

HAPPY SCHOOL- A PSYCHOLOGICAL APPROACH for WELL BEING of STUDENTS

INTRODUCTION

Positive Education is a response to the gap between what people want for their children and what schools teach. That is, most parents want their children to be happy, healthy, and confident, but schools only focus on achievement, discipline, and academic skills. These are of course important, but so are positive mental health outcomes.

To fix this gap, Positive Education is proposed, where schools teach achievement and accomplishment along with positive psychology-informed mental health skills. In other words, positive education wants to bring positive psychology's goals of well-being and mental health support for everyone into the school setting.

Psychological interventions have been around in schools since at least the 1930s, so it makes sense to supplement the already-existing traditional psychology in schools with positive psychology.

Teachers themselves believe that teaching is "inevitably linked" with the emotional health and well-being of the students being taught. In fact, Maslow's (1943) hierarchy of needs even indicates that emotional support may be a sort of prerequisite to higher-order functions such as learning.

Recent research has confirmed the same, as offering emotional support early in a school year can lead to improved instructional quality later in that school year. In other words, positive education is not a focus on mental health instead of academic achievement but is a focus on mental health in order to set the stage and give students the opportunity for academic achievement.

CONTENT

Day 1

- What is Positive Education?
- Why Focus On Positive Education?
- How To Get The Most Out Of Your Classroom Conversation?

Day 2

- Happy Teacher = Happy Class
- Identifying personal sources of happiness
- Expressing gratitude

Day 3

- Free expression of different feelings in movement, art, speech, and facial expressions
- Describing happy memories
- Activities For Emotional Learning
- Positive Teaching: Moodtrackers And Other Worksheets

Day 4

- Mindfulness Activities For Kids
- Heartfulness: Generosity
- Positive Psychology Exercises For Teens

Day 5

- Active Constructive Responding
- Cooperative Learning Groups
- A Take Home Message

OUTCOMES

- The outcomes and objectives of the course are to understand:
- What positive psychology is and is not
- What strengths are and to understand one's own strengths
- How to increase positive emotions
- Design programs based on Positive Education
- How willpower and the growth mindset can contribute to goal success
- Ways in which you can increase your own wellbeing and that of your work colleagues and learners
- and be able to apply Positive Education techniques at your school/college/university to:
- Increase focus and engagement on learning tasks
- Create greater productivity
- Secure an understanding of Positive Psychology fundamentals
- Build resilience in challenging situations
- Improve happiness and wellbeing
- Achieve goals more effectively
- Use mindfulness as an opportunity to train your mind, focus your attention on the present, relax, achieve goals, and reach a certain level of self-awareness;
- Gain positive knowledge and life skills

+49 163 620 46 90

info@sherlockedu.de
www.sherlockedu.de

Sorvaajankatu 15 (4.kerros)
00880 Helsinki-Finland

Lietzenburger Straße 107
10707 Berlin Germany

Gottlieb-Dunkel-Straße
43/44 12099 Berlin Germany