



global oneness project

This lesson plan has been created through a collaboration with the [Global Oneness Project](#), who believe “that stories play a powerful role in education.” Global Oneness Project is committed to the exploration of cultural, environmental, and social issues and using stories to connect the human experience to these global matters.

The Nature of Happiness

CONTENT AREA: Language Arts

[Language Arts TEKS](#)

Grade Level: 9-11*

*Can be adapted for middle school and upper elementary

Table of Contents

Objectives

Introduction

Background Activities

ASL Introduction

Vocabulary

Mr. Happy Man

Writing Activities

Culminating Activity: Persuasive Writing

Extension Activities

Supporting Material

OBJECTIVES

- **Objective 1:** After watching a video, students will express their opinion using at least one fact from the video to support that opinion.
- **Objective 2:** After watching a video, students will write two compare/contrast paragraphs to a score of 3 or more on the rubric.
- **Objective 3:** Students will summarize an article to a score of 3 or more on the rubric.
- **Objective 4:** After reading two differing opinions on a subject, students will write a persuasive paragraph using persuasive writing techniques to a score of 3 or more on the rubric.
- **Objective 5:** After completing all the activities, students will write a persuasive letter or essay or multimedia project obtaining a score of 80 or more on the rubric.

Materials needed: Internet access, worksheets (included).

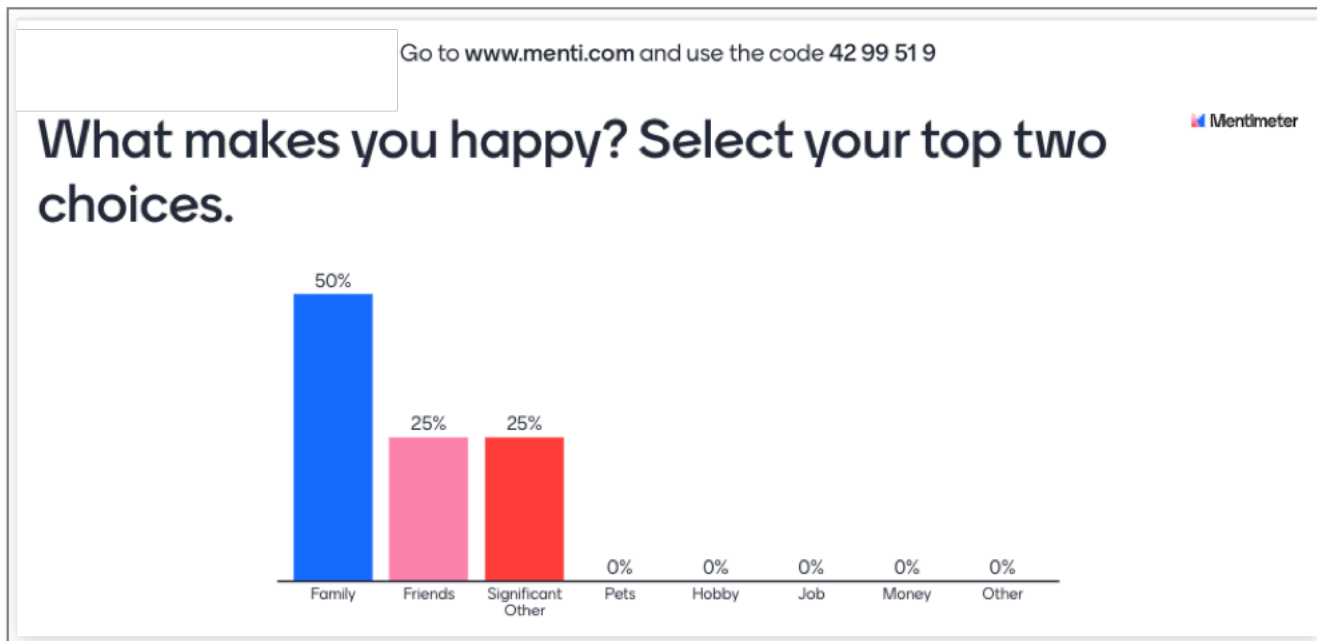
Optional: multimedia device such as a camera, phone, or tablet.

Teacher Support: [Why Summarize?](#) [Persuasive Writing Basics](#)

INTRODUCTION

Activity 1: Happiness Poll

Description: Using Mentimeter.com, students vote* on two areas that bring them happiness. As a class, discuss the findings.



*Students can contribute to [this poll](#), or teachers can set up a [free account](#) to poll their own students.

In-class alternative: Post the headings in class and have students place a sticky note below two headings, lining them up vertically. Once they're finished, you will have a good visual of a graph and can discuss your findings.

Activity 2: Happiness/Gratitude Experiment

Description: Can our actions affect our own happiness? Studies have shown that feeling gratitude for something or someone can actually raise the level of our own happiness. Students put this to the test in the [Happiness/Gratitude Experiment](#) that can be downloaded from the American Sociological Association.

BACKGROUND ACTIVITIES

Students will be watching a film that is set in Bermuda. Many students will have heard of the Bermuda Triangle, but may not know where Bermuda is. Give them context with the following activities.

Bermuda Web Quest:

Students use their internet sleuthing skills to answer the questions provided by [this worksheet](#). Helpful links are provided but can be removed from the project if desired.

Escape to Bermuda:

In [this worksheet](#), students use a [brochure](#) from the Bermuda Tourism Authority to learn more about this popular vacation destination.

ASL INTRODUCTION

VOCABULARY

Vocabulary Activity 1: [Vocabulary Videos](#)

Students watch the videos and make a list of signs they didn't know before watching.

Using [Flipgrid](#), students create a video to teach other students at least three of the vocabulary words they learned. (The teacher may want to assign the words, so there is no repetition.)

Vocabulary Activity 2: Quizlet

Students go to [Quizlet.com](#) to practice vocabulary words from the video. Teachers who have an account can copy the quiz to their classroom set. To sign up for a free account, [visit the Quizlet website](#).

Vocabulary Activity 3: Worksheets

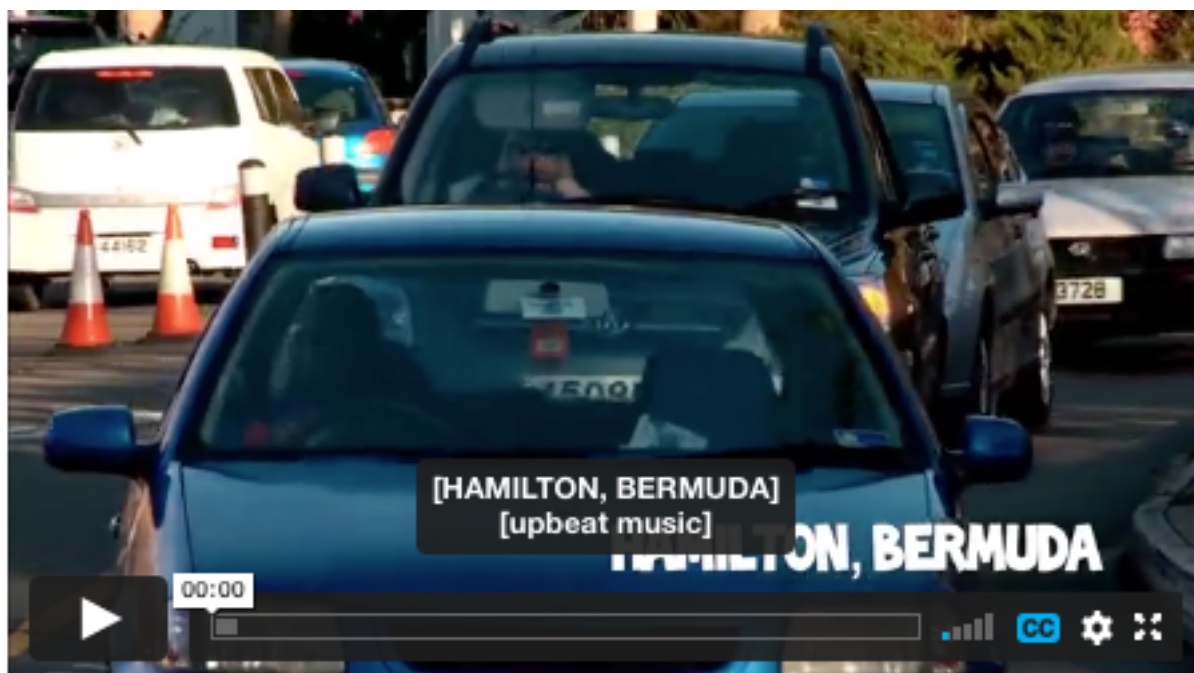
Download and distribute worksheets to students:

MR. HAPPY MAN

From The Global Oneness Project: "[Mr. Happy Man by Matt Morris](#) documents the life of 88-year-old Bermudian, Johnny Barnes, who devotes six hours of his day greeting passers-by at a traffic circle in the capital city of Hamilton, with the hope of spreading positivity and joy as well as being of service to others."

Students watch the film Mr. Happy Man in three parts. The film is broken up to allow for discussion, activities, and checking for understanding. Each film is noted with a start and/or stop time, with suggested activities following.

Mr. Happy Man Part 1 and Flipgrid Activity



Stop video at 2:57.

After watching Part 1 of Mr. Happy Man, students use [Flipgrid](#) to answer the following question:

In the film, the radio host said, "a lot of people couldn't understand why he would do what he's doing." Why do you think Johnny Barnes was doing what he was doing?

NOTE: Sign up for a Flipgrid account here: www.Flipgrid.com

Alternatively, students can go to info.flipgrid.com and use code: 1c7a4082. They need to tag their video with a # and your name (i.e. #drlindamiller) so you can easily find it for grading purposes.

Videos are moderated before being posted.

Mr. Happy Man Part 2 and Individual Summarizing Activity



Start video at 2:57; Stop the video at 7:19

After watching Part 2, students answer the following prompt on a sticky note:

Summarize what Johnny Barnes represents in one sentence.

Students post their sticky notes to your board and read what other students had to say.

Digital alternative: Create a [Padlet page](#) and have students post their sentences to the page.

Mr. Happy Man Part 3 and Small Group and Individual Activities



Start video at 7:19,

After watching Part 3, students gather in groups of two to three.

1. Students work together to create a list of the ideas and beliefs of Johnny Barnes that support his efforts to make others happy. Students use facts from the video to support their answers. (Some answers include: living a life of service, enjoying the beauty of nature, loving each other, and joy comes from helping others.)
2. Refer students back to the list that the United Nations used to measure happiness. Students then use the Compare/Contrast Worksheet 1 to compare and contrast what they believe makes Johnny Barnes happy with what the U.N. used for the happiness indicators. Working together, they write two short paragraphs explaining their findings.
3. Using another Compare/Contrast Worksheet 2, students individually compare and contrast their own answers to the happiness poll in the Prior Knowledge activity. The student then writes two paragraphs explaining his/her findings.
4. Using the rubric, group members read and critique each other's paragraphs before submitting for grading.

[Compare and Contrast 1](#)

[Compare and Contrast 2](#)

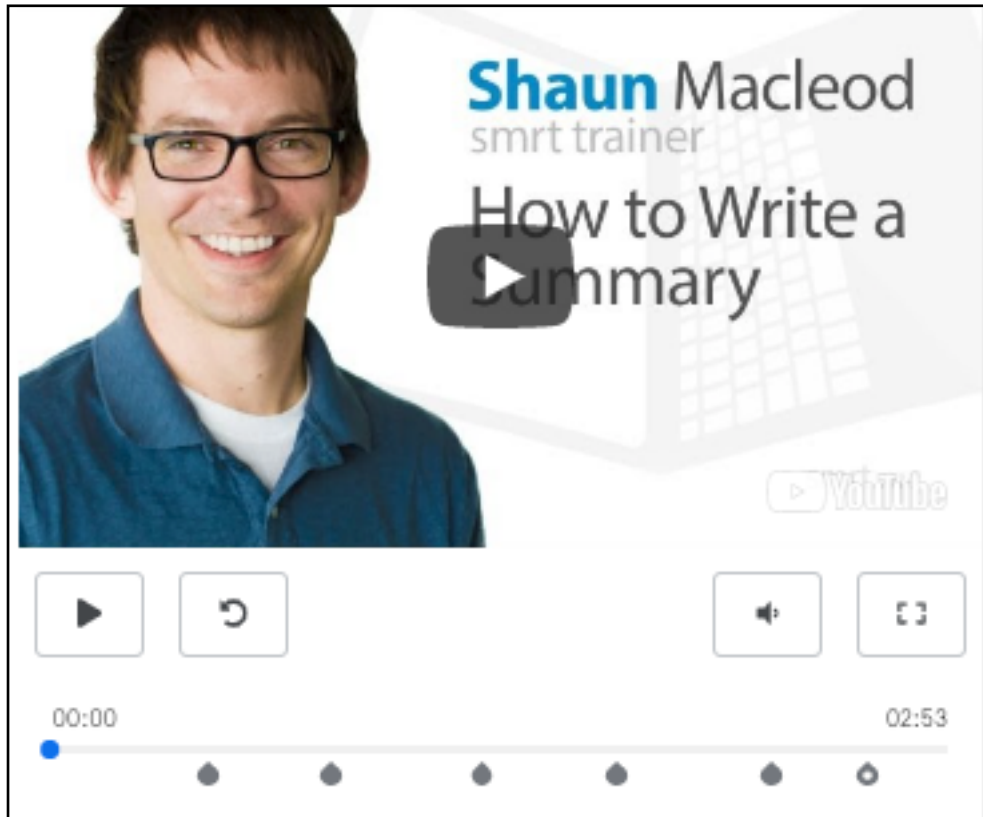
[Compare and Contrast Rubric](#)

WRITING ACTIVITIES

Activity 1: Individual Summarizing Assignment

Description:

Students watch the video and answer the questions.



Note: The teacher will not be able to record answers unless he/she has a free EdPuzzle.com account. To create an account, [click here](#).

To open this activity in EdPuzzle, [click here](#).

Activity 2: Individual Summarizing Practice

Read the story.

The Biggleswade Vegetables

- 1 When Mr. and Mrs. Biggleswade had to travel, they asked the Greeley family next door to look after their vegetable garden while they were away. The Greeleys were happy to help. Even the two Greeley sons, Alex and Anthony, enjoyed weeding and watering the spinach and kale plants.
- 2 When the Biggleswades returned home, Mrs. Biggleswade stopped over at the Greeley house, cradling large bunches of leafy vegetables.
- 3 "Your family was such a help!" she said. "Our spinach and kale plants look bigger than ever!"

Complete the first part of the table. Choose the text that best describes the story's **background**.

Background	?

Description:

At [IXL Learning](#), students read a passage, then answer questions about the background, problem, and solution. After, students practice their summarizing skills with a drag and drop activity.

Activity 3: Individual Summarizing Assignment

Description:

Students read the following article: [Teens Who Spend Less Time in Front of the Screen are Happier—to a Point](#) and summarize the article in 100-200 words.

Note: this article is also available on [Newsela](#) (search for "teen screen time") where it can be adapted to each individual student's reading level. [Get a free account](#) to track your students' assignments.

Alternate group activity: In groups, students divide up the article and summarize a portion, then check each other's work before combining their summaries in order and turning the final product in.

[Summarizing Rubric](#)

Social Emotional Activity 1: Happiness Journal

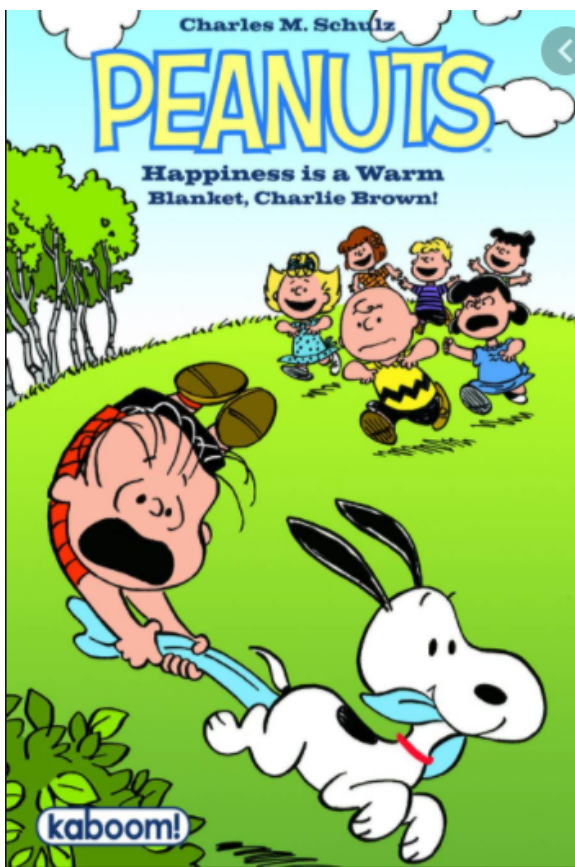


Students read about [the ten strategies scientists have proven](#) will lead to a happy life.

After, students keep a journal for ten days and each day try one of the strategies, writing about the experience.

[A free poster](#) summarizing the strategies has been provided by Yes Magazine.

Social Emotional Activity 2:



Students read *Happiness is a Warm Blanket Charlie Brown!* free on [Epic Books](#). This is a fun read of Charles Schulz's world-renowned comic strip, Peanuts, but turned into a graphic novel.

After reading the book, students write a paragraph using the following prompt: Why do you think Linus didn't want to give up his blanket? Use examples and details to support your answer.

CULMINATING ACTIVITY: PERSUASIVE WRITING

Description: Students create a piece of persuasive writing using a prompt.

ASL Introduction

Overview of Project

Students create a persuasive writing piece using one of the following prompts. they can choose to write an essay, a letter, an article, a speech, or a multi-media project using the persuasive writing format.

Note: Find more prompts at summerboardingcourses.co.uk.

Rubric

Prompts:

- Imagine that you and your neighbors and friends feel a statue should be erected honoring someone. Explain to the mayor or community why the statue should be erected.
- Think about a class not currently available that you would like your school to offer. Write a letter to your principal identifying the new class and provides strong reasons for including it in your school's curriculum.
- There should be a computer game room at school.
- The first lesson of school every day should be exercise.
- All students should volunteer in their community once every week.
- Students who commit cyber-bullying should be suspended from school. Yes or no? Why?
- The voting age should be lowered to age 13.
- People should only be allowed to drive their cars 4 days a week to minimize pollution.
- Humans are living longer, to the point where we may become immortal in the future. Would living forever be a good? Argue your point of view.
- Mathematics class is more important than music class. Yes or no? Why?
- Driving tests should be mandatory every year after you are 65 years old.

Activity 1: Persuasive Paragraph

At this level, students merely state and support their opinions. For example, students may believe that dogs make the best pets because they are loyal, or cats make the best pets because they are soft and fluffy. After giving their reasons, students write a conclusion, restating their opinion. After completing the template, have students combine their sentences into a paragraph.

[Blank Template](#)

[What Makes the Best Pet?](#)

[Why We Should Go on a School Trip to...](#)

[Best Movie of All Time](#)

[The Best Holiday](#)

Activity 2: Persuasive Writing Presentation

Show and discuss the presentation with the students. Available in [PowerPoint](#) or [PDF](#).

Activity 3: Writing the Hook Worksheet

Students complete the worksheet on an example of their choice.

[Worksheet](#) and [Example](#)

Activity 4: Persuasive Writing Examples

Present and discuss the effective and ineffective writing examples.

Effective in [Word](#) and [PDF](#). Ineffective in [Word](#) and [PDF](#).

EXTENSION ACTIVITIES

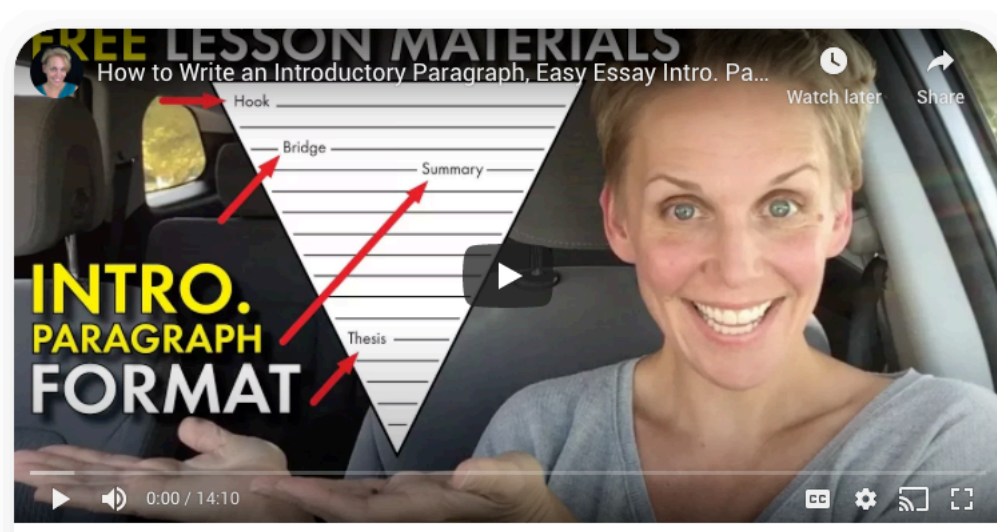
Happiness Meme Generator

Use imgflip.com to create your own happiness meme.

Happiness Poster

Take it a step further by creating a happiness poster using canva.com. [Here are some posters](#) for inspiration.

How to write an introductory paragraph.



<https://www.pinterest.com/pin/731342426981568088/>

Ways to say "I Think" Poster



<https://englishgrammarhere.com/ways-to-say/english-ways-to-say-i-think/>

More Activities and Ideas

For more ideas on Persuasive Writing and The Nature of Happiness activities, including writing tie-ins, bulletin board ideas, art projects and more, visit our [Pinterest page!](#)

SUPPORTING MATERIAL

Although all supporting materials are linked from this document, we are providing them here for your convenience.

List of supporting materials

TEKS

Bermuda Web Quest

Bermuda Worksheet and Brochure

Vocabulary Worksheets: Word Search and Crossword

Compare and Contrast 1

Compare and Contrast 2

Compare and Contrast Rubric

Summarizing Rubric

Persuasive Writing Project Rubric

Persuasive Writing Paragraph Templates:

- Blank Template
- What Makes the Best Pet?
- Why We Should Go on a School Trip to...
- Best Movie of All Time
- The Best Holiday

Persuasive Writing Presentation

Writing the Hook Worksheet

Writing the Hook Worksheet Example

Persuasive Writing: Effective Example

Persuasive Writing" Ineffective example

Name: _____

Date: _____

Web Quest: Bermuda

1. What is the latitude and longitude of Bermuda?
2. How long would it take to get from San Antonio to Bermuda?
3. What is the capitol of Bermuda?
4. How many people live in Bermuda?
5. How long and how wide is Bermuda?
6. Is Bermuda just one island? If now, how many islands is it made of?
7. What is the main language spoken in Bermuda?
8. Bermuda's economy is based on what two things?
9. Who discovered Bermuda? When?
10. How many rivers and fresh water lakes does Bermuda have?

Helpful sites:

<https://www.latlong.net/>

<https://www.freemaptools.com/how-far-is-it-between.htm>

<https://www.britannica.com/place/Bermuda>

<https://www.worldatlas.com/webimage/countrys/namerica/bm.htm>

<https://www.thoughtco.com/geography-of-bermuda-1435705>

Name: _____

Date: _____

Bermuda Brochure

1. Which airlines can I use to fly into Bermuda?
2. Which Cruise companies could I use that stop in Bermuda?
3. What currency does Bermuda use?
4. The town of St. George has been designated as a what?
5. What two activities can I participate in at the Bermuda Underwater Exploration Institute?
6. To swim with Dolphins, I can go to _____?
7. What was the name of the unfinished church?
8. Number one on the list of free and affordable things to do, how long is the scenic pathway?
9. If I want to go deep sea fishing, what months should I go to Bermuda?
10. Bermudian cuisine includes inspiration from four different cultures, write the name of all four.
11. Where is Warwick Long Bay located?
12. If I'm not the best at swimming, which beach should I go to?
13. Which golf course has hosted the PGA Grand Slam of Golf?
14. When is the Rugby 7s Tournament?
15. What is the phone number for the Grape Bay Cottages?
16. Which part of the island is home to Hamilton?

BERMUDA



Out Here, You Live Life Differently

FOR OVER FOUR CENTURIES
OUR ISLAND HAS WELCOMED
THRILL SEEKERS, EXPLORERS
AND ROMANTICS ALIKE.

You'll feel right at home.

With a mix of British charm and island soul, Bermuda is intriguing, and inviting. Our way of life is elegantly relaxed and genuinely warm. We celebrate culture, revel in nature and stay open to whatever may happen next.

Pink-sand beaches, historic towns and exciting year-round experiences may be the first to capture your attention, but it's our original, ever-evolving take on island life that will bring you back.

So dive in and add your own tale to the story. Share your experiences and connect with us online using the hashtag #gotobermuda.





Contents

ISLAND INSIDERS.....	2
GETTING HERE & GETTING AROUND	4
4-DAY ITINERARY.....	6
21 FREE & AFFORDABLE THINGS TO DO	10
ADVENTURE ALMANAC	13
FOOD CULTURE.....	14
BEACHES	16
GOLF.....	18
SIGNATURE EVENTS	20
WHERE TO STAY	22
MAP.....	24

Bermuda's Island Insiders

SHARE THEIR FAVOURITE
ISLAND EXPERIENCES AND
OFFER LOCAL INSIGHT.

JASON SUKDEO

The Promoter | @dgeneralBDA

An event promoter, musician and local DJ better known by his moniker "D'General," Sukdeo points nightlife and music lovers to **Front Street** in Hamilton and also suggests taking a party cruise with **UberVida**. You may find him sipping a cool beverage at one of his favourite hangouts, Hamilton's **Docksider Pub**.

ISABELLE RAMSAY-BRACKSTONE

The Perfumer | @lilibermuda

With her line of island-inspired perfumes, Ramsay-Brackstone, owner of the **Bermuda Perfumery**, has captured the essence of ocean breezes, salt air and fresh botanicals – and made it possible for you to take them home. She suggests shoe shopping at **Lusso**, lunching at **Wahoo's Bistro & Patio** and toasting sunset at the **Hamilton Princess Beach Club**.

The Promoter



The Perfumer





The Explorer

ASHLEY HARRIS

The Explorer

As owner of the tour company **Hidden Gems of Bermuda**, Harris takes people to places that few ever see. She can guide you through caves, secluded beaches, lighthouses, a coral reef and even a jungle. Many of Bermuda's beaches are world-renowned, but the more intimate **Jobson's Cove** and **Cooper's Island Nature Reserve** top her list.



The Fashionista

VISITING BERMUDA IS MORE
THAN A *vacation...* IT'S AN
IMMERSION INTO A *community*.

- ASHLEY HARRIS

SHIONA TURINI

The Fashionista | @shionat

Turini's style is influenced by the island's natural beauty and culture, which she calls "super lush and incredibly vibrant." During summer, she dons her favourite swimsuit of the moment for **Sunday boat parties**. "Everyone is friends on the water," she says.

Getting *Here* & Getting *Around*

A 21-SQUARE-MILE ISLAND SET APART OUT IN THE ATLANTIC OCEAN, BERMUDA IS EASILY REACHED BY PLANE, CRUISE SHIP OR PRIVATE VESSEL.

Arriving by Plane

Find daily nonstop flights from the US, Canada and the UK. Airlines providing service from the US and Canada include American Airlines, JetBlue Airways, United Airlines, Delta Air Lines, Air Canada and WestJet. British Airways provides service from the UK. Bermuda's L.F. Wade International Airport (BDA) is located at the east end of the island in St. George's Parish.

Arriving by Cruise Line

Cruise passengers are welcomed at three ports of call. Cruise lines sailing to Bermuda include Celebrity Cruises, Norwegian Cruise Line and Royal Caribbean.

Arriving by Private Vessel

For a smooth arrival, follow the simple clearance guidelines and extended stay requirements listed at GoToBermuda.com.

Passport & Visa Requirements

All travellers must carry a valid passport as well as a return ticket to their own country or to another country. This applies to children and infants. As of March 1, 2014, entry visas and visa waivers are not required for leisure visitors, business visitors and work permit holders.

Currency & Banking

The Bermuda Dollar and US Dollar are used interchangeably. ATMs are widely available, and Visa, MasterCard and American Express cards are accepted almost everywhere.

Transportation

Public transportation is safe, convenient and carefree. Buses, mini-buses, ferries and taxis cover the island year-round. Pink buses are plentiful and frequent: get tickets, tokens or Transportation Passes, or board with exact cash. You can rent mopeds and bicycles (also called pedal bikes). We drive on the left and we drive slowly. Three scenic ferry routes connect major island hubs. Rent-A-Cars are now



available in the form of electric two-seater called a Twizy from Current vehicles. It can travel up to 50 miles on a single charge.



Travelling Here is *Easy*

Bermuda is less than a 3-hour flight from most East Coast US gateways and a 7-hour flight from London.





4 Colourful Days in Bermuda

FOLLOW OUR ITINERARY TO CAPTURE
THE ESSENTIALS OR MIX-AND-MATCH
THE IDEAS TO CHART YOUR OWN COURSE.

DAY 1 | *St. George's & Crystal Caves*

Cobblestone streets and quaint lanes crisscross the Town of St. George, which has been designated a UNESCO World Heritage site. Take a walking tour to discover historic architecture, colonial landmarks and alluring shops and restaurants. St. Peter's Church, completed in 1612, and the Bermuda Perfumery are popular stops. Nearby, visit the sprawling Fort St. Catherine to see interesting artefacts and incredible views. Heading west, descend into Bermuda's Crystal Caves to witness otherworldly formations framing blue subterranean lakes. Cap the night with a Rum Swizzle at the iconic Swizzle Inn at Bailey's Bay, Bermuda's oldest pub.





DAY 2 | *Hamilton & Sunset Sailing*

The City of Hamilton, Bermuda's capital, is a stylish harbour town buzzing with local and international businesses. Along Front Street, explore a pastel palette of shops, museums, galleries, restaurants and bars as you soak up the harbour breezes. Down the street at the Bermuda Underwater Exploration Institute, you can step into a shark cage and dive in a virtual submarine. Nearby, uncover more mysteries of the deep at the Bermuda Aquarium, Museum and Zoo.

Other key area attractions include The Masterworks Museum of Bermuda Art and the Bermuda Botanical Gardens. In the evening, take a sunset sail available through Island Tour Centre and relax on Bermuda's Great Sound. Then get re-energized by Front Street's dining and nightlife.



DAY 3 | *Ferry to Royal Naval Dockyard*



Start your day with a SeaExpress ferry ride to the Royal Naval Dockyard and spend the day exploring this historic fortress turned hub for shopping, dining, arts and entertainment. Get to know the island's storied maritime history at the National Museum of Bermuda, which houses cannons, shipwreck artefacts, small watercraft and artwork. Browse the colourful Bermuda Craft Market for locally made souvenirs, then shop the Clocktower Mall and Dockyard Glassworks.

At Dolphin Quest, you can touch or swim with dolphins. For more water-themed adventure, take a Jet Ski Tour with K.S. WaterSports – you'll skim by historic sites and shipwrecks, explore coves and inlets, and try to spy creatures like sea turtles and rays.



DAY 4 | *Railway Trail to South Shore Beaches*

From Island Tour Centre's home base at the Royal Naval Dockyard, rent bikes and head south on the Bermuda Railway Trail. This island-wide, multi-use trail offers panoramic seascapes and is accessible directly from the Dockyard.

As you pedal through Bermuda's South Shore, take a detour to explore alluring pink-sand beaches. Hog Bay Park features lush, unspoilt forest and a secluded beach. South Shore Park is a coastal nature reserve with grassy trails, bluffs and coves. Astwood Park is tucked below a cliff and feels peaceful enough to be your own private enclave. Don't miss Horseshoe Bay, ranked by TripAdvisor as one of the world's top beaches. Nearby at Gibb's Hill Lighthouse, climb 185 steps for an aerial view deserving of several snapshots.





6



7



8



9



12



13



14

6 Ride the Ferry

Enjoy great views of land and water as the SeaExpress ferry takes you around the island.

7 Drop by The Aquarium Museum & Zoo

See marine life and mammals from Bermuda and places as far away as Australia and Madagascar.

8 Visit The Unfinished Church

This intriguing site in St. George's evokes a romantic ruin out of a fairy tale.

9 Explore Royal Naval Dockyard

The historic Dockyard is a hub for arts, crafts, shopping, dining and entertainment.

10 Enjoy Local Culture at Harbour Nights

On Wednesdays in summer, Hamilton's Front Street turns into a freewheeling block party.

11 Take a Tour of Masterworks

Learn how Bermuda inspired infamous artist such as Georgia O'Keeffe and Mark Twain.

12 Smell the Roses

Take a walk threwh 36 acres of flora & funa and feed the local ducks at the Botanical Gardens.

13 Go Birdwatching

Spittal Pond is a sanctuary for shorebirds, waterfowl and many other wildlife species.

14 Get a Bird's-Eye View

Climb to the top of Gibb's Hill Lighthouse, the oldest cast-iron lighthouse in the world.

15 Hike up Fort Scaur

Hike to the fort, explore the ramparts and get spectacular views of the Great Sound.

16 Deliverance Tour

Board the historic replica ship and hear the riveting story of the first castaways.

17 Step into the Studio

Watch master glassblowers at work at Dockyard Glassworks in the historic Royal Naval Dockyard.

YOU GO TO heaven IF YOU WANT TO. I'D
RATHER STAY RIGHT HERE IN Bermuda.

- MARK TWAIN

18 Visit Tobacco Bay Beach

This popular beach is known for unusual limestone formations just off the shoreline.

19 Watch a Re-Enactment

See light-hearted, historical re-enactments on the cobblestone streets of St. George.

20 Savour Local Coffee

Head to Rock Island Coffee Shop for locally roasted coffee and house-baked goods.

21 Celebrate Gombey Dancing

See art come to life in the swirling rhythms and vivid costumes of the Gombey dancers.



21 Free & Affordable Things to Do

WHILST BERMUDA IS KNOWN FOR SOPHISTICATED TASTES, YOU'LL FIND PLENTY OF SIMPLE PLEASURES.

1 Explore the Railway Trail

This former train route spans the island, providing a scenic 18-mile-long pathway for walking, jogging and sightseeing.

2 Take a Walking Tour

Stroll St. George, Hamilton and Royal Naval Dockyard and get immersed in history.

3 Step Back in History

Take a stroll through Bermuda history at Fort St. Catherine, the island's largest fort.

4 Catch Sunrise at Gates' Bay

Greet the sun from the exact location where Bermuda's early settlers arrived onshore.

5 See Sunset at Daniels Head Park

This westerly ocean peninsula overlooks the waters of Somerset Long Bay.



AIR AND WATER TEMPERATURES (°F)

70° 66°	70° 65°	70° 65°	72° 68°	76° 72°	81° 77°	85° 82°	85° 83°	85° 81°	80° 77°	75° 73°	73° 68°
JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC



GOLF, TENNIS & SPA



CRICKET SEASON *Ultimate Cup Match*



HIKING & CYCLING THE RAILWAY TRAILS



CLIFF JUMPING
Jumping off rocks



ROCK CLIMBING
Deep water soloing



SCUBA DIVING
with wetsuit



SCUBA DIVING



SNORKELLING & HELMET DIVING



KAYAKING, STAND-UP PADDLEBOARDING, JET SKIING, PARASAILING & FLYBOARDING



SAILING



KITE SURFING



DEEP SEA FISHING
Wahoo, yellowfin tuna, marlin in season June/July



SPINY LOBSTER SEASON
Lobster dive with locals



REEF & SHORE FISHING
Spearfish – Catch & cook with locals



BIRD WATCHING
Rare Cahow



WHALE WATCHING



HORSEBACK RIDING & DOGS ALLOWED ON BEACHES



HORSEBACK RIDING ON TRAILS



GLOW WORM CRUISES *Once a month, 2 to 3 nights after the full moon*



SUNSET CRUISES & BOAT RENTALS

°F

AVERAGE DAILY HIGH AIR TEMPERATURE

°F

AVERAGE WATER TEMPERATURE

A Satisfying *Food* Culture

A BLENDED HERITAGE AND ACCESS TO PRIME SEAFOOD
DEFINE BERMUDA'S CULINARY TRADITIONS.

The flavours of Bermuda blend culinary influences, ingredients and techniques from the British, Portuguese, Caribbean and West African. The result of this unique cultural mix is Bermudian cuisine. Fish is a staple – especially wahoo and rockfish, but also mahi mahi, yellowfin tuna and snapper. Experience a “catch and cook,” where you go fishing

with locals, clean and cook your catch, and then dive into a delicious, satisfying feast. On land, Bermuda's food is equally fresh: gardens, markets and farms supply produce and all-natural meat and poultry. Traditional dishes include the codfish breakfast (boiled cod, potatoes and onions served with sliced banana, hard-boiled egg and avocado),

fish chowder, fish sandwiches, spiny lobster and rum cake. Our renowned chefs are masters at putting inventive twists on the classics. Sample their work while enjoying our famous cocktails: the Dark 'n Stormy® and Rum Swizzle. Be sure to check out food events, including Restaurant Weeks in January/February and the City Food Festival twice annually.



Traditional Bermudian codfish breakfast



Spiny Lobster season runs September–March



Blushing Beaches

THE ISLAND IS HOME TO DOZENS OF BEACHES, MANY OF THEM TOP-RATED. HERE ARE A FEW HIGHLIGHTS, FROM SWEEPING CRESCENTS OF PINK SAND TO SECLUDED, ROCKY COVES.

WARWICK LONG BAY *South Shore, Southampton*

Warwick Long Bay, Bermuda's longest shoreline, offers an idyllic 0.8 km/0.5 mile stretch of sand against a backdrop of scrubland and coastal grasses. Just offshore, a jagged coral island floats above the water. Public restrooms are available here.



TOBACCO BAY BEACH

St. George's

Clear, shallow water make this beach perfect for families and inexperienced swimmers. It's also an excellent spot for snorkeling. Rocks surround the bay, attracting blue angelfish and four-eyed butterfly fish. Soak up our island vibe at one of the regular bonfire parties.



HORSESHOE BAY

South Shore, Southampton

Set foot on Horseshoe Bay and you'll realize why it's such a celebrated beach. The long, wide ribbon of pink sand makes it a popular choice any time of year. In the summer, lifeguards patrol and the nearby Beach House offers snacks, rentals and changing facilities.



CLEARWATER BEACH & COOPER'S ISLAND NATURE RESERVE

St. David's Island, St. George's

Comprised of eight pristine beaches, Clearwater & Coopers Island Nature Reserve is a treasure trove of eco discovers. Indulge in a secluded world of nature trails, wildlife and a wide array of flora and fauna or sit down to enjoy a drink at Gombey's Bar and restaurant.



SHELLY BAY

North Shore, Hamilton

Discover calm, clearwaters at this family- friendly beach along North Shore Road. Trees along the beach offer shade from the sun and the protected cove stays shallow even at high tide, making this an ideal spot for young kids to swim and snorkel.

Golf *Paradise*

BERMUDA OFFERS SEVEN OUTSTANDING GOLF COURSES, ALL OF WHICH CAN BE ENJOYED YEAR-ROUND.

Play like a champion and get treated like one, too. For hotel packages that include tee times at multiple golf courses, check out Golf Around Getaway Packages at [GoToBermuda.com](https://www.gotobermuda.com).

PORT ROYAL GOLF COURSE

Championship Resort Golf Course

Our most popular course provides breathtaking views and challenging golf. Course architect Robert Trent Jones combined undulating terrain, lush greenery and oceanside cliffs to create a sporting experience you won't soon forget. Port Royal hosted the PGA Grand Slam of Golf for seven consecutive years.



TURTLE HILL GOLF CLUB

Championship Par 3 Golf Course

The bunkered greens and water hazards of this top-ranked course offer challenging short play, placing accuracy over power.



BELMONT HILLS GOLF CLUB

Resort Golf Course

A fabulous 18 hole course overlooking the Great Sound, with TifEagle greens and a tropical vibe. A Challenging test for players of all standards.



OCEAN VIEW GOLF COURSE

9-Hole Public Golf Course

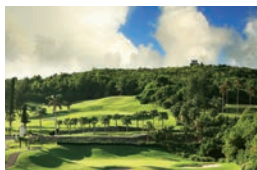
Many elevated tees overlooking the ocean give this course its name. The driving range makes it ideal for practice or a quick game.



MID OCEAN CLUB

Championship Resort Golf Course

A C.B.Mac Donald creation, ranked amongst the world's best, this course demands concentration as traps and the beauty of the ocean vie for your attention.



TUCKER'S POINT GOLF CLUB

Championship Resort Golf Course

This 18-hole course overlooking the ocean has been dramatically transformed with re-contoured fairways and bunkers.



Signature Events & Festivals

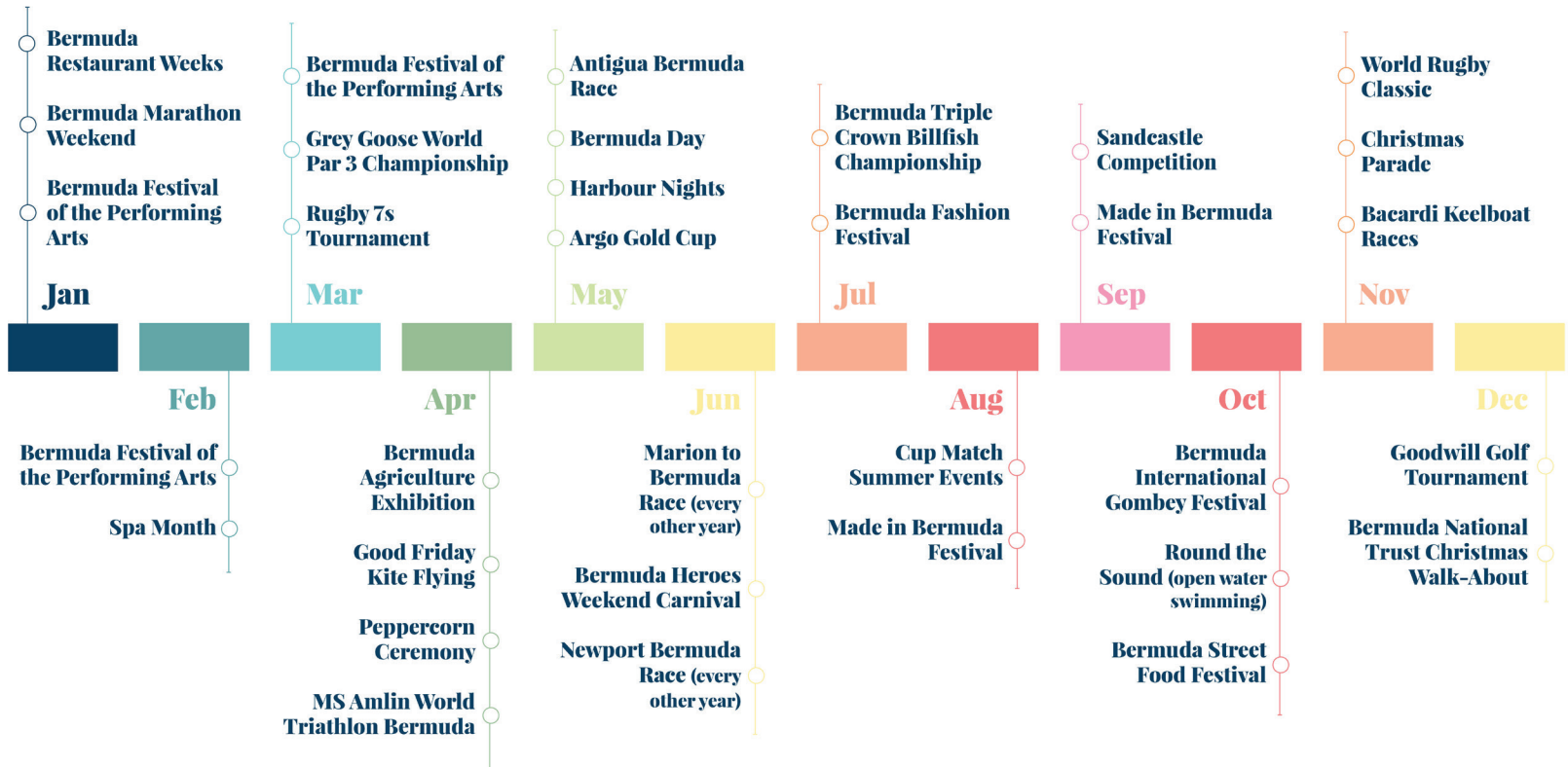
EXPERIENCE BERMUDA AT ITS
BEST WITH MUSIC, DANCE, ART,
FOOD & HOLIDAY FESTIVITIES.

CUP MATCH

Cup Match, one of Bermuda's Biggest events of the year, takes place over two days in summer. The event is centered around a heated cricket match between two island rivals, St. George's and Somerset, but the fun continues all weekend long with concerts, beach parties and plenty of food and drink.

Signature *Events*

BERMUDIAN EVENTS ALL YEAR LONG



Where to *Stay*

FROM HISTORIC OCEANFRONT RESORTS TO HILLSIDE COTTAGE COLONIES, WE OFFER MANY CHOICES FOR YOUR IDEAL ISLAND HIDEAWAY.



The Loren Hotel



Hamilton Princess Bermuda
Beach Club



The Reefs Resort
& Club

ACCOMMODATION TYPE	PARISH	WEBSITE	PHONE	KITCHEN	BEACH	POOL	WIFI	NEAR BEACH	RESTAURANT	FITNESS CTR	SPA
Bed & Breakfasts											
Edgehill Manor	Pembroke	edgehill.bm	1-441-295-7124	•		•	•				
Granaway Guest House & Cottages	Warwick	granaway.com	1-441-236-3747			•	•				
Greene's Guest House	Southampton	thegreenesguesthouse.com	1-441-238-0834			•	•				
Kingston House B&B	Pembroke	bbbermuda.com	1-441-295-6597			•	•	•			
Little Pomander Guest House	Paget	bermuda.com/little-pomander-guest-house	1-441-236-7635				•				
Inns											
Aunt Nea's Inn at Hillcrest	St. George's	auntneasinn.com	1-441-296-2868	•			•	•			
Oxford House	Pembroke	oxfordhouse.bm	1-441-295-0503	•			•	•			
Cottages, Suites & Apartments (Small)											
Blue Horizons	Warwick		1-441-236-4383	•			•	•	•		
Dawkins Manor	Paget	bermuda-charm.com	1-441-236-7419	•			•	•	•		
Garden House	Sandys		1-441-234-1435			•		•			
Grape Bay Cottages	Paget	gbcbermuda.com	1-441-236-2515		•		•				
Robin's Nest Guest Apartments	Hamilton	robinsnestbda.com	1-441-292-4347	•		•	•	•			
Sound View Cottages	Southampton	soundviewcottagebe.wix.com/bermuda	1-441-238-0064	•		•	•	•			
Cottages, Suites & Apartments (Large)											
Clairfont Guest Apartments	Warwick	clairfontapartments.bm	1-441-238-3577	•		•	•	•			
GreenBank Guest House	Paget	greenbankbermuda.com	1-441-236-3615	•		•	•				
Inverurie Executive Suites	Paget	inverurie.bm	1-441-232-5700	•		•	•				
Paraquet Guest Apartments	Paget	paraquetapartments.com	1-441-236-5842	•			•	•	•		
Rosemont Guest Suites	Pembroke	rosemont.bm	1-441-292-1055	•		•	•				
The Sandpiper Apartments	Warwick	sandpiper.bm	1-441-236-7093	•		•	•	•			
Valley Cottages & Apartments	Paget	bermuda.com/valley-cottages-apartments	1-441-236-0628	•			•	•			
Clubs (Private)											
The Coral Beach and Tennis Club	Paget	coralbeachclub.com	1-441-236-2233		•	•	•	•	•	•	•
The Mid Ocean Club	St. George's	themidoceanclubbermuda.com	1-441-293-0330		•	•	•	•	•	•	•
Cottage Colonies											
Cambridge Beaches Resort & Spa	Sandys	cambridgebeaches.com	1-441-234-0331		•	•	•		•	•	•
Four Ways Inn	Paget	fourwaysinn.com	1-441-236-6517	•		•	•		•		
St. George's Club	St. George's	stgeorgesclub.com	1-441-297-1200			•	•	•	•		
Small Hotels											
Coco Reef	Paget	cocoreefbermuda.com	1-441-236-5416		•	•	•	•	•		•
Newstead Belmont Hills Golf Resort & Spa	Paget	newsteadbelmonthills.com	1-441-236-6060	•		•	•	•	•	•	•
Pompano Beach Club	Southampton	pompanobeachclub.com	1-800-343-4155		•	•	•	•	•	•	•
Rosedon Hotel	Pembroke	rosedon.com	1-441-295-1640			•	•		•		
Rosewood Bermuda	Hamilton	rosewoodhotels.com/en/bermuda	1-441-298-4000		•	•	•	•	•	•	•
The Loren Hotel	St. George's	thelorenhotel.com	1-441-293-1666		•	•	•	•	•	•	•
The Reefs Resort & Club	Southampton	thereefs.com	1-441-238-0222		•	•	•	•	•	•	•
The Royal Palms Hotel	Hamilton	royalpalms.bm	1-441-292-1854	•		•	•	•	•		
Resort Hotels											
Elbow Beach, Bermuda	Paget	elbowbeachbermuda.com	1-441-236-3535		•	•	•	•	•	•	•
Fairmont Southampton	Southampton	fairmont.com/southampton-bermuda	1-441-238-8000		•	•	•	•	•	•	•
Grotto Bay Beach Resort & Spa	Hamilton	grottobay.com	1-441-293-8333		•	•	•	•	•	•	•
Hamilton Princess Bermuda	Pembroke	thehamiltonprincess.com	1-441-295-3000		•	•	•	•	•	•	•
Willowbank	Sandys	willowbankresort.com	1-441-234-1616		•	•	•	•		•	

Our Island

WE INVITE YOU TO EXPLORE BERMUDA AND ITS SURROUNDING WATERS.
TO GET A LAY OF THE LAND, START WITH THE ISLAND'S THREE MAIN REGIONS.



West End

A hub for sightseeing, shopping, dining and entertainment, the historic Royal Naval Dockyard is one of Bermuda's most popular destinations. Also in the West End, you'll find many of the renowned South Shore beaches, including Horseshoe Bay and Warwick Long Bay.



Central

Central Bermuda is home to the capital city of Hamilton, a harbour town known for its blend of global sophistication and local flavour. Enjoy dining, shopping, nightlife and the island's most cosmopolitan culture, and find great beaches, gardens and golf nearby.



East End

Anchored by the Town of St. George, a UNESCO World Heritage site, the East End is rich with British colonial history and culture. You'll also discover many unique natural attractions, including Tom Moore's Jungle and the Crystal Caves of Bermuda.



KEY TO MAPS

ROADS Bus Route Other Bridge Railway Trail	AMENITIES Visitor Information Centre Marine Gas Hospital
HISTORIC Shipwreck	OTHER Beach Hotel
TRANSPORT Ferry Stop Harbour Ferry Fast Ferry West End/Dockyard Ferry East End/St. George's Ferry Rockaway Ferry Paget/Warwick Ferry	Park Land & Nature Reserve Golf Course Playground

Scale: 1 Kilometre

BERMUDA

For more information, visit our website or call us at 1-800-Bermuda

GoToBermuda.com | GoToBermuda.co.uk

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Photos by Meredith Andrews

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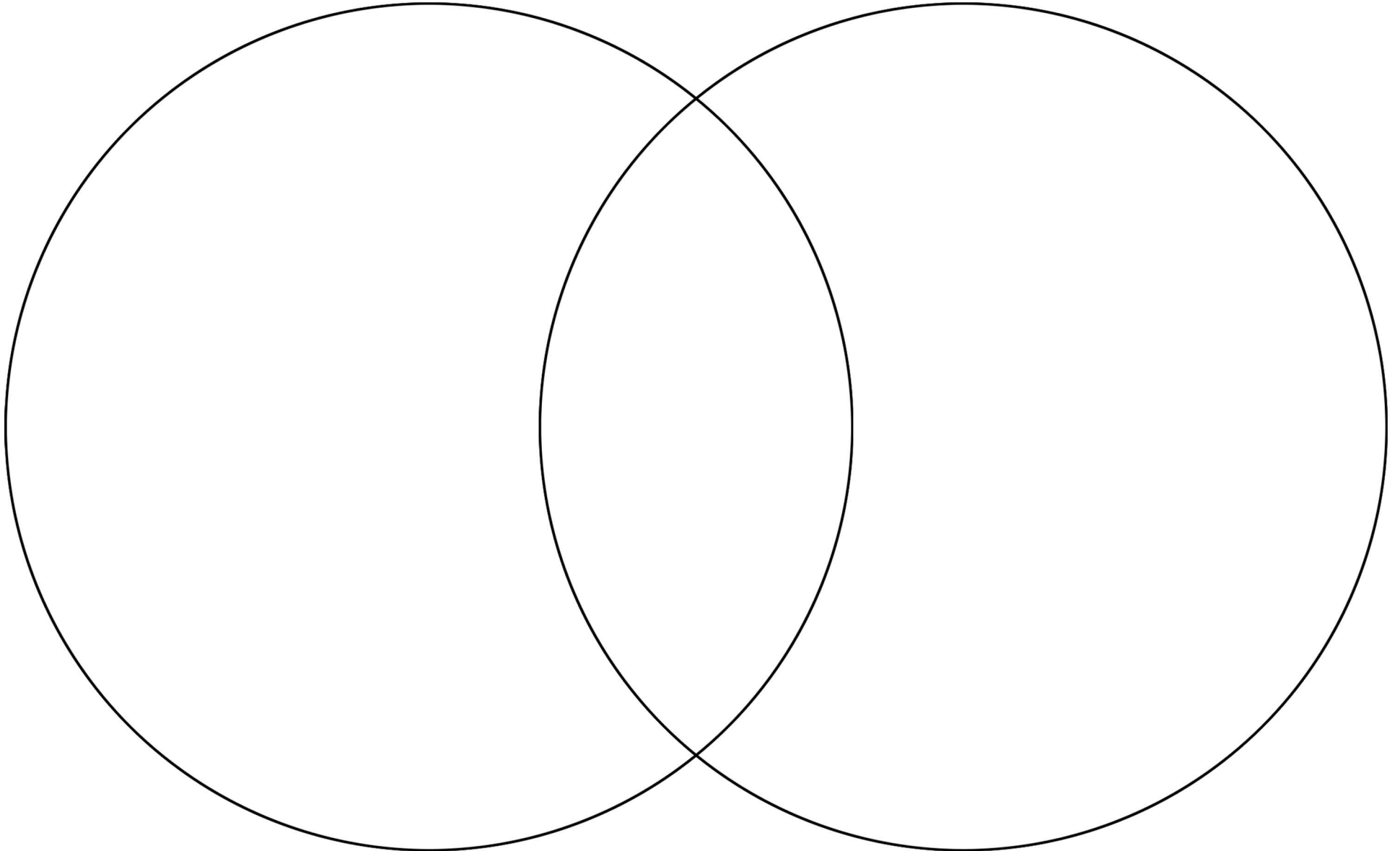
The material is distributed by the Bermuda Tourism Authority on behalf of the Bermuda Government. Additional information is available at the Department of Justice, Washington DC.



COMPARE AND CONTRAST

Compare and contrast what makes Johnny Barnes happy with what the U.N. used for the happiness indicators.

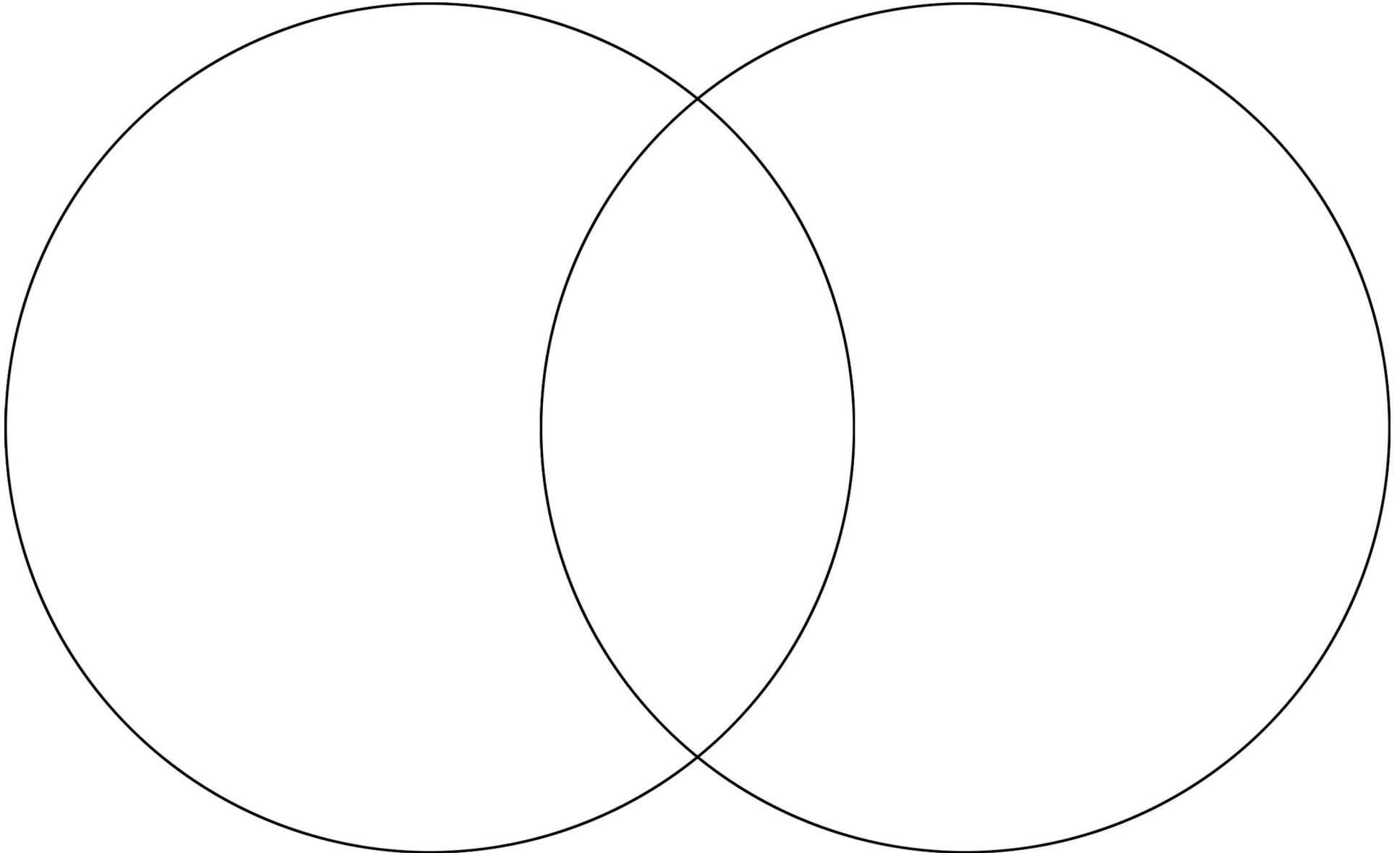
On the back of this page, write a short paragraph describing your findings.



COMPARE AND CONTRAST

Compare and contrast what makes YOU happy with what the U.N. used for the happiness indicators.

On the back of this page, write a short paragraph describing your findings.



Compare/Contrast Paragraphs Rubric

* Required

1st Paragraph: Comparing Two Things

1. Does the first sentence tell the two things that are being compared? *

Mark only one oval.

	1	2	3	4	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Yes

2. Does the first sentence explain that the paragraph will be about how the two things are the same? *

Mark only one oval.

	1	2	3	4	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Yes

3. Do the remaining sentences tell how the two things are the same or similar? *

Mark only one oval.

	1	2	3	4	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Yes

4. Is the paragraph easy to understand? *

Mark only one oval.

	1	2	3	4	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Yes

2nd Paragraph: Contrasting Two Things

5. Does the first sentence tell the two things that are being contrasted? *

Mark only one oval.

	1	2	3	4	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Yes

6. Does the first sentence explain how the paragraph will be about how the two things are different? *

Mark only one oval.

	1	2	3	4	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Yes

7. Do the remaining sentences tell how the two are different? *

Mark only one oval.

	1	2	3	4	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Yes

8. Is the paragraph easy to understand? *

Mark only one oval.

	1	2	3	4	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Yes

OPINION WRITING

Submitted by:
Date:

Submitted to:

PROMPT:

ANSWER:

REASON 1:

REASON 2:

REASON 3:

CONCLUSION (RESTATE YOUR OPINION):

OPINION WRITING

Submitted by:
Date:

Submitted to:

PROMPT: WHICH HOLIDAY IS THE BEST?

ANSWER:

REASON 1:

REASON 2:

REASON 3:

CONCLUSION (RESTATE YOUR OPINION):

OPINION WRITING

Submitted by:
Date:

Submitted to:

PROMPT: WHICH ANIMAL MAKES THE BEST PET?

ANSWER:

REASON 1:

REASON 2:

REASON 3:

CONCLUSION (RESTATE YOUR OPINION):

OPINION WRITING

Submitted by:
Date:

Submitted to:

PROMPT: WHAT IS THE BEST MOVIE OF ALL TIME?

ANSWER:

REASON 1:

REASON 2:

REASON 3:

CONCLUSION (RESTATE YOUR OPINION):

OPINION WRITING

Submitted by:
Date:

Submitted to:

PROMPT: WHY WE SHOULD GO ON A SCHOOL TRIP TO...

ANSWER:

REASON 1:

REASON 2:

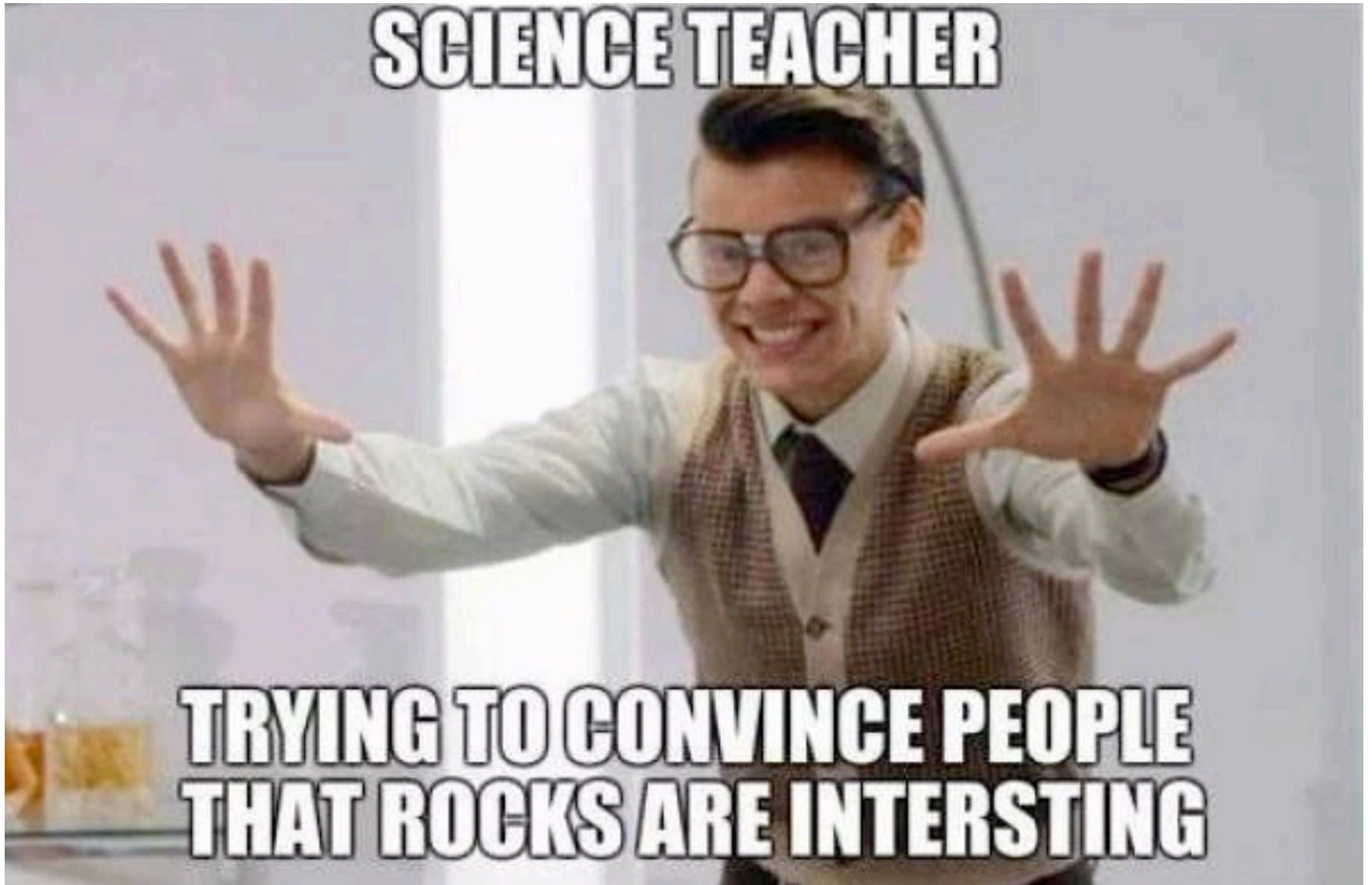
REASON 3:

CONCLUSION (RESTATE YOUR OPINION):

Persuasive Writing



Persuasive Writing



Persuasive Writing

Persuasive writing is writing that tries to **convince** a reader to do something or to believe what you believe about a certain topic.

It takes a position for or against something.

Persuasive Writing can be used to...

Support a cause

Please donate to the animal shelter.

Urge people to action

“Vote for Shelly!”

Make a change

“School should start later in the morning.”

Prove something
(right or wrong)

Fast food causes obesity.

Persuasive Writing can be used to...

Stir up sympathy

“Every day children go without food in our country and it could be stopped.”

Create interest

“Better grades get you a better job and more money.”

Get people to agree with you

“All students should be required to exercise.”

Persuasive writing follows a certain format:

- INTRODUCTION with a “hook” and thesis statement.
- BODY where the argument is explained.
- CONCLUSION where main points are summarized and reviewed and the reader is left with something to think about.

Step 1:

Know Your Audience

Before you start writing, get to know your audience:

Who will read your writing? Who do you need to convince?

The audience may be

your friends,

your teacher,

your parents,

your principal,

the readers of a newspaper or

the President of the United States!

Step 2:

Decide if you are for or against?

Pick a side! Clearly state your position.

The position is stated at the end of the first paragraph.

Step 3:

Do Your Research

State your opinion.

Back up your opinion with facts and examples.

Do the research!

Step 4:

MAKE A PLAN, then write!

The 6 Paragraph Essay:

1. Introduction/Hook/Thesis
2. Argument 1 with support
3. Argument 2 with support
4. Argument 3 with support
5. Show the counter-argument and make an argument against it
6. Conclusion

Persuasive Writing

Do:

- Plan on six paragraphs.
- Use a hook to start your first paragraph.
- Write your thesis statement at the end of the first paragraph.
- Come up with 3 main points to support your argument and use these as paragraphs #2, #3, and #4.
- Your fifth paragraph will explain and contradict the “counter - argument”
- Have a conclusion that restates your thesis statement and ends with a strong “clincher” statement.
- Come up with a catchy title

Persuasive Writing

Don't:

- Don't begin with "Hello my name is ____ and I'm going to write about ____."
- Don't use the word "I " (Instead of "I think we shouldn't wear uniforms" say "Uniforms shouldn't be required.")
- Don't be wishy-washy. Pick a side!
- Don't forget to support your opinions with facts and examples.

Paragraph #1: Introduction

What makes an good introduction

It **grabs** or “**hooks**” the reader’s attention by using one or more of the following strategies:

- An anecdote or scenario
- A quotation
- An interesting fact or statistic
- A question
- It tells how the essay (or letter, article, etc.)will be organized by laying out the **arguments**.
- It ends in a **thesis statement** that clearly explains the writer’s opinion.

Paragraph #1: The Hook

A few strategies used in introductions:

- Use an anecdote/ scenario (like a little story)
- Question or riddle
- Interesting fact or statistic
- Strong statement
- Outrageous statement
- Quotation

You could start with an Anecdote or Scenario:

An anecdote (like a little story) can provide an amusing and attention-getting opening if it is short and to the point.

Everything in Benny's Burger Joint smelled fried. I ordered a #3 Meal. The food covered the tray. The meat from the burger dripped grease on the paper lining. I took a bite and the grease dripped down my chin. The fries tasted like there was more salt and grease than potato. I couldn't eat even half of my meal, and when I left, throwing my meal and greasy napkins in the trash, I felt like throwing up.

You could start with a
Question:

- Example
- How many times have you eaten fast food this month?

You could start with a

Riddle:

- Example
- “What’s plain, and boring? What makes all students in a school building look the same and lose their individuality? If you guessed UNIFORMS, you’re correct!”

You could start with an
Interesting Fact:

- Example:
- “Did you know that a typical child needs 2,000 calories for an entire day and Burger King’s Whopper with triple cheese has 1,230 calories?”

You could start with a

Statistic:

- Example:
- Thirty percent of children in the U.S. eat fast food at least three times a week. On those days, they ate 200 more calories a day, which can add up to six additional pounds in one year.

You could start with a

Strong Statement:

- Example:
- Fast food consumption has risen 500 percent since 1970 and today reaches nearly every part of society, including some public school cafeterias.

You could start with an

Outrageous Statement:

- Example:
- “Fast food is killing America!”

You could start with a

Quotation:

- Example:
- According to Research Associate Professor Megan McCrory, “Despite the vast number of choices offered at fast-food restaurants, some of which are healthier than others, the calories, portion sizes, and sodium content overall have worsened (increased) over time and remain high.”

Paragraph #1: The Thesis Statement

- A thesis statement is one sentence that states your opinion.
- It comes at the end of the first paragraph.
- It includes three main points to discuss in your essay. These points will become the focus of three paragraphs in the body of your paper.

Using fast food as an example, the three points could be that fast food leads to

- *Obesity*
- *High blood pressure*
- *Heart disease*

Writing the Thesis Statement

Combine your opinion and your three main points into one sentence.

*Opinion: I believe that **fast food is harmful.***

*Main points: Fast food **leads to obesity, high blood pressure, and heart disease.***

Thesis Statement:

Fast food is harmful** because it **leads to obesity, high blood pressure, and heart disease.

Example:

HOOK



The average teenager needs 2,000 calories a day, but a typical meal at McDonalds--a Quarter Pounder with cheese, fries, and a shake—adds up to over 2,000 calories. Fast food has become a part of everyone's lives, and it's even being served in some public school cafeterias. *Fast food is harmful because it leads to obesity, high blood pressure, and heart disease.*



THEESIS STATEMENT

Paragraphs #2, 3, and 4:

Main Points

Paragraphs #2, 3, and 4:

Main Points

Use each of your points in your thesis for each paragraph, giving facts and examples.

Using our example:

Paragraph #2: fast food leads to obesity.

Paragraph #3: fast food leads to high blood.

Paragraph #4: fast food leads to heart disease.

Paragraph #5: Show the Other Side (and disprove it)

- Everyone has an opinion and not all of them will agree with your opinion.
- Tell your reader what that other opinion is, then...
- Explain how that other opinion is wrong.

Example

“Owners of fast food companies would disagree with these statements. For instance, they may say that fast food is inexpensive and convenient, and it’s better to eat something than nothing at all. But studies suggest that it’s actually okay to occasionally skip a meal, and that fattier food will still leave you feeling hungrier than the food with the lower levels of fat.

Paragraph #6: Conclusion

- The final paragraph is your conclusion.
- In your conclusion, summarize and restate your thesis.
- Your conclusion should end with either
 - A call for the reader to take action,
 - Provide a solution,
 - Make a Prediction.

Strategies for Conclusions

- Call to Action
 - Ask the reader to make a change or take action:
“I challenge you to go for a month without eating fast food.”
- Provide a solution
 - Provide an answer to the problem; “Instead of ordering food high in fat and calories, try ordering grilled food instead of fried, salads instead of fries, and a low-calorie drink instead of a shake.”
- Make a Prediction
 - Explain what might happen: “If Americans continue to eat fast food at the rate they do today, more people will die of resulting conditions than ever before.”

Conclusion

Restate your thesis.



In conclusion, too much fast food can affect an individual's health and lead to Obesity, High blood pressure and heart disease. Consider your options the next time you think about eating fast food, and base your choices on your health, not convenience.



Strong ending statement.

Don't Forget: Your Title

- A good title does two things:
- It predicts content.
- It catches the reader's interest.
- Let's take a look [at these tips](#) for writing a good title.

Review

- Your first paragraph includes a “hook” and a thesis statement with three main points.
- Write one paragraph for each of your three main points.
- Write one paragraph for your “counter-argument.”
- In your last paragraph, re-state your thesis and write a strong, thoughtful final sentence.
- And: Don’t forget your title!