

TEACHER'S TRAINING/WORKSHOP REPORT-
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DATE & DAY OF SESSION : 18/05/2021
ORGANISED BY : COE Chandigarh
TOPIC OF THE SESSION : Happy teachers creating happy spaces
TIME OF ONLINE SESSION : 15:00 pm to 16:00 pm
NAME OF RESOURCE PERSON : Ms. Anupma Sharma
ATTENDED BY : Mr. Rajeev Tripathi

As a teacher, the idea of creating a happy classroom is normally at the top of our agenda. Forget the staffroom camaraderie, the satisfaction of finishing a pile of marking and the joy of finding the missing glue lid, what teachers simply want is for children to be happy. But how can you create a happy classroom? What can you put in place to ensure that the happiness of everyone, you included, is easily put into place?

Why is Creating a Happy Classroom Necessary ?

In August 2019, the annual A 'Good Childhood report' from the Children's Society found overall happiness among 10- to 15-year-olds had dipped below 8 on a scale of 1 to 10, with an average of 7.89. Nearly 5% of those surveyed reported happiness scores below 5 out of 10, which equates to approximately 219,000 children in the UK being unhappy with life as a whole. It also reported that there was a 'significant dip' in happiness with school in 2018/19. So, as the report says, 'As a society we have to start taking children's well-being more seriously,' and as educators, we're in a prime position to do this.

Five Ways to Create a Happy Classroom

1. *Providing Support*
2. *Celebrating Achievement and Success*
3. *Teaching Self-Confidence*
4. *Building Positive Relationships*
5. *Developing Coping Skills*

A Positive and Happy Influence

Creating a happy classroom isn't just about smiling every day. It's about developing an environment that looks after the whole child and helps them build strategies to feel happier about all aspects of their lives. All the themes listed above are interwoven and all are equally important in helping you achieve this.

As teachers we are in the privileged position to be a constant, positive influence in the lives of our pupils and this is a position we should feel proud of. Creating a happy classroom is just the beginning.

Report presented by : Rajeev Tripathi