

# Seven secrets of how to have a great summer

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*It's over!:* Around 650,000 British teenagers have taken GCSEs this year and will get their results on 22 August.

## Is happiness harder than fun? Exams are finally over (for most). The summer holiday is in sight. What next?

### What's happening?

Hang up the uniform. Put away the pens and notepads. For thousands up and down the country, exams are over.

But many will be unsure how to celebrate freedom. So here are seven tips from great thinkers to help you not just have fun this summer, but find happiness too.

### Find out more

**Travel the world.** Philosopher **Michel de Montaigne** described the world as a "mirror" that we can use to better understand ourselves. It does not matter how far you go — exploring a new place could expand your mind.

**Learn a language.** **Ludwig Wittgenstein** wrote that "the limits of my language are the limits of my world". Learning a new language can reshape the way you see everything.

**Make new friends.** French thinker **Jacques Derrida** wrote that having friends is what allows us to understand ourselves.

**Read, read, read.** Ancient Chinese philosopher **Confucius** argued we improve ourselves through learning. If you spend the summer reading books, you may start the next academic year a better person.

**Get new hobbies.** **Karl Marx** believed that making things with our hands and brains makes us more fully human. So try taking up sewing or clay modelling.

**Get politically involved.** **Aristotle** wrote that "humanity is a political animal". And with the election coming up, now is the perfect time to join in.

**Do nothing.** Chinese philosopher **Zhuang Zi** believed in the art of "wu wei", meaning "doing nothing". So this summer, just do whatever the world seems to be telling you to do.

### Is happiness harder than fun?

#### Some say

Yes! Playing around is the easiest thing in the world, but it is soon over. Building up long-lasting happiness is more difficult.

#### Others think

No! The more time you spend having fun, the happier you will be. There is no need for great thought. Just go out and do what you enjoy.

### Some people say

*"Now and then it's good to pause in our pursuit of happiness and just be happy."*

**Guillaume Apollinaire (1880 – 1918), French poet**

*What do you think?*

### Six steps to discovery

#### 1. Connect

**How do you feel about this story?** - Do you ever struggle to fill your time over the summer?

#### 2. Wonder

**What questions do you have?** - For example: Is there such a thing as too much free time?

#### 3. Investigate

**What are the facts?** - Pick out one thing we know for certain about this story and one thing we cannot say for sure.

#### 4. Construct

**What is your point of view?** - A good friend asks you for three tips for being happy. How do you respond?

#### 5. Express

**What do others believe?** - Get in a small group and discuss which of the seven tips is the most helpful.

#### 6. Reflect

**What might happen next?** - Do you have a plan for the summer? Write it down. How will you achieve it?

## Glossary

**Michel de Montaigne** - A Frenchman who lived in Bordeaux and is credited with inventing the essay as a type of writing.

**Ludwig Wittgenstein** - An Austrian-British philosopher and mathematician most famous for his work on language. Some consider him the greatest philosopher of the 20th Century.

**Jacques Derrida** - A controversial French philosopher, born in 1930.

**Confucius** - A Chinese philosopher who lived around 500 BC. He founded Confucianism, which focuses on being merciful, conscientious and humane. It also emphasises obedience and the importance of obeying the hierarchies in society. For example, showing respect to your parents.

**Karl Marx** - A 19th-Century German economist and philosopher who argued that capitalism was doomed to collapse.

**Aristotle** - A student of Plato, tutor to Alexander the Great and the father of political philosophy.

**Election** - A vote in which someone is chosen to represent a group of people.

**Zhuang Zi** - An influential Chinese philosopher who lived around the 4th Century BC.