

# **HOW TO TEACH HAPPINESS AT SCHOOL**

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# WHAT IS HEALTH?

## VOCABULARY

**self-awareness** – самосознание

**empathy** – сопереживание

**longevity** – долголетие

**endure** – выносить

The World Health Organization defined health as a state of mental and social — not just physical — well-being.

Skills gained while social-emotional learning:

- self-awareness;
- empathy;
- active listening.



# HOW TEACH THE SKILLS OF WELL-BEING TO STUDENTS?

- The **Well-Being Curriculum** is based on the principles and findings of positive psychology.
- The schools teaching happiness skills academically outperform the schools teaching a standard health curriculum.
- Focusing on well-being can even contribute to the core mission of education.

## VOCABULARY

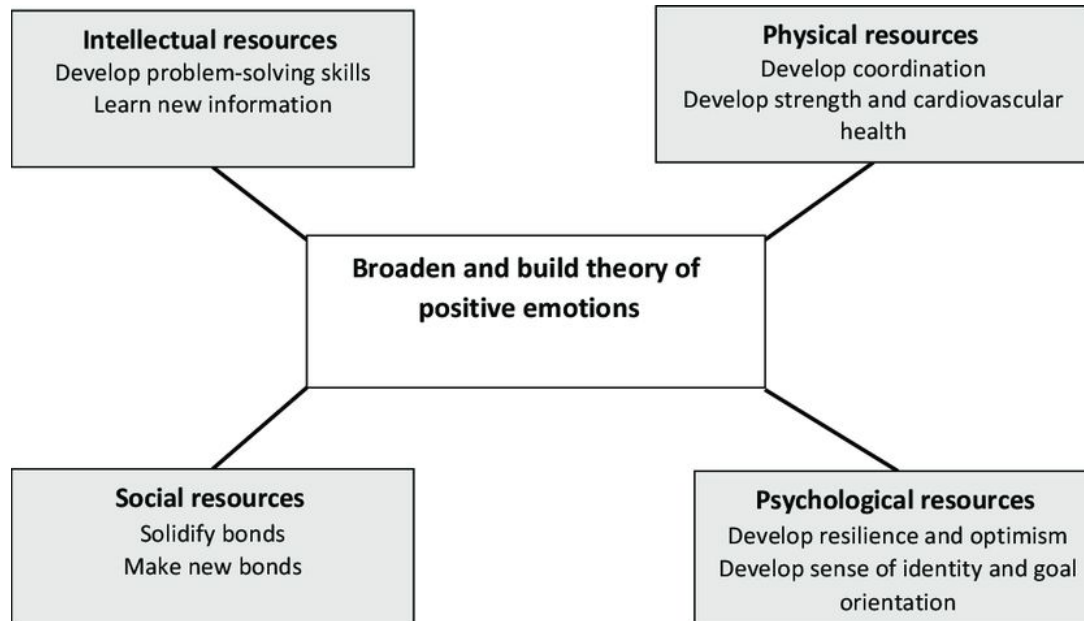
- happiness-enhancing practices – практики повышения счастья
- decline in satisfaction with self – снижение удовлетворенности собой
- outperform – опережать
- contribute – делать вклад

Weaving Well-Being Programme - Lesson Plans					
Weekly Lesson Plans	Character Strengths (2nd Class)	Positive Emotions (3rd Class)	Tools of Resilience (4th Class)	Positive Relationships (5th Class)	Empowering Beliefs (6th Class)
Week 1	Lesson 1: Language of Well-Being	Lesson 1: What is Well-Being?	Lesson 1: Why do we need Resilience?	Lesson 1: The Importance of Positive Relationships	Lesson 1: What are Empowering Beliefs?
Week 2	Lesson 2: Language of Well-Being	Lesson 2: Positive Emotions	Lesson 2: Jigsaw of Perspective	Lesson 2: Respect	Lesson 2: Belief 1 - I can choose helpful self-talk
Week 3	Lesson 3: Introduction to 24 Character Strengths	Lesson 3: Positive Emotion Potion	Lesson 3: Lucky Dip of Distraction	Lesson 3: Empathy	Lesson 3: Belief 2 - My effort is as important as my ability
Week 4	Lesson 4: Understanding Strengths 1 to 4	Lesson 4: Attitude of Gratitude	Lesson 4: Planning Pen (Problem Focused Planning)	Lesson 4: Look for Win-Wins	Lesson 4: Belief 3 - I can recognise thinking traps
Week 5	Lesson 5: Understanding Strengths 5 to 8	Lesson 5: Feel-Good-Flow	Lesson 5: Helpful Thinking Helmet (Cognitive Reframing)	Lesson 5: Active Listening	Lesson 5: Belief 4 - I can act "as if"
Week 6	Lesson 6: Understanding Strengths 9 to 12	Lesson 6: Random Acts of Kindness	Lesson 6: Key of Character Strength	Lesson 6: Try to forgive	Lesson 6: Belief 5 - I can choose to focus on the positive
Week 7	Lesson 7: Understanding Strengths 13 to 16	Lesson 7: Rainbow Moments	Lessons 7 - 9: Mindfulness Switch - Parts 1 - 3	Lesson 7: Interest in Others	Lesson 7: Belief 6 - I can accept that I'm OK as I am
Week 8	Lesson 8: Understanding Strengths 17 to 20	Lesson 8: Healthy Body, Happy Mind	Lesson 10: N.A.B.B. (Name, Accept, Breathe, Body)	Lesson 8: No More Snap Judgements!	Lesson 8: Belief 7 - I can make a difference
Week 9	Lesson 9: Understanding Strengths 21 to 24	Lesson 9: Positive Emotion Potion - Mix and Enjoy		Lesson 9: Give, Give, Give!	Lesson 9: Belief 8 - My actions are powerful
Week 10	Lesson 10: Identifying and using my top 5 Strengths	Lesson 10: Review		Lesson 10: Taking All the Steps	Lesson 10: Charging up my batteries - Empowering Beliefs in action



# TEACHING POSITIVE EMOTIONS

- Positive emotional experiences have long-lasting effects on our personal growth and development.
- Strong social ties are at the very core of our well-being, regardless of whether we are introverts or extraverts.
- This part of the program focuses on the basic relationships skills, such as being able to form and maintain friendships, negotiate, listen, and, even more importantly, hear.



## VOCABULARY

the “broaden-and-build” theory of positive emotions – теория положительных эмоций «расширять и строить»

enhance resilience – повысить устойчивость

fuel – служить источником

savoring – наслаждаться

reminiscence – воспоминание

regardless – несмотря на

mere – всего лишь

negotiate – договариваться

gratitude – благодарность

flourish – процветать

# HOW TO GET STARTED

## VOCABULARY

**deliberately** – сознательно

**evidence-based** –  
основанные на фактических  
данных

Here are a few examples of short activities that day's lesson may consist of:

- What Went Well wall;
- “Can you hear me?” exercise;
- Playing “Go fish” with cards from the Happiness Box.



# QUESTIONS

1. What is Well-Being programme based on?
2. What does the “broaden and build” theory of positive emotions show us?
3. Do you think we need well-being lessons or not?  
Why?