



## A Happy Lesson: Valuable Tips to Create a Joyful Classroom

By Maryam Farahmand

### Course details

-  One week course
-  Starting from 480€ (Cultural activities included)\*
-  Min. 4 - max. 14 participants
-  Certificate of attendance included (80% of attendance required)
-  Available in Barcelona, Berlin, Cefalú and Helsinki

\*Early Bird Price: 60€ discount if you register at least 8 weeks before the course starts, and pay within payment deadlines

### Course description

The national curriculum of all countries set heavy subjects and standards with long hours of classes for 9 months! Although, there are many active learning strategies out there teachers still struggling to keep “all” students engaged and interested in their classes, and students are becoming distanced and bored more and more!

This course demonstrates how a happy and flexible environment increases the willingness of being in the classroom, how team-building activities help teachers and students to connect, and how a set of routines builds a sustainable positive culture in classes and schools.

During this course, participants get involved when they put their first steps in the class through 12 games to get to know each other to experience the importance of short games and icebreakers.

There are three sessions and two breaks each day. Each session starts and finishes along with different types of short games, for example, the “3-3-3 rule” to bring back the focus of participants to the class or “orange-apple- banana” to make them move.

Through practical activities, participants gain more knowledge about characteristics of a happy mindset and establishing routines led to joyful days. Meanwhile teachers will practice 4C’s of education to know and review these vital skills for success in school and beyond.

By the end of the course, teachers will have plenty of mix and match tools to modify their lesson plan to happy lesson plans.



## Learning outcomes

The course will help the participants to:

- Integrate and evaluate different types of games and team building activities in their lesson plan;
- Identify their role as happy teachers;
- Understand the risk of boredom;
- Learn more about how to build productive culture and routines;
- Use learning journal and reflection more effectively.

## Tentative schedule

### Day 1 – An introduction to a happy lesson

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- Getting to know each other;
- School presentation;
- Diversity and learning style.

### Day 2 – What are the 4Cs and how to stay motivated

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- 4C's of education;
- Students take charge of their own feedback;
- Motivation.

### Day 3 – What is happiness for you

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- Happy teacher and students;
- Happiness exercises;
- Flow, trust and creating norm.





### Day 4 – How to sustain a happy culture

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- The importance of routines;
- Routines for visible thinking and warm welcome;
- Games, ice breakers, the power of reflection.

### Day 5 – Looking after well-being and improve your decision making

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- The healthy mind platter;
- Six Thinking Hats.

### Day 6 – Course closure & cultural activities

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- Course evaluation: round up of acquired competences, feedback, and discussion;
- Awarding of the course Certificate of Attendance;
- Cultural activities.

\*The schedule describes likely activities but may differ significantly based on the requests of the participants, and the trainer delivering the specific session. Course modifications are subject to the trainer's discretion. If you would like to discuss a specific topic, please indicate it at least 4 weeks in advance.

Our courses usually include two cultural activities. Further information is available on the webpage of each course location.

## About the provider

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