



HAPPINESS

SIMPLE SOLUTION TO
COMPLEX PROBLEMS



Co-funded by the
Erasmus+ Programme
of the European Union

Happiness Simple solution for complex problems

The vision of the project

The vision of the project is to strengthen the foundations of happiness and improve the well-being of students.

Goals of the project

Students receive governmentally approved academic support as part of their compulsory education but insufficient supplementary services to respond to their social and emotional needs. The promotion of well-being in schools may sometimes appear to conflict with other priorities, such as academic standards. Unreasonably high expectations, a regime of constant testing or an overemphasis on the importance of academic performance may actually undermine their welfare (Council of Europe article, <http://bit.ly/ImproveWB>)

Students need additional non-academic services with a focus on happiness because these have the power to positively remodel all their perceptions for well-being: intellectual, emotional, social, professional, personal as well as their vision for the future.

Outcomes of the project

Positive impact on the awareness of teachers regarding the importance of students' happiness. It has been proven that teachers at schools do not pay enough attention to the soft skills of the students due to different reasons, but the development of the social and



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emotional skills of the students brings tangible improvement of the academic results and overall well-being. Last recommendations of the European commission is wider attention on the topic from the school systems and improvements on the development of the social and emotional skills of the students as measures.

Improvement of students' social and emotional skills as mindfulness, self-awareness and awareness about others, empathy towards others (including those who may have different backgrounds), and trustworthiness. Students focusing on the positive aspects of life and their ability to control how they experience it..

We will:

Create a ready-to-use book with the existing good practices in Happiness training at the EU level, so the teachers could start to use some practices instantly.

Develop an accessible Happiness training content for social and emotional skills focused on strengthening the foundations of happiness with established experts in the field to help students to acquire the needed skills.

Develop a Teacher training toolkit, enabling teachers to educate students on discovering happiness and intrinsic motivation in their day-to-day activities.

Implement Student training in schools

Develop innovative and accessible eLearning resource for learning.

Target group

The target groups of this project will be students, aged 13-17 years, and their respective teachers.