

# Wheel of Well-being one minute masterpieces



## aim

To illustrate the impact of positive emotions in a group setting

## what to do to set up the activity

Ask group members to get into pairs with someone they don't know and arrange their chairs to sit facing each other. Each partner needs a blank sheet of paper (A4), a marker pen and a hard surface to draw on.

## instructions

Tell the group that they are going to have 1 minute to draw a picture of each other – (let them digest this for a few seconds) – and so nobody has any advantage, there's an additional condition: nobody is allowed to look at the paper as they draw their partner.

(Note: the facilitator might like to demonstrate drawing without looking at the paper to make sure the group knows what to do)

Say 'Go!' when it's time to start. Give the group exactly one minute. Keep an eye out for sneak-peekers and make sure they know they've been discovered! Say 'Stop!' when the minute is up.

After the laughter subsides and participants have a look at their work and show their partners, get people to write their partner's name on the portrait – and their own signature (signed masterpieces are worth much more!)

**Get pairs to give each other their portraits - as a memento of the activity.**

Draw people's attention to what they just did and use the activity to incorporate the Wheel of Well-being and the 5 ways to well-being:

- They listened to instructions.
- Their brain made sense of the language (they understood that it was English, not Chinese, for example!) and what they had to do (the instructions). **(Mind - Keep Learning)**
- Their brain told their eyes to 'see' the person they had to draw and to really look at the person. **(Place - Take Notice)**
- Their brain told their hand how to hold and move the pen and what to do to draw the picture. **(Body - Be Active)**
- At the same time their minds were telling them something funny was going on with their partner and the others in the group – and it made some people laugh. **(People - Connect)**
- They shared their masterpieces with their partners – and gave them a gift. **(Spirit - Give)**





## overview of the activity

To use a simple and entertaining activity to demonstrate three serious messages:

### key message 1

Focussing attention on an activity that generates positive emotions (e.g. humour, pride, etc) which off-sets our brain's tendency towards negative thinking, helps us forget our troubles - and improves our mood.

(Facilitator can ask the group about their worries as they came in - participants may have been feeling tired, worried, or stressed - and then explore what happened when they started the activity).

### key message 2

The positive emotions (humour, etc) that were experienced, even for a few seconds, have very important benefits for health and well-being.

Increasing our daily dose of positive emotions not only helps us feel better, it also improves our health, relationships, productivity and the length of our lives.

Studies show that positive emotions

- strengthen our immune systems
- reduce the risk of colds, heart disease, diabetes and other illnesses
- make us more 'pro-social' - create connections with others
- make us better at solving problems



### key message 3:

Positive emotions are a bit like vitamins - we need small daily doses every day.

Follow-up questions:

- 1 What might incorporating more daily doses of positive emotions mean for individuals, communities, and the world at large?
- 2 What might some of the challenges/barriers be to incorporating more positive emotions?
- 3 What steps are you prepared to take to generate more positive emotions for yourself and others?

If you want to learn more about the effects of positive emotions:

Read Barbara Frederickson's book *Positivity* or check out [Positivityratio.com](http://Positivityratio.com)

