

What is Hygge?

An activity of "Tee and Boba".



Read Tee and Boba (page 28, *What's Up* February 2023)

1) Watch the following video.

What is Hygge? Hygge for kids

➤ https://youtu.be/H03FQwb4_f4

joyann (24 Jan 2022)

2) In point-form, define Hygge in your own words.

3) Based on what you understand about Hygge from the comic and the book, what are some daily examples of what Hygge is to you, and what it is not?

HYGGE FOR ME	NOT HYGGE FOR ME
A bowl of hot soup on a rainy day.	A cockroach in the bathroom.

4. Describe, in detail, two ways you best experienced Hygge in your life — times that made you feel calm or happy from simple, everyday actions. (You may choose two from your earlier list to expand on.) Describe them.

When you had each of those Hygge moments,

- What did you hear?
- What did you smell?
- What did you feel?
- What did you see?
- What did you taste?

Two Favourite Ways I Have Experienced Hygge
<p><i>Example:</i> <i>I have always enjoyed trips to the beach for leisurely family gatherings. I would chat with my siblings and cousins. The air would be filled with sounds of sea waves lapping on the sand, from children playing nearby, or music from someone's radio. I would smell food being cooked in barbecue pits and feel safe and happy. As the sun sets, the sky would look so pretty and the lights from ships or faraway buildings would glitter like gems. We would chew on our yummy, barbecued honey chicken wings and lick our sticky fingers clean!</i></p>
a)
b)

5. Share your description of your Hygge moments with your class!