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Teaching Happiness and Well-Being in Schools: Learning to Ride Elephants

Ian Morris

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This updated edition is a theoretical and practical guide to implementing a well-being programme in your school. The book covers three areas: well-being as a philosophy of education, the teaching approach to well-being and the content that might form a well-being programme in a school. It is also a manifesto for a meaningful aim to education. There has recently been an explosion of interest in positive psychology and the teaching of well-being and 'happiness' in the PSHE world in schools and many teachers are looking for clear information on how to implement these potentially life-changing ideas in the classroom. This book provides an introduction to the theory of positive psychology and a practical guide on how to implement the theory in (primarily secondary) schools. It is written by Ian Morris who worked under Anthony Seldon at Wellington College which is well-known for its well-being and happiness curriculum.

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