



'How to get perspective' video

Notes for teachers

Introduction

Life Squared aims to provide resources and materials which teachers can use with their pupils to encourage independent and critical thinking, explore the complexities of the world around them and live compassionate, well-informed, happy and fulfilled lives.

We would love you to use the 'How to get perspective' video in the classroom to show to your children. We have produced these notes to offer some guidance on how you might use the film to stimulate further conversation and learning.

The film

The short film aims to take viewers out of their day-to-day lives and on a journey through the universe, history and around the world to help them stand back, get perspective on their lives within the big picture and feel a sense of awe and wonder.

It ends with a question '*So, now that you've got this perspective, how does it make you feel? It's over to you...*', so that teachers can stop the video and ask the class to reflect on it.

We see this as a great jumping-off point to help children start discussing some big issues (perhaps for the first time), such as 'What's important in life?', 'What should I do with my life?' and 'How should I treat other people and the environment around me?'.

We believe that children love exploring big issues and complex questions like this, as well as discussing their ideas and opinions with their peers. These questions also help to open up a wide range of other interesting and important topics that you could pursue if desired.

Discussing the video

Teachers could encourage children to discuss a range of questions after the video, but we suggest the starting question for discussion should be '**how does the video make you feel?**', as this is open-ended and helps to capture children's natural reactions to the video. It also lets them raise a wide

range of questions that might occur to them, allowing them to lead the discussion wherever it may take them, rather than the teacher imposing too many restrictions on it.

Other questions could include:

- How it makes them feel about their own life (small in great scheme of things, short, finite, lucky, wealthy, amazing and wonderful to be alive etc.)
- How it makes them think they should live their lives (not worry about little things, make most of them, enjoy them etc.)
- What it makes them think they should do with their lives
- What it makes them think about other people – both close to them and around the world
- How it makes them feel they should treat other people and the wider world
- What they might want to do as a result of their discussions

Further resources

We have many further free resources at Life Squared (including printed and digital guides, audiobooks and videos) to help you continue conversations on a variety of topics. Here are just a few examples – visit www.lifesquared.org.uk to explore all the options:

How to get perspective on life

How to rise above the complexity and ‘fog’ of everyday life, and see your place in the great scheme of things – from the universe to other people. Then learning to live with this perspective in the back of your mind and live in a way that’s informed by it – in other words, with wisdom.

Publications include 'How to get perspective (guide)' and 'Our complex world'

How to think for yourself

Understanding how human beings think, how our views and behaviour can be influenced and the common ways this can happen in our modern lives – including dogma, social pressure, advertising and political language. Learning how to think for yourself in a world full of influences, complexity and distractions. Includes topics such as critical thinking, media awareness and how to live well in a digital age.

Publications include 'The Life Trap', 'The modern life survival guide', 'The problem with consumerism' and 'Better than shopping'

How to live your own life

How to work out what matters to you, live your own life and be happy with your own identity, rather than being carried passively along by the influences and distractions that surround all of us. Includes how to find meaning in life and how to rethink the whole idea of work – and find joy in it.

Publications include - 'How to be yourself', 'The mind diet', 'How to eat and exercise well', 'How to stop your smartphone ruling your life'

How to be good

How to live a good, ethical life, by learning a) what a good society is and the skills needed to be a positive member of this society, and b) how to understand, and live consistently with, your own values.

Publications include - 'How to live ethically', 'The story of energy', 'What can I do?', 'How to make the world better'

How to live a fulfilled life

How to become skilled at the 'art of living', including how to understand and make the best of your life's journey (including how to think about ageing and death), how to look after yourself (including resilience, mental health and comparison with other people), how to appreciate the experience of life (including slowing down, exploring your inner life and finding wonder) and how to connect with other people in a meaningful, fulfilling way.

Publications include – 'The Happy book' (a book specifically for children), 'How to appreciate life', 'The Amazing', 'How to escape your screens', 'How to be alone (but not lonely)', 'How to think about death (and life)', 'Natural High'

A final word

We'd love to hear your feedback, plus any ideas you may have for how Life Squared could support your teaching further – from resources on new subjects to lesson plans. Do get in touch with us at info@lifesquared.org.uk.