



MBS INTERNATIONAL SCHOOL
WORKSHOP FOR TEACHERS/STUDENTS
SESSION 2020-2021

TOPIC: Choose Happy
DATE: June 26, 2020
ATTENDED BY: Teachers
VENUE: Google Meet
RESOURCE PERSON: Ms. Deepali Jain

'In a very real sense, we have two minds – one that thinks and the other that feels.'
-Daniel Goleman

Emotions play an integral role in education, affecting student motivation, attention, social functioning and ethical decision making. Enjoyment of learning motivates students to apply greater effort, whereas boredom only discourages effort. Apart from this anxiety lessens student's ability to solve problems, whilst hope and pride increase self-efficacy. Thus, creating a safe and caring classroom which promotes positive emotions in students, must always stay top priority. To discuss the above, an online training programme for teachers titled "Choose Happy" was organised by MBS International School on June 26, 2020. The webinar was helmed by Ms. Deepali Jain Happiness Coach, ELT Trainer and educator. She shared varied techniques of classroom management so as to develop an optimistic and disciplined perspective on life with confident and vibrant smiles on the faces. The happiness session for teachers included practice of mindfulness, gratitude and value based examples. Motivating the students with various incentives to maintain a conducive learning environment and not labelling a child were some of the other key elements of the workshop. She believed that teachers must try to instil moral values such as gratitude, empathy, positive attitude, acceptance etc. in their students. She believed that praising and appreciating students for even their smallest of achievement can work as a catalyst in boosting the morale of a child. The webinar was informative and enlightening as it taught the important concept of incorporating happiness and emotions in the class.