

1. Record Nr.	UNINA9910827462603321
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Titolo	Teaching happiness and well-being in schools : learning to ride elephants // Ian Morris
Pubbl/distr/stampa	London ; ; New York, : Continuum, c2009
ISBN	1-283-20810-5 9786613208101 1-85539-597-5
Edizione	[1st ed.]
Descrizione fisica	1 online resource (235 p.)
Disciplina	373.0114
Soggetti	Moral education (Secondary) Well-being - Study and teaching (Secondary)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references (p. [219]-221) and index.
Nota di contenuto	Intro -- Contents -- Foreword -- 1 Learning to train elephant riders: teaching techniques for happiness and well-being -- 2 Happiness -- 3 Learning to unite elephant and rider: caring for the human body -- 4 Philosophy and well-being -- 5 Emotions -- 6 Resilience -- 7 Strengths and flow -- 8 Relationships -- 9 Modern life is rubbish -- 10 Mindfulness meditation, spirituality and meaning -- Appendix 1: A well-being curriculum - the spider's web -- Appendix 2: Further reading and useful websites -- Endnotes -- Bibliography -- Index.
Sommario/riassunto	There has recently been an explosion of interest in positive psychology and the teaching of well-being and 'happiness' in the PSHE world in schools and many teachers are looking for clear information on how to implement these potentially life-changing ideas in the classroom. This book provides an introduction to the theory of positive psychology and a practical guide on how to implement the theory in (primarily secondary) schools. The American psychologist and writer Martin Seligman, well known for his work on the idea of 'learned helplessness', has more recently been working in the field of positive psychology. He has led training in resilience in a number of UK local authorities. Wellington College, where Ian Morris is head of philosophy, religion and PSHE, is among the first UK schools to introduce a formal well-being

and happiness curriculum developed by the author.
