



Creating Happiness:

How can we help improve Positivity & Wellbeing ?

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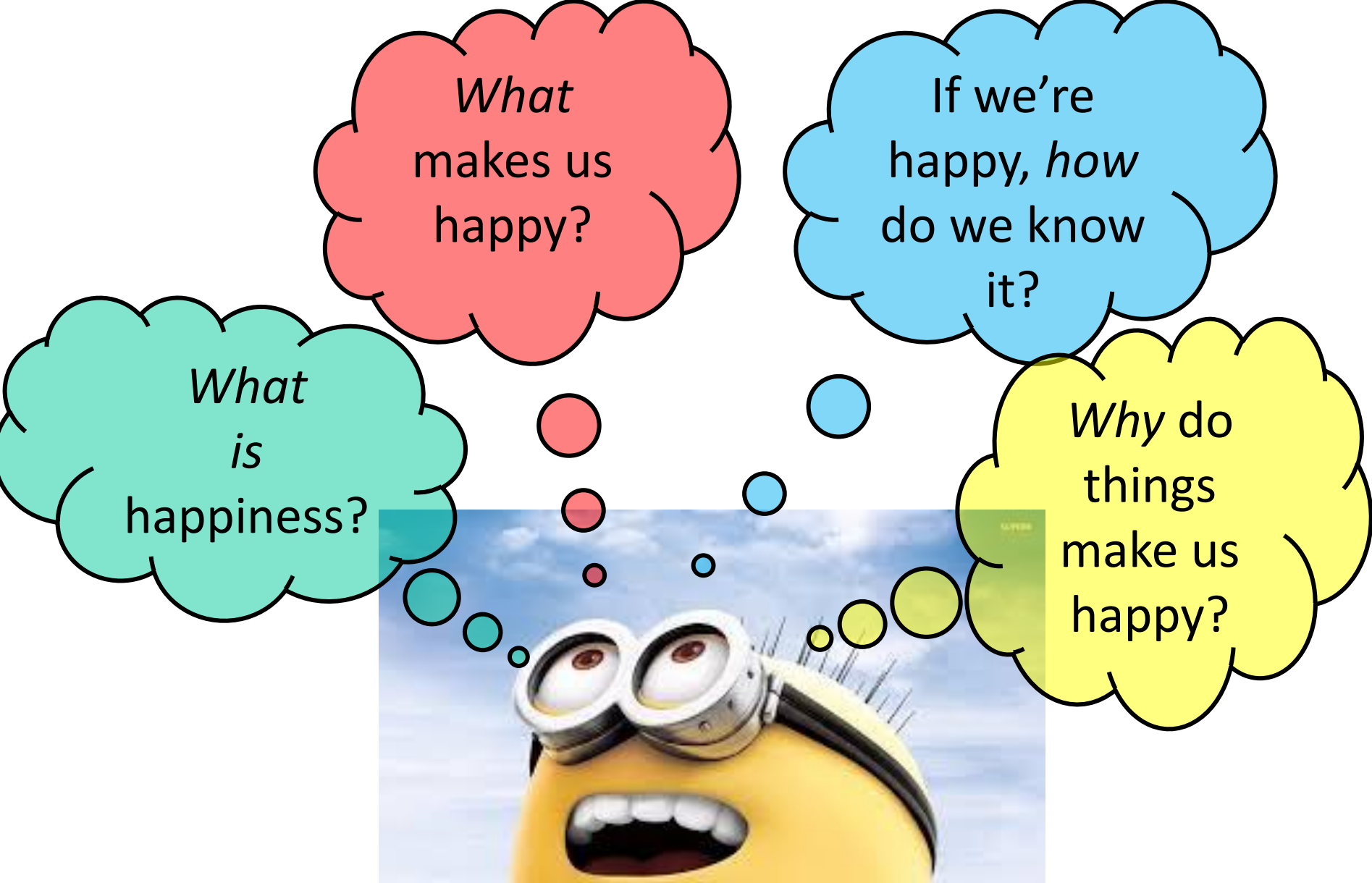
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Overview of Task

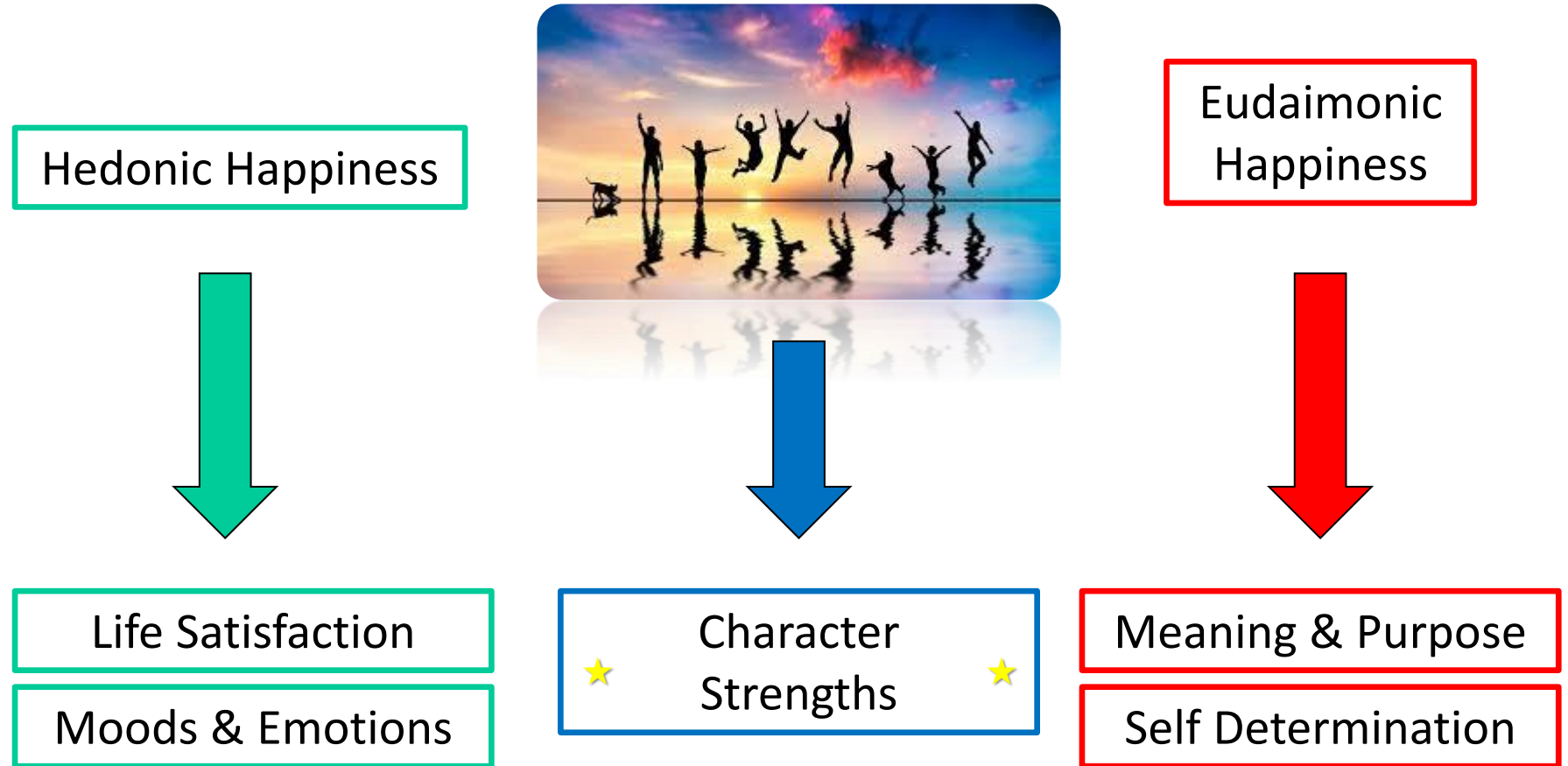
- In groups of 2,3 or 4
- Design a Positivity Intervention
 - *Primary School Class*
 - *Old People's Care Home*
- Discuss practical issues
- (Present your ideas to the whole group!)





Remember these Questions?

Remember these *Definitions*?



What is an 'Intervention'?

- A structured activity
- Focused on a 'target audience'...
- Designed to change behaviour!

Any **Examples???**



What do You need to think about?

- What do you want to achieve?
- How do you want to do this?
Hint: Be really specific...
- Are there any obstacles to consider?
- Are there any special issues with your target group?



What do you need to do Now...?

- Form your groups!
- General discussion in your groups (5-10 mins)
- Start planning/recording your intervention (10 mins)
- Make sure you've considered any special issues (5 mins)
- Present your ideas informally to other groups if you're happy to (2 mins each group)





Any Questions...

