

Names of competencies	Names of the modules
Self-Awareness	Self-Awareness
Self-Management	Emotional Self-Control & Positive Outlook
	Adaptability
Social Awareness	Social Awareness
Relationship Management	Communication
	Teamwork & Conflict Management
Responsible Decision-Making	Goal Setting and Persistence
	Critical Thinking

Happiness Competency and Skills Matrix

Self-Awareness					
Knowledge	Learning Outcomes	Skills	Learning Outcomes	Attitudes	Learning Outcomes
Self-awareness theory	Students can understand and explain their own character, feelings, motives and desires as well as understand both categories of self-awareness: internal self-awareness and external self-awareness.	Meditation techniques	Students are able to practice and use at least 3 different meditation techniques for relaxation and more self awareness.	Self confidence	Students demonstrate healthy self-confidence and can accept and understand themselves and other people's personalities.
Self concept	Students can explain self concept as a cognitive or descriptive component of one's self and can answer the questions "Who am I?".	Breathing techniques	Students are able to practice and use at least 3 different breathing techniques for more self awareness.		
Self-awareness practices	Students can evaluate their own behaviours, thoughts, attitudes, motivations, and desires.	Self-reflection	Students are able to practice and use self reflection tools to reflect on their behaviours, thoughts, attitudes, motivations, and desires.		
Mindfulness theory and practice	Students know how to maintain a moment-by-moment awareness of their thoughts, feelings, bodily sensations, and surrounding environment, through a nurturing lens.	Conflict management	Students are able to use different conflict management styles to resolve conflicts in patient way.		
Realistic Self-assessment	Students explain and understand how to active, persistent, and careful reflection on beliefs, values, attitudes, ethics, and emotions that motivate one to take action. Students can identify personal strengths and areas for improvement.			Self acknowledgement, gratitude, self love	Students demonstrate how to show self-love, be grateful, and patient with themselves.

Happiness Competency and Skills Matrix

Self-Management					
Emotional Self-Control & Positive Outlook					
Knowledge	Learning Outcomes	Skills	Learning Outcomes	Attitudes	Learning Outcomes
Emotional Self-Control theory Positive Outlook knowledge	Students demonstrate, willingly accept and successfully manage actions, feelings and emotions	Stress management Impulse Control Executive skills and self-regulation		Self esteem Self-discipline Stress tolerance Motivation Optimism Flexible thinking Self- confidence	
Adaptability					
Knowledge	Learning Outcomes	Skills	Learning Outcomes	Attitudes	Learning Outcomes
Adaptability theory	Students can explain the concept of adaptability and what it means to adjust oneself to new or changed circumstances	Flexibility Problem solving Teamwork Set goals Organisation Strategic thinking Persistence	Students can adapt and adjust to new situations in class and real life Students can learn about a subject by working in groups to solve an open-ended problem Students can improve their skills using constructive feedback. Students make plans to complete tasks and work on each aspect Students can develop a structured plan and detailed strategies for each of their activities and reduce stress. Students can prioritise tasks by making decisions to decide which ones can wait, and brainstorm ideas they can contribute to the success of their organisation. Students accept challenges and strive through adversity towards academic or personal goals.	Open-minded Acceptance Resilience Respect other's students opinions	Students demonstrate receptiveness to arguments or ideas with peers and adults Students understand and see things as they really are Students are strongly enough to recover quickly from difficulties Students recognise the views of their peers and are able to share them Students know what they want to do and achieve

Happiness Competency and Skills Matrix

Social Awareness					
Knowledge	Learning Outcomes	Skills	Learning Outcomes	Attitudes	Learning Outcomes
Social cues and how to identify them	Students can describe and recognize Social signs that point to some phenomena in society and recognize them based on the lessons learned.	Emotional self-awareness	Students understand the term Emotional Self-Awareness and can explain what it means.	Empathy	Students know that Empathy is the ability to understand and share the feelings of another and learn how to cultivate this ability
Express and understand gratitude	Students now how to express gratitude, be grateful and understand why gratitude is important and to whom it should be addressed.	Self-regulation	Students know when this term is applied and how each person uses Self-Regulation	Appreciating differences	Students are aware and know that Appreciation of differences and acceptance of diversity enriches their experiences and strengthens character
How to recognize other people's strengths	The participants have the knowledge and experience to recognize other people's advantages, why it is good and how it can be used.	Listening actively	Students are aware of how important it is to listen to the interlocutor and that sometimes it is more important to listen than to speak. Active listening is an important part of personality development.	Respect	Students have Respect a feeling of deep admiration for someone or something caused by their abilities, qualities or achievements.
What is compassion and empathy and how it can be displayed	Students can recognize what compassion and empathy are and how they can be expressed.	Polite manners	Participants cultivate good manners and good speech and understand the meaning of the phrase Good manners	Kindness	Students understand that Kindness is the quality of friendliness, generosity and consideration. They know how to thank for kindness and support
Motivation - how to use emotional factors to learn and achieve personal goals	Students know how to use emotional factors to learn and achieve personal goals. Motivation is very important.			Compassion	Students know what Compassion is, that it is pity and concern for the sufferings or misfortunes of others. They are aware that victims should be treated with compassion
Body language & facial expressions	Students know how to recognize body language and facial expressions and what they mean.			Gratitude	Students know that Gratitude is the willingness to show appreciation and return kindness.

Happiness Competency and Skills Matrix

Relationship Management					
Communication					
Knowledge	Learning Outcomes	Skills	Learning Outcomes	Attitudes	Learning Outcomes
Communication Theory	Students demonstrate knowledge about communication theory and can present and discuss their thoughts about it.	Active Listening	Students are able to practice active listening in conversations with their peers, teachers, and family.	Open-mindedness and Acceptance	Students demonstrate a more accepting attitude and are more open-minded about other people's differences.
Knowledge of Communication Skills		Non-verbal communication	Students have improved their perception of reading non-verbal cues Students experiment with different aspects of non-verbal cues in communication	Respect	Students show respect to other partners in communication.
Non-verbal communication		Efficiency of expression	Students express themselves in an effective manner, so that their message is understood as originally intended more often.	Empathy	Students are more empathic in situations where other people experience hardship during communication.
Verbal Communication Effective Communication Values in Communication					
Teamwork & Conflict Management					
Knowledge	Learning Outcomes	Skills	Learning Outcomes	Attitudes	Learning Outcomes
Resisting negative pressure	Students demonstrate the ability to evaluate and resist pressure from others that do not align with their own wishes, beliefs, and wants.	Being in command of oneself	Students are able to regulate one's emotions, thoughts, and behaviors effectively in different situations.	Positive attitude	Students see the benefits of cooperation and working together to achieve results or people helping each other out to achieve a common goal.
Building and leading teams	Students demonstrate knowledge about leadership and teambuilding principles.	Teamwork problem-solving	Students can actively participate in the team processes while determining the cause of the problem, brainstorming possible solutions, and later evaluating the best solutions.	Belief in success	
Set team goals	Students know about the basic goal setting strategies.	Emotional Agility	Students are approaching one's inner experiences mindfully and productively.	Respect other students' opinions	
How to lead difficult conversations	Students recognize tools, strategies, or techniques that reduce stress and reduce the negative impacts stress has on their mental or physical well-being.	Offering constructive criticism	Students are able to practice giving constructive feedback in conversations with their peers, teachers, and family.	Responsibility	
Stress management Negotiating		Accepting and learning from constructive criticism Respecting boundaries	Students are able to listen to constructive feedback, analyze it, and achieve a positive outcome by implementing given comments, advice, or suggestions for their work or their future.	Accountability Assertiveness	
Change management		Negotiating	Students are able to lead a strategic discussion that resolves an issue in a way that all parties find acceptable.	Cooperativeness	
Theory for the five dysfunctions of a team	Students can explain the Theory for the five dysfunctions of a team.	Setting team goals	Students are able to make a decision regarding setting team goals and take step-by-step action in the direction of the goal.	Growth mindset	Students believe that their most basic abilities can be developed through dedication and hard work.
Thomas Kilmann Conflict Model Inspirational Leadership Reflection	Students demonstrate knowledge about Thomas Kilmann Conflict Model.	Self-reflection skills	Students are able to evaluate their own behaviors, thoughts, attitudes, motivations, and desires.		

Happiness Competency and Skills Matrix

Responsible Decision-Making					
Goal Setting and Persistence					
Knowledge	Learning Outcomes	Skills	Learning Outcomes	Attitudes	Learning Outcomes
Growth Mindset and Grit Theory	Students can identify what they want to accomplish and creating a plan to achieve desired results	Executive skills Self-regulation Goal setting Concentration including self-motivation and the ability to stay focused		Optimism Confidence Perseverance Resilience	
Critical Thinking					
Knowledge	Learning Outcomes	Skills	Learning Outcomes	Attitudes	Learning Outcomes
Critical Theory	Students can evaluate information comprehensively in order to make an informed judgement.	Problem solving Analytical thinking Knowledge Integration	Students with problem-solving skills can generate and implement a solution after analysing and assessing the plan's success. The outcome of the problem solving is a practical solution. Students demonstrate the ability to examine something, whether it is a problem, a set of data, or a text. People with analytical skills can examine information, understand it, and properly explain to others the implications of that information. Critical thinking often involves creativity and innovation. Students should be able to spot patterns in the information they are looking at or come up with a solution that no one else has thought of before. This involves a creative eye that can take a different approach from all other approaches.	Openness Independant Thinking Fairness Responsibility	To think critically, students need to be able to put aside any assumptions or judgments and merely analyse the information they receive. They need to be objective, evaluating ideas without bias. Critical thinking often involves creativity and innovation. Students should be able to spot patterns in the information they are looking at or come up with a solution that no one else has thought of before. This involves a creative eye that can take a different approach from all other approaches. One of the keystones of critical thinking is suspending judgment until all the facts are in. This is important because it allows for a clear and unbiased examination of the evidence. By waiting to form a judgment, we can avoid letting our preconceived notions about a situation cloud our analysis. There is a strong connection between critical thinking and responsibility. Critical thinking requires being able to think logically and objectively, and taking responsibility for one's own thinking. It involves questioning assumptions, considering different points of view, and analyzing evidence. Responsibility includes being accountable for one's own actions, and recognizing the impact of one's decisions on others.