

## Infographic Creation Assignment: The Science of Happiness

### Task:

Using the information from the expository paragraph about happiness and Canadian statistics **OR** the link to the news article at the bottom of this document, your task is to design a clear and engaging infographic that visually presents the key facts, quotes, and statistics on how people find happiness.

### Your Infographic Must Include:

- A title that reflects the topic (e.g., “How Canadians Find Happiness”)
- At least five statistics from the source
- Two direct quotes from the research
- Icons, charts, or illustrations that match the data
- Clear, readable sections that highlight the major ideas
- Proper spelling, grammar, and citation of your source

### Step-by-Step Instructions:

#### *Option 1: Use Canva (Recommended)*

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1. Go to [www.canva.com](https://www.canva.com) and sign up for a free account (or log in).
2. In the search bar, type “Infographic” and choose a template you like.
3. Replace the text in the template with your own facts and quotes.
4. Use charts, icons, or photos to help visualize your data.
5. When finished, click “Share” > “More” > “Copy Link”, and submit the link to your teacher. You may need to paste the link in a file and upload the file.

#### *Option 2: Use Piktochart (Alternative)*

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6. Visit [www.piktochart.com](https://www.piktochart.com) and sign up for a free account.
7. Click “Create New” > “Infographic”, and choose a layout.
8. Follow the same content guidelines as above.
9. Click “Share” or “Download” and submit your infographic.

### Tips for a Great Infographic:

- Keep it visually balanced—don’t crowd your text
- Use consistent fonts and colours
- Organize content into sections or “blocks”

### Source Option 1: Paragraph

Research in Canada suggests that happiness is rooted more in daily habits and meaningful relationships than in material success. According to Statistics Canada, only 48.6% of Canadians aged 15 and over rated their life satisfaction between 8 and 10 in 2024, down from 54% in 2021 (“Life Satisfaction in Canada”). A national happiness index conducted by Léger reports that Canadians rate their current happiness at 68.7 out of 100, with 28% saying their happiness has decreased in the past year and only 23% reporting improvement (“Léger’s New Happiness Index”). One factor that contributes to happiness is physical activity: a study published by Psychology Today found that “just a 15-minute walk a day can have a bigger impact on mood than occasional high-intensity workouts” (Kennedy). Practices such as keeping a gratitude journal also play a role in improving well-being, especially for youth, as shown in a study by the Canadian Psychological Association which states, “Feeling joy and gratitude can have positive effects on your physical and emotional state” (“Positive Psychology”). Furthermore, quality relationships remain a critical influence on happiness. According to the Canadian Mental Health Association, individuals with strong social connections report higher levels of well-being and resilience in the face of stress. Overall, these findings suggest that over 40% of our happiness is within our control, shaped by daily choices like expressing gratitude, staying active, and building strong personal bonds.

### Works Cited

- Canadian Mental Health Association. Social Connection and Mental Health. CMHA National, 2024, <https://cmha.ca/social-connection/>.
- Canadian Psychological Association. “Positive Psychology: The Science of Happiness.” CPA.ca, 2024, <https://www.psych.on.ca/Public/Blog/2024/positive-psychology-the-science-of-happiness>.
- Kennedy, Tracy. “Small Acts, Big Gains in Happiness.” Psychology Today, 22 Mar. 2025, <https://www.psychologytoday.com/ca/blog/parenting-from-a-neuroscience-perspective/202506/small-acts-big-gains-in-happiness>.
- Léger. “Léger’s New Happiness Index.” Leger360.com, 13 Mar. 2025, <https://leger360.com/in-the-news-leger-new-happiness-index/>.
- Statistics Canada. “Life Satisfaction in Canada, First Quarter of 2024.” The Daily, 13 June 2024, <https://www150.statcan.gc.ca/n1/daily-quotidien/240613/dq240613b-eng.htm>.

### Source Option 2: News Article

[Crime rate dropping in Kamloops, Kelowna: Statistics Canada](#)