

BARCELONA

ERASMUS+ PROGRAM

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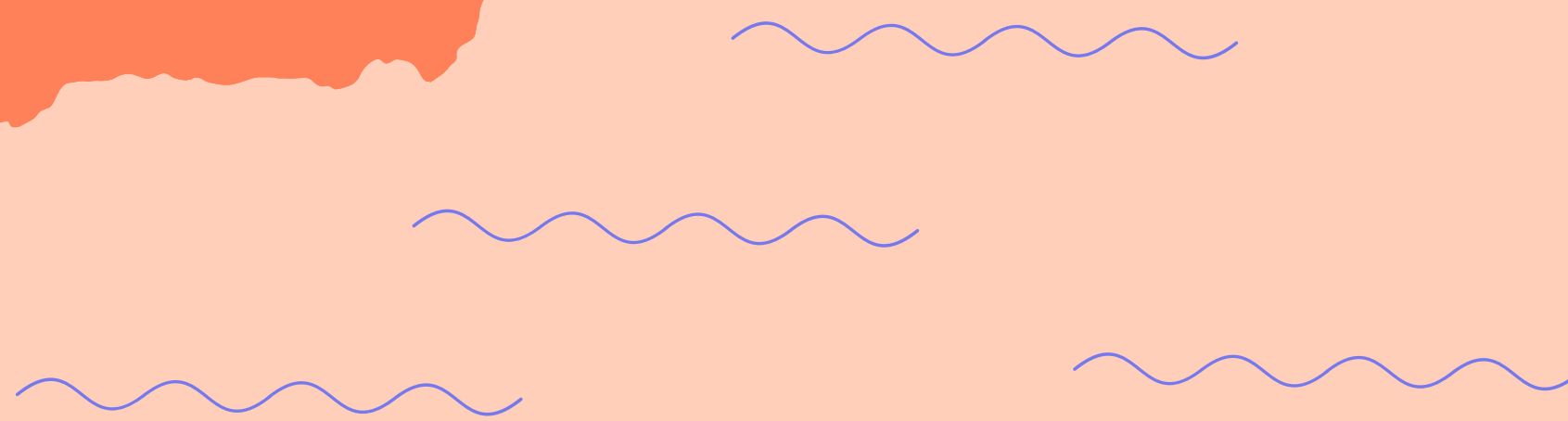
HAPPY SCHOOLS:
positive education for well-being
and life skills development



Barcellona



EUROPASS ACADEMY





POSITIVE PSYCHOLOGY

- Positive Psychology is the scientific study of human flourishing. It is an applied approach to optimal functioning and to the study of the strengths and virtues that enable individuals, communities and organizations to thrive.
- Positive Psychology is grounded in the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within them, and to enhance their experiences of love, work, and play.
- It is an accepted branch of Psychology, that accepts Meditation (Mindfulness) without any religious reference.

the PERMA model

Positive emotions

- Optimism, enjoyment, love, contentment, amusement any emotion that feels good or makes us kind

Engagement

- Getting into a state of « flow », where we're immersed in something that captures our full attention and focus

Relationships

- Loving, close, and trusting bonds with other people

Meaning

- Having a sense of purpose beyond mere personal gain; feeling part of something bigger

Accomplishment

- The satisfaction of achieving goals; even modest accomplishments help us feel good

WHAT DID WE LEARN?



Understanding Positive Education

We learned how principles of Positive Psychology can be applied in schools to improve students' well-being, motivation, and learning outcomes.

Promoting well-being and mindfulness in the classroom

We learned practical strategies to support a healthy mindset in students and teachers, including the use of mindfulness and activities that develop strengths and virtues.

Designing activities that foster personal growth

We learned how to create educational activities that encourage self-reflection, cooperation, and the development of life skills in the school environment.



WE ARE SO THANKFUL FOR THIS EXPERIENCE!!

