

Cultivating Children's Positive Emotions in Preparation for Senior Secondary Studies

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Help Children Develop Positive Emotions

- ▶ Understanding the definition of "positive emotions" from the perspective of positive psychology
- ▶ How we deal with sadness and tears
- ▶ The essential elements of self-compassion
- ▶ How to settle all kinds of mood

Help Children Prepare for Senior Secondary Studies

- ▶ How to transform emotions into positive energy
- ▶ Create your own formula for happiness



Are you happy?



How to drop a tear

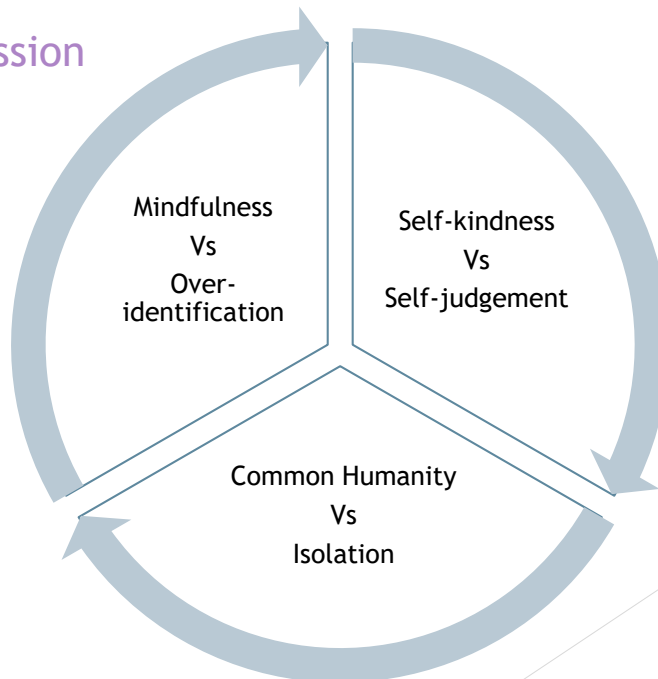
Do we accept our own and others' tears?



Self-compassion

One can also enjoy oneself alone...

Self-compassion



How are you feeling?

Do you have enough vocabulary
to express your emotions?

To leave memories
every day and
settle our emotions





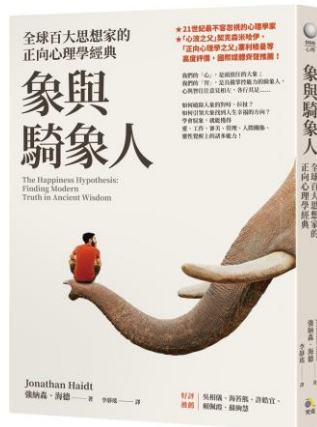
Draw your inner monster

Narrative Drawing Therapy



Be kind to yourself and learn to
communicate with your emotions

The Happiness Hypothesis: Finding Modern Truth in Ancient Wisdom



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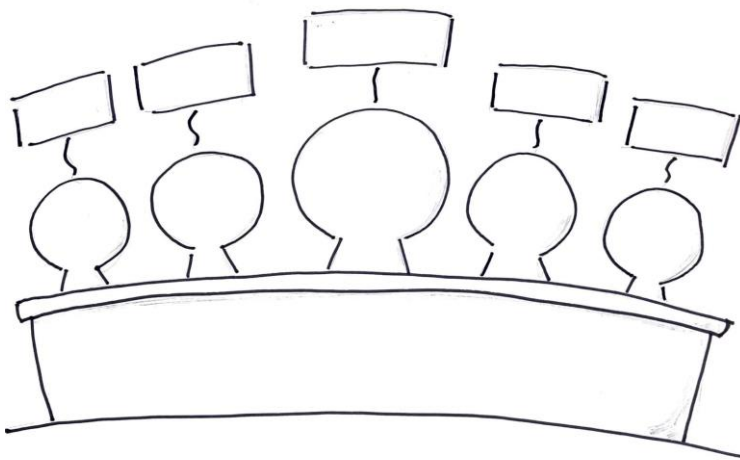
What are emotions?

- ▶ It is a combination of "one's own expectation" and "reality"
- ▶ When your expectations match the reality, your emotions will be more stable
- ▶ However, when your expectations differ from the reality, emotions change
- ▶ Examples: distribution of school report, lucky draw, bus delay

Emotions are like the postman who tells you what's on your mind -

Each emotion carries a unique meaning, which reflects some of your deep-seated needs

Emotion Specialist Seating Plan



Identify Positive Energy from Emotions

(Golenman,D.1996)

- ▶ Happiness: Relieve depression and be able to accept challenges
- ▶ Anger: Bravely fight back and take action to change situations or conditions that you are unwilling to accept
- ▶ Sadness: Prompt to care about own needs, reflect and correct lifestyle, cherish what you have, and enjoy being alone
- ▶ Disgust: Stay away from hateful things, make changes to avoid being disturbed
- ▶ Surprise: Be alert and sharp
- ▶ Fear: Protect yourself, re-assess the situation to fight back or flee immediately
- ▶ Love: Relieve emotions, cultivate the mind, strengthen the immune system
- ▶ Shame: Reflect that the order of inner values is not yet clear; shame limits our range of behavioral choices, thereby evaluating right from wrong, and hence triggering constructive actions

Understanding of Emotions

(Golenman,D.1996)

- ▶ Happiness: relief, contentment, bliss, pleasure, interest, pride, sensual pleasure, excitement, ecstasy, and extreme mania
- ▶ Anger: annoyance, irritation, resentment, fury, indignation, irritability, hostility, and in extreme cases hatred and violence
- ▶ Sadness: grief, depression, melancholy, self-pity, loneliness, frustration, hopelessness, and morbid severe depression
- ▶ Disgust: contempt, disdain, ridicule, rejection
- ▶ Surprise: shock, astonishment, amazement, awe
- ▶ Fear: anxiety, fright, nervousness, concern, panic, worry, alarm, doubt, as well as pathological phobias and panic disorders
- ▶ Love: recognition, friendliness, trust, kindness, intimacy, devotion, pampering, infatuation
- ▶ Shame: Guilt, embarrassment, regret, disgrace

Settle Your Emotions Properly

Release

Or **know how to release**

To release negative energy

Or **put down the burden and continue on the road**

Understanding of Happiness AGAIN (True Happiness)

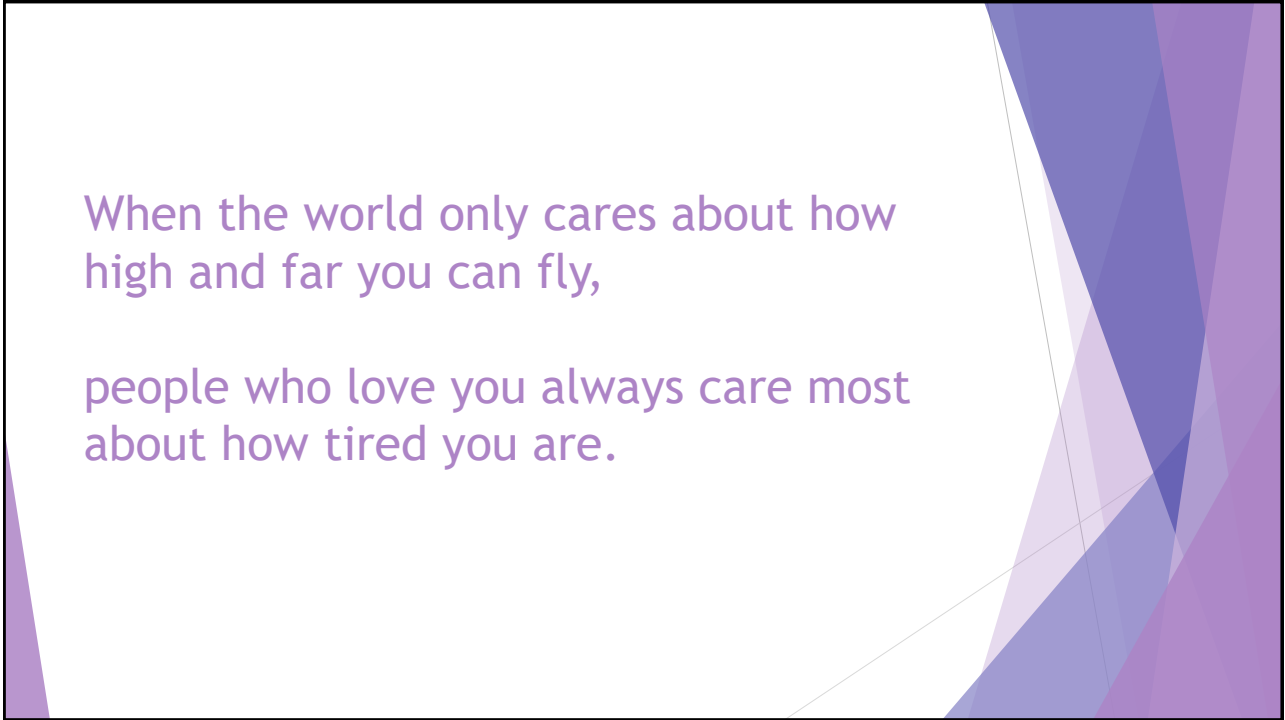
Category of Happiness

- ▶ Feel-good Happiness
- ▶ Value-based Happiness

Create Your Own Happiness Formula

Happiness Formula

Things that make you happy	Index of Happiness (1-10 points) (10 is the happiest)	Feasibility index (1-10 points) (10 is the most feasible)
1.		
2.		
3.		
4.		
5.		



When the world only cares about how
high and far you can fly,

people who love you always care most
about how tired you are.