



IDOE Science of Happiness Course Technical Requirements

The Science of Happiness course will be housed in IDOE's [Moodle platform](#). Participants will need to establish a free Moodle account to participate. Enrollment opens on October 1.

Educators electing to participate in IDOE's *Science of Happiness* course will need access to the links below through your systems. If your school/district blocks YouTube, please request they unblock (whitelist) these specific links to enable participation.

Science of Happiness Promo Video

<https://youtu.be/xEedpY2dLPA>

Introductory Module

<https://www.youtube.com/watch?v=ZqB3t6i8TN8>

<https://www.youtube.com/watch?v=2K6LNPgSmKA>

https://www.youtube.com/watch?time_continue=17&v=GeMO_3hrDZM

<https://www.youtube.com/watch?v=b6e49xf9Rto>

https://www.youtube.com/watch?v=wIRV_tSN55k

<https://www.youtube.com/watch?v=rsE4ByoOF30>

Module One - The Costs of Caring

https://www.youtube.com/watch?time_continue=2&v=FGcbbgi_jcY

https://www.youtube.com/watch?time_continue=153&v=uk6veg7AefA

<https://www.youtube.com/watch?v=4GIAW0J2b6g>

Module Two-Positive Emotions and Personal Strengths

<https://www.youtube.com/watch?v=hpZouXQbX-Q>

Module Three - Engagement

https://www.youtube.com/watch?v=qND_nVhXST8

<https://www.youtube.com/watch?v=ppYbZ9d3mkQ>

<https://www.youtube.com/watch?v=jpuDyGgleh0>

<https://www.youtube.com/watch?v=HjicRGvNo38>

Module Four - Relationships

<https://www.youtube.com/watch?v=8hSGJDHADs8>

https://www.youtube.com/watch?time_continue=2&v=SMSqZckROfA

<https://www.youtube.com/watch?v=wKYrArhQ8FM>

<https://www.youtube.com/watch?v=sCV-mEsASLA>

<https://www.youtube.com/watch?v=oHv6vTKD6lg>

<https://www.youtube.com/watch?v=D8u-qfs3jKc>

Module Five - Meaning

<https://www.youtube.com/watch?v=bJRVxt-kyyc>

https://www.youtube.com/watch?v=LKWc2Yww_58

<https://www.youtube.com/watch?v=hBrgR9kVEPk>

<https://www.youtube.com/watch?v=leblJdB2-Vo>

<https://www.youtube.com/watch?v=u9Q8D6n-3qw>

<https://www.youtube.com/watch?v=c1Ndym-IsQg>

Module Six - Accomplishment

<https://www.youtube.com/watch?v=PsihkFWDt3Y>

<https://www.youtube.com/watch?v=2MGMvEnoD6U>

<https://www.youtube.com/watch?v=4IUPsPCVQic>

<https://www.youtube.com/watch?v=e3Vp3WZs-vY>

Module Seven - Physical Well-being

<https://www.youtube.com/watch?v=X8SHaoBeUv4>

<https://www.youtube.com/watch?v=KpyoDML2eUI>

<https://www.youtube.com/watch?v=BHY0FxzoKZE>

<https://www.youtube.com/watch?v=4qnKuZlfJc0>