

# A collage of happiness

## A creative exploration of the individual and social components of happiness and satisfaction

### Overview

Participants create a collage on their individual perception of a happy and contented life. The collages are then presented to the group and a discussion is held on how these aspects change if the participants widen their perspective, regarding themselves as part of a group.




### Instructions

#### Preparation

The materials are collected and laid out in the room.

#### Execution

1. Working alone, the participants are invited to prepare a collage on the question “In your opinion, what constitutes a happy, contented life?”. They are given 30 minutes for the task.
2. The collages are then briefly presented in small groups of 4 participants each.
3. Subsequently, all participants come together in a circle and place their collage in the middle of the circle.
4. They now discuss the question: “How do your ideas change if you think of yourself as part of a group/society? Which parts are added or no longer apply? Which become more or less important?”
5. Next, the participants discuss the question: “In your opinion, what is the difference between happiness and satisfaction?”.

	8-24
	60 minutes
	Paper, old magazines, newspapers, brochures, etc.; enough glue and scissors to go around.

Tips for facilitators	To enable the participants to prepare creative and diverse collages, it is a good idea to start collecting a wide variety of materials in advance. Other recycled materials besides paper can also be used.
Suggestions for follow-up	<p>The subject of needs and good living can be explored further with the book of methods “All we need”: <a href="http://www.allweneed.lu/id_article/data/article/-1141763455/AWN_DossPed_DE_Einfuehrung.pdf">http://www.allweneed.lu/id_article/data/article/-1141763455/AWN_DossPed_DE_Einfuehrung.pdf</a> (in German).</p> <p>The Austrian organisation SOL has published a booklet of experiments for discussion of the concept of quality of life, available at the following link: <a href="http://www.nachhaltig.at/wachstum.pdf">http://www.nachhaltig.at/wachstum.pdf</a> (in German).</p> <p>This method can be followed up by exploring ways of measuring well-being and quality of life with the method “Measuring the good life” (chapter 3).</p> <p>The OECD has created a “Better life index”, which can be interactively adjusted according to the user’s own priorities: <a href="http://www.oecdbetterlifeindex.org/">http://www.oecdbetterlifeindex.org/</a>.</p>