

JOY PROJECT

Skills in the PEARL room this term

Gratitude: One of the easiest ways we can add joy to our lives is by practising gratitude. Gratitude is when you feel thankful for some positive aspect in life, whether it is a person, an object or an experience.

Kindness: When someone performs an act of kindness towards others, it has a powerful ripple effect, because both the person who received the kindness and the person who performed the act benefit from it. Learning to be givers shapes children's values and provides greater opportunities to develop kindness as a virtue, which improves their lives whilst also reducing violence and bullying. This also ensures greater joyfulness in their lives

Love: Love is more than an emotion or an intangible connection; it is indeed a truly tangible action. If everyone treated others with love, it would guarantee to make the world a nicer place. Students will be involved in activities targeted to acts of kindness, consideration, respect and compassion. This will bring greater joy into all their lives.

Forgiveness: Teaching students to forgive is an essential life skill that will make navigating childhood into adolescence and even further into adulthood easier. Holding onto anger and resentment is a sure recipe for anxiety and stress for both children and adults. The earlier that forgiveness can be taught and reinforced, the earlier we can prevent our children from taking on the victim role, and in turn helping to prevent anxiety. It is vital for kids to learn that they can be forgiven and acknowledge that they can forgive others.

Compassion: Compassion radiates from the heart along with love, kindness, caring, forgiveness and acceptance. The essence of compassion is connection and communication. Students will be focusing on connections particularly where they are kind and empathetic. Compassionate kids truly make a difference in this world.

Regards: Desy Pantelos.