

CHEERFUL CLASSROOM: JOY IN LEARNING



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siner advanced skills institute

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constantly evolving.

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OID: E10201112

Advanced Institute for Skills Development

COURSE DESCRIPTION

True learning flourishes where positivity and joy lives! In a world where educational pressure and emotional challenges weigh heavily on students and teachers alike, cheerful classrooms offers an approach to cultivating emotional wellbeing, positivity and engagement through joy-driven education.

This mobility supports teachers to create classroom cultures where happiness, emotional safety, motivation and curiosity coexist naturally. Participants will explore the science behind positive emotions in learning, daily practices that boost emotional energy, and simple rituals to cultivate a cheerful and resilient school climate.

Rather than focusing on “entertaining” students, this course promotes building lasting emotional connections that enhance intrinsic motivation, creativity, and love for learning.

COURSE INFORMATION

Learning Outcomes

- Understand the neuroscience of positive emotions and learning;
- Apply daily rituals that promote joy, gratitude, and emotional wellbeing;
- Develop classroom management practices that prioritize emotional safety;
- Integrate playful elements, humor and creativity into lessons;
- Design emotionally uplifting classroom spaces and routines;
- Recognize and amplify students' strengths and positive contributions;
- Prevent burnout and emotional fatigue in both students and teachers;
- Promote intercultural awareness;
- Transfer and share core values, experiences and effective teaching practices with other teachers and colleagues;
- Improve technical and English language, communication and social skills.

DAILY PROGRAM

5-DAYS

..... *Our courses also include a daily Coffee Break

DAY 1 / 8h30-13h45

- Why Positivity Matters in Schools
- The neuroscience of positive emotions and learning
- Emotional states and their impact on student engagement
- Positive psychology workshops applied to education

DAY 2 / 8h30-13h45

- Daily Practices for Positive Energy
- Morning rituals, emotional check-ins, strengths appreciation
- Setting emotional tone for the day
- Emotional literacy practices and positive rituals design
- Creative exercises: gratitude journals, joy storytelling, strengths spotting

DAY 3 / 8h30-13h45

- Playfulness, Humor and Creativity
- Integrating humor and playful approaches responsibly
- Creativity boosters for students and teachers
- Case studies on cheerful and resilient schools

DAY 4 / 8h30-13h45

- Building a Positive Classroom Culture
- Setting collective goals focused on wellbeing
- Conflict prevention through positive relationship management
- Designing a personal joyful classroom toolkit
- Creating a Class Climate Action Plan

DAY 5 / 8h30-13h45

- Final gratitude circle
- Course roundup and review
- Learning Outcomes' validation
- Certification Ceremony



ADDITIONAL INFORMATION

Documentation: Learning Agreement; Certificate of Attendance with description of learning outcomes; Europass validation; and other required Erasmus+ supporting documents.

(Our courses are eligible to be completely funded by the Erasmus+ program 2021-2027 - KA1 funds and several other programs)

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