



Children & Teachers

Wellbeing & Happiness

SUPERTEACH WEBINAR MARCH 2021

TEODOR NITU

Why is IMPORTANT?

What is the Goal of Education? Or What is the Goal of School?

Why is IMPORTANT?

Is Wellbeing and Happiness a Goal and a Mean of Education & School?

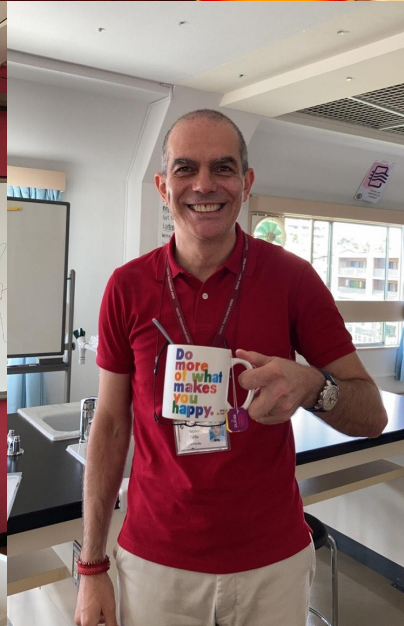
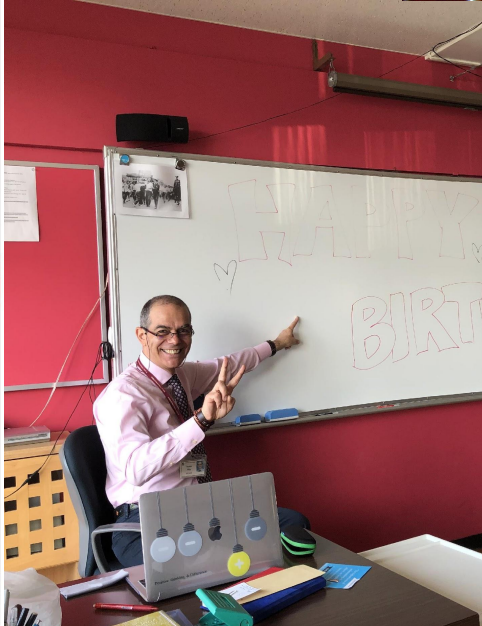
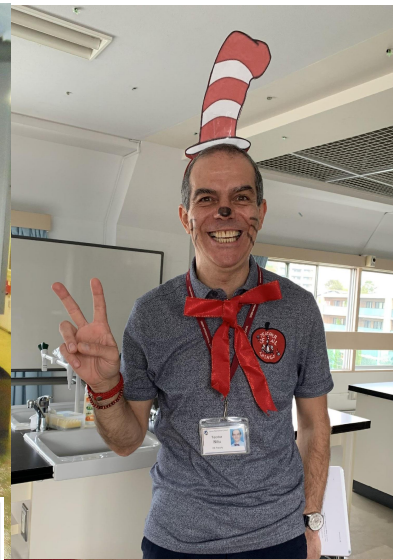
Why Me?

Mr T:



Don't think
Just do it

- I am a very Active Person
- I AM A Long Life Learner
- I AM Very Sociable
- I am a Caring Person
- I am Aware OF THINGS
- I AM HAPPY
- I LOVE CHILDREN



What is Wellbeing?



What is Wellbeing?

Wellbeing is the experience of health, [happiness](#), and prosperity.

It includes having:

- Good mental and emotional health
- High life satisfaction
- A sense of meaning or purpose
- [Ability to manage stress](#)

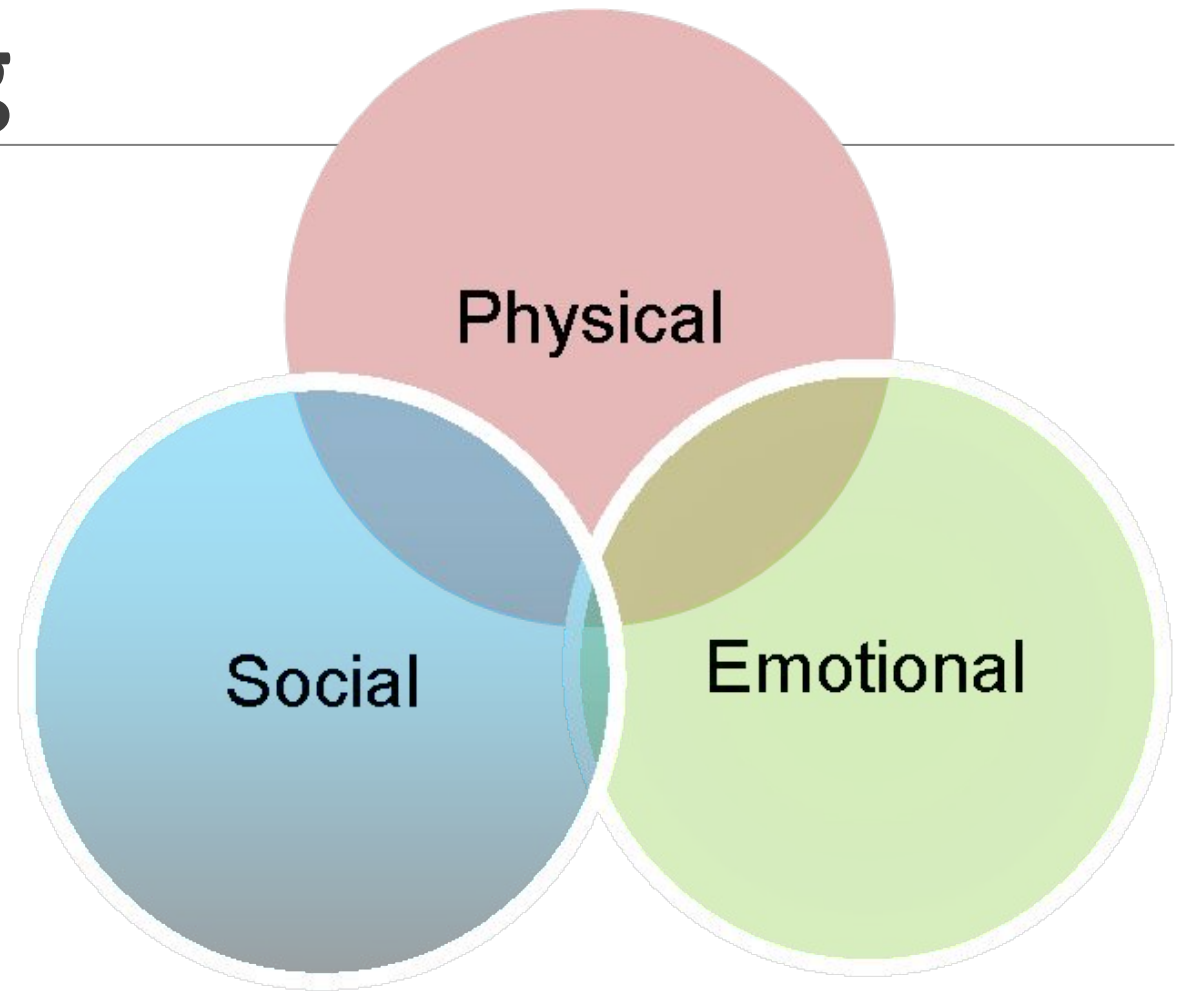
More generally, well-being is just feeling well



Types of Wellbeing



School Wellbeing



Ways of Wellbeing



What is Happiness?



What is Happiness?

‘Happiness is the meaning of life, the whole aim and the end of the human existence”

by Aristotle – Ancient Greek Philosopher

“The experience of joy, contentment, or positive well-being, combined with a sense that one’s life is good, meaningful, and worthwhile.”

By Sonja Lyubomirsky - positive psychology researcher and University of California professor

Happiness Misconceptions

GOOD JOB
LOTS OF MONEY
AWESOME STUFF
TRUE LOVE
THE PERFECT BODY
THE PERFECT GRADES

What makes us Happy?

**INVESTING IN EXPERIENCES
MAKES US HAPPIER THAN
INVESTING IN STUFF**

What makes us Happy?

**KINDNESS
SOCIAL CONNECTION
TIME AFFLUENCE
MIND CONTROL
HEALTHY PRACTICES**

Happiness & Wellbeing in Schools

- POSITIVE ATTITUDE
 - GROWTH MINDSET
 - MANAGE EFFORT
 - APPRECIATION
 - POSITIVE DISCIPLINE
 - AWARENESS/MINDFULNESS
- POSITIVE ENVIRONMENT
 - TRUST
 - GOOD RELATIONSHIPS
 - GRATITUDE
 - KINDNESS
 - MEDITATION