



Title of the activity	HAPPY MAP
Description	<p>Participants create a map of places that meet certain positive needs. This can be a place where they can enjoy peace and quiet, take a nice walk, meet people, enjoy art, be in nature, etc.</p> <p>The places should insite feelings of joy, tranquility, happiness, curiosity, connectedness, etc.</p> <p>Participants can work in small groups and give a presentation of their 'happy map'. It can also be combined with a field trip.</p>
Aims	<p>This activity encourages participants to be more aware about their surroundings and to get to know the city they live in.</p> <p>By focusing on the positive effects of surroundings, engaging within these surroundings can help with self-regulation of emotions (e.g. anxiety, stress, worries, sorrows, etc.).</p>
Main skills addressed	<ul style="list-style-type: none"> ● Collaboration ● Self-care ● Self-regulation
Why is this activity suitable for promoting civic participation and integration?	Participants become more aware about their surroundings, explore places that insite positive feelings and that stimulate engagement.
Link to website (if available)	https://www.ted.com/talks/daniele_quercia_happy_maps (TEDx Talk - Happy map, Daniele Quercia)
Type of activity	<p>Outside the classroom</p> <p>Reflection</p>
Suitable for how many participants (min. / max.)	<p>Small groups</p> <p>Large groups</p>
Indication of duration of the activity	1 hour +
Indication of preparation (time, which material are needed)	<p>Upto 1 hour</p> <p>Materials needed: a city map (paper or digital), information about cultural activities, walks, etc.</p>
Evaluation method (if applicable)	
Variations (if applicable)	<p>Instead of mapping places, participants can map a route. Which would be a quiet route, or a route that insites curiosity?</p> <p>Participants could also think about how to create a route that makes people happy. What do they encounter and what could they do on this route?</p>



A large, central graphic in a bright yellow color. It features a thick, stylized arrow that curves from the top left to the top right, then loops back down to the bottom right, and finally curves back to the bottom left. The words "Alternative" and "Ways" are stacked in a bold, sans-serif font across the middle of the arrow's path.