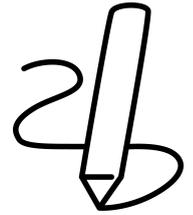


## The one life: overview (age 7+)

**Big question:** How should I live?

**Key vocab:** happiness, the Happy Human, support, freedom, personal autonomy, responsibility, tolerance, equality, diversity



<b>Knowledge outcomes:</b> Students should know about the following common features of a <b>humanist approach to living a happy life</b>		
<b>The belief we have one life and we should make the most of it</b>	<b>The belief that everyone should have the freedom to pursue what makes them happy, as long as they cause no harm</b>	<b>Being tolerant of those whose choices are different from our own</b>
<ul style="list-style-type: none"> <li>• The belief that finding happiness is one of the most important things in life – the time to be happy is now</li> <li>• The belief there is no one single way to be happy – people are different</li> <li>• Supporting other people to find happiness (doing this can also make us happy)</li> <li>• The Happy Human as a symbol of humanism</li> </ul>	<ul style="list-style-type: none"> <li>• Being free to make our own choices in life about what we believe and how we live</li> <li>• The responsibility to think carefully about our choices and the consequences of our actions</li> <li>• Being the authors of our own lives</li> <li>• Finding happiness in relationships, creativity, curiosity, achieving our goals, and making other people happy</li> </ul>	<ul style="list-style-type: none"> <li>• Celebrating the diverse ways people can find happiness</li> <li>• Recognising not everyone is happy, and trying to create a world in which everyone has the opportunity to find happiness in the here and now</li> <li>• The focus at humanist ceremonies on freedom, the importance of connections with others, and living a happy life</li> </ul>

### Introduction

- Begin with the [‘A humanist approach to life: a summary’ slide](#) to introduce/recap the core features of a humanist approach to life.
- Explain that you are going to explore how the belief that this is the one life we have affects how humanists choose to live.

### Happiness and freedom

- Using [The Happy Human slides](#) and [information sheet](#), look at the Happy Human symbol and explore what it means to humanists.
- Carry out the [Ingredients of happiness activity](#) and discuss the humanist belief that there is no one single way to be happy. You could extend this exercise with the [Recipe for happiness activity](#).
- Share and discuss the [Freedom and happiness information sheet](#).
- You could also share the [What is a humanist approach to living a happy life? information sheet](#).
- You could also watch the [What are the ingredients of the good life? film](#) in which various humanists say what they think about how we should live our lives, and/or the [Philip Pullman on life and death film](#).

### Humanist ceremonies

- Share the [Humanist ceremonies information sheet](#) and discuss the importance of freedom and connections in a humanist approach to life.
- You could also show the [What is a humanist ceremony? film](#).

Digging deeper: carry out the [River of Life activity](#) to explore the humanist understanding of an afterlife and the impact and meaning of our lives.

### Summary and assessment

- Share and discuss the [Multiple-choice questions](#).
- Carry out the [Fill in the blanks activity](#).
- Review the knowledge outcomes above.
- Ask students to decorate the [Happy Human symbol](#) with words and pictures to illustrate the humanist approach to life.
- Ask the students what questions they would like to ask a humanist.