

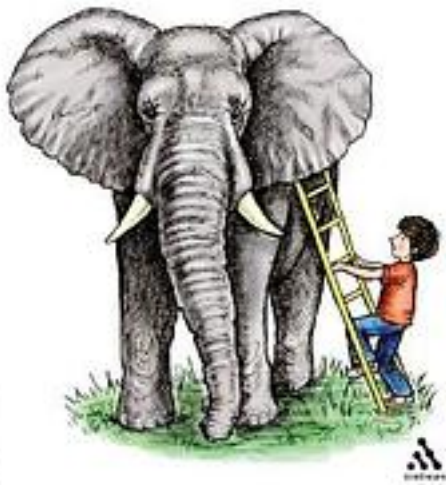
Teaching Happiness and Well-being in Schools

LEARNING TO RIDE ELEPHANTS

Teaching Happiness and Well-Being in Schools

Foreword by
Lord Richard Layard

Ian Morris



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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. There has recently been an explosion of interest in positive psychology and the teaching of

well-being and 'happiness' in PSHE in schools and many teachers are looking for clear information on how to implement these potentially life-changing ideas in the classroom. 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.

作者介绍:

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