



Living 'The Good Life'

Aims:

Students consider the important aspects of their life and reflect on what they would like their life to look like in the future.

Preparation and materials:

- <https://www.youtube.com/watch?v=Ra1Dmz-5HjU> [available 05/20] (What is a good life – Crash course philosophy #47)

Assembly:

1. Introduce the concept of 'the good life'. What does that mean? What would it mean to you to say that someone has lived 'a good life?' Can you think of anyone who you think has led a 'good life' in your opinion? What did that look like?
2. Display a few examples of well-known people on the PP. Why these people might be said to have lived a 'good life?'
3. Ask students to think of people in their own lives who they think have led a 'good life'. Why do you consider their life to be 'good?' How do you think they cultivated a good life? Was it something that happened by accident or were there deliberate habits/decisions that cultivated a good life?
4. Introduce a number of approaches to the good life. How we live a 'good life' is a question that philosophers have been debating for thousands of years. As an introduction to philosophies of 'the good life,' there is a helpful video here:
<https://www.youtube.com/watch?v=Ra1Dmz-5HjU> [available 05/20] (What is a good life – Crash course philosophy #47)
5. Recap some of the main philosophies discussed: for existentialists, there is no meaning to life apart from the meaning that you give to it, for hedonists, life is about the pursuit of pleasure and some people of faith, their purpose is defined by a higher being. Clarify that for Aristotle, the idea of a good life was one of constantly seeking to become a more virtuous person, by developing virtues.

Reflection:

Which of these approaches to the good is appealing to you? Are there any limitations to any of these views?





Challenge:

Set up a time to have a conversation with family or friends about how they view 'the good life'. Decide on some questions you'd like to ask them and listen to their opinions. Try and articulate what you think on the issue and see what they have to say!

