

## *Newsletter No. 4*

### **Workshop in September**

# **“The Science of Happiness in Your Class...& in Your Life: Positive Psychology in ELT”**

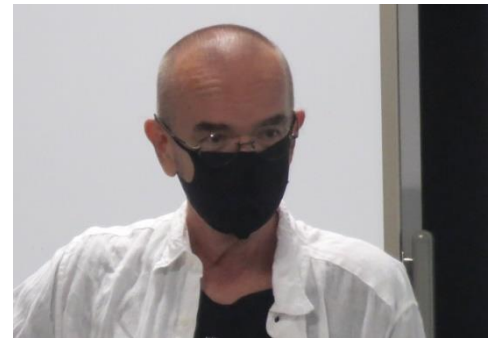
**Date:** September 17<sup>th</sup>, 2022 10:30-12:00, 13:00-14:30

**Venue:** NUFS Meieki Campus (BIZrium Nagoya)

**Presenter:** Marc Helgesen (Professor emeritus of Miyagi Gakuin Women’s University)

#### **Abstract:**

Positive psychology - some people call it “The Science of Happiness” ? is the study of positive emotion ? the things that make life worth living. This workshop will explore ways we can use positive psychology activities in our English classes. We’ll explore things we can use in our teaching and in our own lives. We’ll consider ideas from “The Power of FUN!” (Price, C. 2021, Dial Press). We’ll also look at dealing with some of the negatives we all experience in a segment called, “This ain’t happy-ology.” We’ll go deeper into last year’s topic, Time Confetti ? the idea that our free time seems to be broken into tiny bits, each too short to get anything worthwhile done. That will include the reasons behind what you’ve heard about social media making us less happy. Handouts and resources provided.



**The number of participants:** 28

### **1. Interesting activities you might want to use in your class. Why?**

- Many of them. Especially, an ice breaking activity such as ‘You’re beautiful. ~ Thank you.’ It will help open up the new semester next week!
- I think that the activity about “true fun” would be very effective for my students to talk about themselves and feel happy together. I like that students can talk more with different partners while asking questions.



- Since I am teaching to 3<sup>rd</sup>-year students at high school, it was effective to know they are under such stressful situation. I'll use 'True Fun' activities I learned today.
- The handout 'Sharing Experiences' is very useful to give my students interesting topics to talk about at the beginning of the class.
- I would like to do the exercise of 'doing the same action as your partner does' for a little break time when my students get tired.



## 2. What you learned from today's workshop

- Burnout does not occur only because of physical overloads but because of value mismatch. That helps me deal with burnt-out and stress in the workplace.
- I enjoyed the psychology aspect of attitudes teaching not just the classroom but your own personal lives. Thank you for thinking about teacher's well-being.
- We can craft leaning. We should not complain about students. Hiromi's email message was beautiful.
- I thought I would learn about students' happy-ology today. I actually learned we need to be healthy as teachers to teach students how to be healthy.
- Maintaining myself or communities can help keeping on happiness in life and at school. I'll collect more info and try something new.

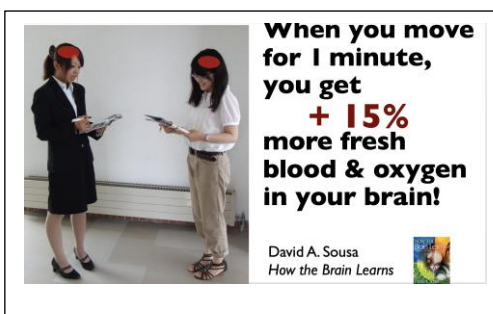


## 3. Questions and Answers

- 1) *How do you motivate students who are very reluctant to stand up and work on activities with peers?*  
*Is it a matter of habit? We, teachers should keep encouraging them?*

Marc: Great question. I think I have 2 or 3 answers:

- Humans are not meant to sit down all day. We evolved to walk 10-20 km a day. When we don't move, we get tired. We don't have enough blood in our brains. I tell my students about this. I show them these pictures. It explains why I OFTEN do activities where they stand and move.



My students understand why I want them to move. And they realize it makes them less tired than in classes where they just sit. So, yes, they get in the habit.

- I'm moving, too. I find most students are willing to try anything if I do it, too.
- I have a page of "energy breaks" – short activities with physical activity and some brain science at a level they can understand. Check them out. <https://helgesenhandouts.weebly.com/energy-breaks.html>

## ***2) What are your thoughts on socialization's role in group work?***

Marc: Learning **IS** social. We learn with each other. So I think social activities in English class are important. And they are more engaging, too. Again, it is important for students to understand WHY we are doing these social things.

## ***3) Happiness will make my students and my family better. In Japanese culture, suffering is often virtue. I believe that. However, I learn, as a person, pursuing happiness is essential for life.***

Marc: I know suffering can be seen as a virtue. Remember, we are not trying to pretend difficult things don't happen. We are looking for ways to deal with those very real problems. Again, check out the page we used today.

<https://www.eltandhappiness.com/new--this-aint-happy-ology.html>

These are real ways to deal with real problems.

## ***4) Sometimes we teachers can easily get caught up with the things we have to do, but even just for 10 minutes I'd like my students to feel happy. Not just "English learning" but also learning about themselves should be prioritized more.***

Marc: I agree. And often these activities are more engaging so they actually learn more. We spent some time on "Time Confetti." Here is a link to a page that has ideas from students and teachers and me of short activities:

<https://www.eltandhappiness.com/confetti-ideas.html>

Here are "10 minutes for happiness" activities:

<https://www.eltandhappiness.com/10-minutes-for-happiness-quick-tasks.html>

Finally, here are "3 minutes for positive topics" (these might be more challenging. Just pick the ones your students can do).

[https://www.eltandhappiness.com/uploads/1/1/2/5/11251138/3\\_positive\\_minutes11.21.pdf](https://www.eltandhappiness.com/uploads/1/1/2/5/11251138/3_positive_minutes11.21.pdf)



*Thanks for being part of the workshop.*

*I wish you and your students great happiness.*

*Marc*

## **AR Discussion**

**Date:** September 17<sup>th</sup>, 2022, 14:45-17:30

**Venue:** Meieki Campus, MW 10, 11, 12

**Title:** Group discussion on action research

**Advisers:** Kazuyoshi Sato, Duane Kindt, Kevin Ottoson (NUFS)

**The number of participants: 10**



**Next workshop will be held on October 15<sup>th</sup> at Meieki Campus.**

**Please check our website for the detail.**

**<https://www.nufs.ac.jp/workshop/news/>**