



Teaching Happiness and Well-Being in Schools: Learning to ride elephants

Ian Morris

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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.

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