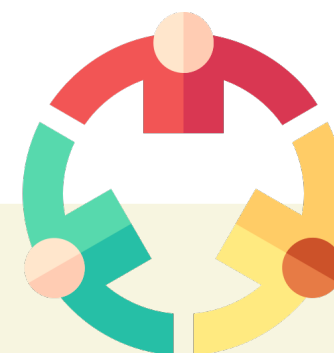


Self-fulfilment

(Orientation towards growth, authenticity, meaning in life, excellence)



Long-term well-being



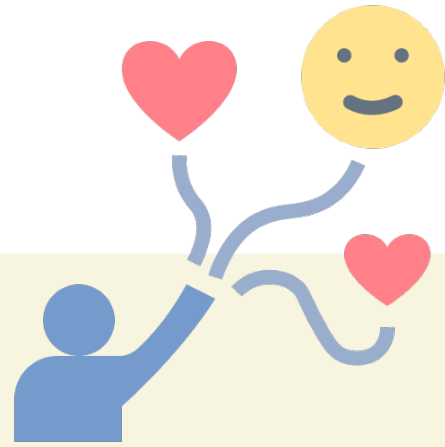
Relationship with others and community contribution (Keyes, 2002)



Put your strengths to the greater good and welfare of humanity (Seligman, 2011)

Life is satisfying

Hedonic



Maximise pleasure

(Korean drama
binge-watching,
shopping, eating etc.)



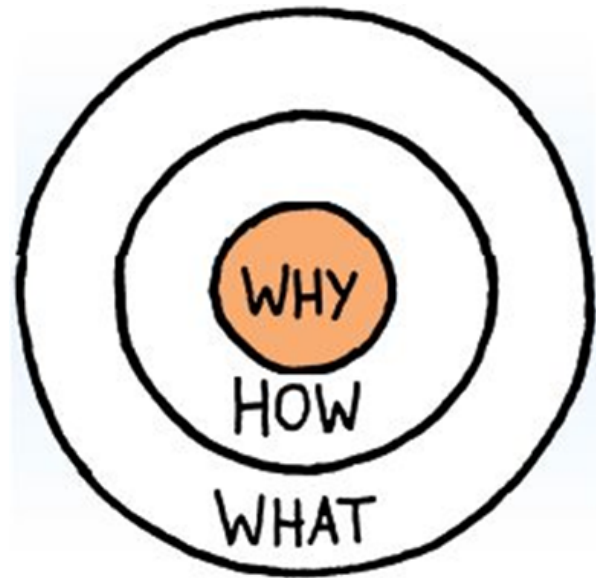
Short-term gratification



Seek to avoid pain/displeasure

Experiences that are satisfying

How to reach Eudaimonic Happiness (Schaffner, 2023)



Recognising your purpose helps you focus your energy, keeps you engaged, and hopeful

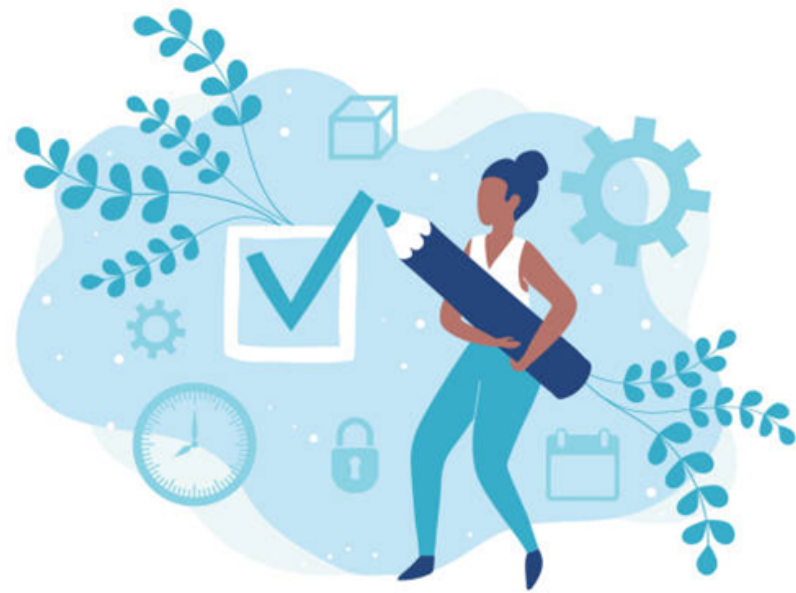


Know your values and live a value-led life.



Be clear about your long-term goals and aim to take daily steps toward them.

How to reach Eudaimonic Happiness (Schaffneer, 2023)



- **Developing your best potential**
- **Engaged in these activities**



Ensure high-quality relationships



Take good care of your physical and mental health

Taking Good Care of Your Physical and Mental Health



**Schedule physical exercises into your daily routine,
30 min each day.**



Invest in rest, at least 7 hours per day.



Scrunch and release different parts of your body

Taking Good Care of Your Physical and Mental Health – Invest in your resilience

- **Nurture your relationships with others**
- **Exercise and take care of your body, get enough sleep, eat properly**
- **Notice good things that happen, however small**
- **Cultivate a sense of realistic optimism even in difficult times**
- **Practice gratitude**
- **Try out new things**
- **Be clear on what really matters and is meaningful for you**

A Journey of Happiness: A boardgame for Educators

By Kavitha Kalailakshmi D/O Rajahendran Pillai
Lead Lecturer, NIEC (ITE) Campus

Introduction

Step into the “Journey of Happiness” Game - a journey where every move weaves joy and growth into a harmonious experience of fulfilment. Through the game, you will be able to:

Connect through sharing personal stories

Heighten self-awareness with ‘Pursuit of Pleasure & Purpose Cards’

Attain mindfulness through engaging activities

Rally camaraderie through cooperation

Make way to ‘Happiness Haven’ for ultimate fulfilment

Embark on this game of delight, where happiness unfolds and bonds flourish. Engage in vibrant conversations, partake in uplifting activities and harness empowering affirmations. Your adventure awaits!

Objective of game

Players will embark on a journey to reflect, discover and cultivate happiness in various aspects of life.



Game preparation

Print out the game board, pursuit of pleasure and pursuit of purpose cards in colour.

**For durability, print on thicker paper or laminate the game board and cards*



Prepare the die by cutting along the solid lines, folding on the dashed lines and secure them with glue.



Prepare preferred game tokens for each player.



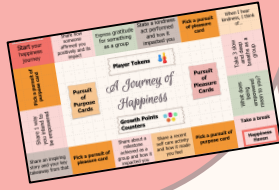
Prepare growth point counters for each player.





How to Play

Setup



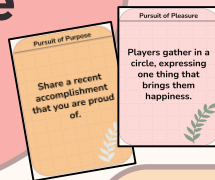
Place the game board in the centre of the playing area. Invite 4-6 players. Each player selects a distinct player token and places it at the "Start" point. Shuffle the "Pursuit of Purpose and Pleasure" cards separately and place them face down at the designated areas on the game board. Place "Growth Point" counters on the game board for players to access.

Players take turns rolling a dice to determine how many spaces they move along the path. Move clockwise along the path, following the arrow. Players to carry out the task stated on the space they land.



Starting your journey

Pursuit of Purpose & Pleasure Card



When a player lands on a "**Pursuit of Purpose & Pleasure Card**" space, they draw a card and read the statement aloud. They then share their thoughts or actions related to the statement with the group. Other players can offer encouragement and support.

Successfully completing a statement earns the player "Growth Points". Players to keep track of their progress using their "Growth Points".



Earning Growth Points

Reaching Happiness Haven

The game continues until a player reaches the "**Happiness Haven**" at the end of the path. The first player to do so wins the game. Players will only be able to reach "**Happiness Haven**" after 1 round of the game.

→
**Start your
happiness
journey**

**Share how someone
affirmed you
positively and its
impact**

**Express gratitude
for something as a
group**

**State a kind act
performed and how
it impacted you**

**Pick a pursuit of
pleasure card**

**When I hear
kindness, I think
of...**

**Pick a pursuit of
purpose card**

Player Tokens



**Pursuit of
Purpose
Cards**

A Journey of Happiness

**Pursuit of
Pleasure
Cards**

**Take 3 slow and
deep breaths as a
group**

**Share 1 way you
intend to be
empowered**

**Growth Points
Counters**



**What does being
empowered mean to
you?**

**Share an inspiring
story and your key
takeaway from that**

**Pick a pursuit of
pleasure card**



**Share about a
milestone achieved
as a group and how
it impacted you**

**Share a recent self
care activity and
how it made you
feel**

**Pick a pursuit of
purpose card**

Take a break

**Happiness
Haven**



Pursuit of Pleasure Cards

Pursuit of Pleasure

Players gather in a circle, expressing one thing that brings them happiness.



Pursuit of Pleasure

Tell a short story about a time when you felt truly happy.



Pursuit of Pleasure

**Draw a quick doodle
symbolising joy and
happiness.**



Pursuit of Pleasure

**Sing a snippet from a
favourite happy song.**



Pursuit of Pleasure

Share a funny joke or story.



Pursuit of Pleasure

Act out a happy word or phrase while others guess.



Pursuit of Pleasure

**Strike a confident
pose and hold it for a
few seconds.**



Pursuit of Pleasure

**Give high-fives to all
players, spreading
positive vibes.**



Pursuit of Pleasure

Players share a group hug to celebrate each other's happiness.



Pursuit of Pleasure

Everyone gets up and dances to a fun song for 1 minute.



Pursuit of Pleasure

**Name a gift you would
like to receive and
share why.**



Pursuit of Pleasure

**Share 3 truths and 2
lies.**



Pursuit of Pleasure

**Whisper a silly phrase to
the player beside you.
Invite the rest of the
players to do the same.
The last person who
receives the phrase, will
share it out loud.**



Pursuit of Pleasure

**Impersonate a
character or famous
celebrity and the
group to guess.**



Pursuit of Pleasure

**Share about your
favourite food.**



Pursuit of Pleasure

**Sing tongue twisters
to a catchy tune.**



Pursuit of Pleasure

**Act out a scenario
assigned by the rest
of the players.**



Pursuit of Pleasure

**Share about an
activity that brings
pleasure.**



Pursuit of Pleasure

**Share about a
favourite place /
country.**



Pursuit of Pleasure

**Share about a thrilling
experience.**





Additional 'Pursuit of Pleasure' Blank Cards

Pursuit of Pleasure



Pursuit of Pleasure



Pursuit of Pleasure



Pursuit of Pleasure





Pursuit of Pleasure



Pursuit of Pleasure





Pursuit of Pleasure Cards

Pursuit of Purpose

**Share a recent
accomplishment that
you are proud of.**



Pursuit of Purpose

**Recall a situation
where you learnt and
grew as a person.**



Pursuit of Purpose

**List three strengths
that you believe define
your character.**



Pursuit of Purpose

**Describe a challenge
you faced and how it
helped you develop
resilience.**



Pursuit of Purpose

**Share how a mentor or
role model has
positively impacted
your life.**



Pursuit of Purpose

**Share a story about a
meaningful interaction
with a friend or loved
one.**



Pursuit of Purpose

**Reflect on a time
when you felt a strong
sense of empathy
toward others.**



Pursuit of Purpose

**Discuss a value that
guides your decisions
and actions.**



Pursuit of Purpose

**Share a project or
hobby that brings you
deep fulfillment.**



Pursuit of Purpose

**Recall a time when
you selflessly helped
someone else.**



Pursuit of Purpose

**Discuss a lesson that
has shaped your
perspective on life.**



Pursuit of Purpose

**Share a goal that
aligns with your sense
of purpose.**



Pursuit of Purpose

**Share a cause or issue
that holds deep
meaning for you.**



Pursuit of Purpose

**Share how you have
made a positive
impact in your
community.**



Pursuit of Purpose

**Discuss a friendship
that has had a
profound influence on
you.**



Pursuit of Purpose

**Describe an experience
that brought you pure
and lasting happiness.**



Pursuit of Purpose

**Share how pursuing
knowledge or skills has
enriched your life.**



Pursuit of Purpose

**Recall instances when
you have shown
kindness to others.**



Pursuit of Purpose

**Share a story about
forgiving someone and
the impact it had on
you.**



Pursuit of Purpose

**Discuss a legacy you
want to leave behind.**





Additional 'Pursuit of Purpose' Blank Cards

Pursuit of Purpose



Pursuit of Purpose



Pursuit of Purpose



Pursuit of Purpose

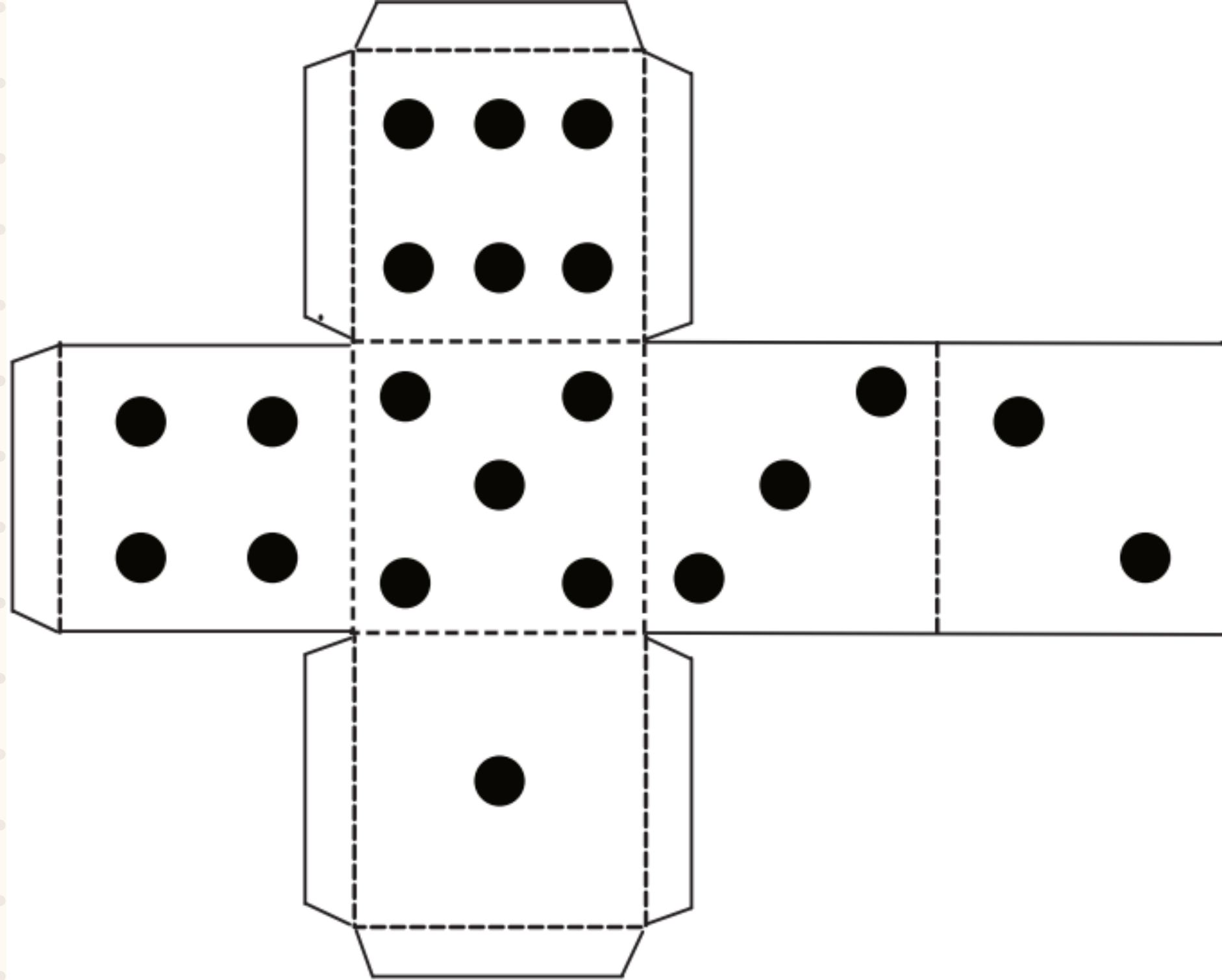


Pursuit of Purpose



Pursuit of Purpose





Post-reflection questions



What did I learn about myself that I did not know before?



What have I learnt from my colleagues that I can apply to my own life? How would I go about doing that?



What support would I need and how can I get that support?



When I have reached my 'Happiness Haven', what would be different for me?



What difference would it make for my loved ones when I am in 'Happiness Haven'?



What difference would it make for my team when I am in 'Happiness Haven'?

Game prepared by



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Kavitha holds a Master's degree in Education (Early Childhood) from National Technological University and a Bachelor's degree in Early Childhood Education from the University of South Australia. In the Master's programme, she completed a research thesis on 'The Enhancement of Instructional Leadership Practises of Preschool Leaders in Singapore'.

She had learned communication, leadership, and administrative abilities through her 20 years of experience working with children, parents and teachers in various roles ranging from teacher to principal to assistant director. Through the Practitioner inquiry grant, she was participating in the sharing of knowledge on solar energy to save electricity with educators from the Philippines.

She aspires to inspire and instill in her young children the value of giving back to the community. She enjoys reading and travelling outside of work.