

Boldogság Óra/ Happiness Lessons Program Overview

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Program name

Boldogság Óra/ Happiness Lessons

Country of Origin

Hungary

Implementation level of the program

National

Type of Program

Evidence-based intervention

Description

The Happiness Lessons program aim to provide methodological support to develop the ability to nurture happiness, to develop and practice positive emotions and social attitudes, in children attending nurseries and schools.

Age Range

3-7 years

Age Range Information

3-6

Group Size

Kindergarten group size

SEL Skills Targeted

Social awareness, Self-awareness

Sequenced Activities

The session plans of the development program can be applied by the kindergarten's teachers in the pedagogical activities and in any topic. These sessions are characterized by the knowledge processing, relaxation exercises and children songs (made by the authors), the latter aim to the development of the personality.

The program duration is 10 months, one hour per month and one task to complete in groups. Tasks are done in a playful and creative way and process the monthly themes such as: gratitude, practicing optimism, forgiveness, good deeds and etc.

Active Learning

There are different tools that accompany this development process:

songs that aim to the growth of a positive self-image and self-confidence;

board games;

personality advancement cards;

colouring; exhibiting positive and negative emotions;

character's images;

All of them seek to the enhancement of the children's skills.

Outcomes / Results

Professor Attila Oláh from ELTE Positive Psychology Team (Eötvös Lóránd University, Budapest) analysed and studied the effectiveness of the Happiness Lessons program.

Quality / Effectiveness

According to the before-mentioned researchers, the main finding resulted from the study is the fact that the participants of the experimental group have experienced better emotional intelligence, emphatic skills, divergent thinking and social sensitivity in comparison with their peers.

Additional Information

<https://boldogsagora.hu/>

References

Bagdy Bella, P. E. (dátum nélk.). Boldogságóra, Kézikönyv pedagógusoknak és szülőknek. Mental Focus.

Citation

This document was generated from the database used to create the Programs Compendium: Koltcheva, N., Wastijn, B., Achten, M., Van Rossem, L. & Costa, I. S (2022). Programs for Social and Emotional Skills Development for Early and Preschool Children Applied in European Countries. Compendium. EU-SELF Project. ISBN 978-619-233-211-2 (can be downloaded from <https://euself.nbu.bg>)