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| **Class/Subject: Philosophy** | **Lesson 47: “Happiness”** |
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| **Objective(s):**  **SWBAT brainstorm what constitutes happiness and unhappiness. SWBAT apply philosophy to this question and evaluate the value of philosophy to personal happiness.** | **Unit- “METAPHYSICS”** |
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| **Philosophical Quote of the Day:**  **“The man who makes everything that leads to happiness depends upon himself, and not upon other men, has adopted the very best plan for living happily" — Plato** | **Philosophical Video of the Day: *“Happy, Happy, Joy, Joy” by: Ren and Stimpy***  [***https://www.youtube.com/watch?v=eVM1nUmDHHc***](https://www.youtube.com/watch?v=eVM1nUmDHHc) |
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| **Key Points of the Day:**   * **There are roughly two philosophical literatures on “happiness,”** * **One uses ‘happiness’ as a value term, roughly synonymous with well-being or flourishing.** | * **The other body of work uses the word as a purely descriptive psychological term, akin to ‘depression’ or ‘tranquility’** * **There are debates philosophically of what constitutes happiness and how much control our minds have over our own happiness.** |
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| Journal Entry:  “What are the origins of happiness and unhappiness? What is/are your philosophical assertion(s) on happiness? | **Featured philosopher and supplemental Reading:**  ***Gretchen Rubin- “The Happiness Project"***    *Marcus Aurelius was the Roman Emperor from 161 to 180 AD. He recorded his private notes to himself and ideas on Stoic philosophy in one of the most important philosophical works in the Western World, “Meditations”. In these meditations he wrote at length about happiness.* |