



Presentation

This course is based on the studies about *Positive Psychology* of Martin Seligman taken to the classroom. This theory is based on the idea that in the same way that we learn mathematics or physics, we should learn to be aware and to manage our feelings, as well as to deal with emotions while relating with others.

Positive education consists of teaching in the classroom the social abilities, critical thinking and emotions without forgetting the importance of the technical competences. Teachers create a learning context where the students can discover their strengths and innate qualities to develop themselves in a safe and reliable atmosphere. In this appropriate context, the students can show all their potential and are able to give answers not only at an academic level but also at a social one.

Objectives

The aims of the course are:

- ✓ Provide the teachers with an introduction on Positive Psychology;
- ✓ Provide the teachers with tools to be able to develop with the students different competences and abilities: autonomy and social competences, learning to learn, as well personal initiative;
- ✓ Provide the teacher with different methodologies to create collaborative learning contexts.

Target group

The training course is addressed to primary and secondary school teachers, school psychologists, adults teachers as well as boarding teams in these types of schools.

Language of course

This course can be provided in English.

Methodology

The course is based on an active and participative learning/teaching approach with theoretical exposition of the contents along with practical tools that allow the integration and dynamization of all of the work group such as:

- ✓ Practical cases
- ✓ Text and article comments
- ✓ Simulations and Role-Play
- ✓ Short pieces of films close related with our topics

It is foreseen 4 days of practical lessons and 1 day of visit to a school or organisation dealing with the subjects of the course.



Programme

Day 1 – 4 hours

Concept of positive education

- How to apply the Positive Psychology and the optimism of Martin Seligman in the classroom
- Key concepts to increase students and teachers motivation and to increase the academic results of the students
- Definition of happy classrooms concept from a scientific point of the view of SATI team from Zaragoza

Day 2 – 4 hours

Dynamic practice and strategies

- Measure of concept: Scientific questionnaires
- Practical tools and strategies to apply the method
- Exercises to improve team work

Day 3 – 4 hours

Positive education tools – Mindfulness and Time line

- How to stimulate the concentration and relaxation of the students
- How to associate achievements and strengths of the students to increase their academic outcomes
- How to orientate the students to their desired future
- Discussion and feedback

Day 4 – 4 hours

Positive education tools – Writing, The ladder of inference, Mandala

- Writing as a self reflexion and introspection tool: Conceptual autobiography, gratitude exercises, self help messages...
- The ladder of Inference: Tool that helps the students to know how the brain works and how it reacts to circumstances. It promotes positive thinking and problem solving.
- Mandala: Tool to visualize the achievement of students goals. It promotes self-confidence and orientate the decision taking process.
- Discussion and feedback

Day 5 – 4 hours

Professional visit

- Visit a school of Valencia
- Evaluation and certification
- Farewell dinner



KA1 ERASMUS+ COURSES FOR TEACHERS AND TRAINERS
POSITIVE EDUCATION: HAPPY SCHOOLS

Fees

Course fee: 423,50 € VAT included¹.

Amount includes:

- ✓ Preparation for the course
- ✓ Tuition
- ✓ Training materials
- ✓ Administration costs
- ✓ Organizational costs
- ✓ Professional visit to school
- ✓ City tour in Valencia
- ✓ Farewell dinner

Requirements

Minimum of 8 participants. For smaller groups contact us.

Contact

Maria Angeles Ruiz Gamez

Director

ruiz@esmovia.es

+34 963 38 46 20

Skype: esmovia

¹ If sending organization (school) has Intracomunitary VAT number, we can invoice the course to the school and the amount can be exempted of VAT.

ESMOVIA
Training and Mobility

C/ Pintor Martínez Cubells, 2, pta. 6
46002 Valencia SPAIN
www.esmovia.es