

## Happiness simple solution for complex problems

The partners in the "Happiness simple solutions for complex problems" project collected good practices of happiness activities with students from schools and other educational institutions using different collection methods. The practices were then selected and compiled into a booklet, which can be found on project's official website and social media.

### Content of booklet

The booklet includes practices from different European countries with the aim of providing inspiration for educators working with happiness and well-being in schools. The practices are organised around several themes:

- Classroom environment and learning materials
- Activities to promote positive emotions
- Social skills training
- Relaxation and mindfulness
- Gratitude practices.

We hope you find the booklet useful and that it will help you in your work with happiness in schools! If you have any questions or comments, please do not hesitate to contact us.

Best regards,

*Happiness consortium*

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