

Everyday happiness

Five ways to well-being



- Five ways to well-being
 - Our project
 - Activities
 - Our way of solving conflicts
- HRH Crown Princess Mette-Marit

Five ways to well-being

- Connect
- Be active
- Take notice
- Keep learning
- Give



Why we chose this project

- Stress
 - The pressure of society in later life
 - Foundation
- Norwegian Council for Mental Health
 - Everyday happiness program

We all need an Alfred

- Mental health
- "Emil i Lønneberget"
- You need to know that somebody cares



Back to basis

- Care
- Security
- Believing in your abilities
- Closeness



Our Focus

- Friendship
- Social skills
- Feelings
- Playing
- The handling of conflicts (our way)
- Present adults



Present adults



Friendship



Everyday happiness



Activities

Activities

- Play groups (between genders, ages and classes)
 - Games where cooperation is expected
 - Songs about friendship
 - Reading books about feelings and friendship
 - Learning about feelings
 - Painting “happy colors” and “angry colors”
- Discussions: “what makes you happy or sad”

Arts and crafts

(individual projects and group projects)

Working together building a city



Open stage / “kindergarten IDOL”



Cutting out faces with different feelings from magazines



Me, myself and my family



I live here



Spontaneous play



Solving conflicts

Our way of solving conflicts

1. Clarify the problem

Who, what and how... NOT WHY

2. Suggestion of solutions

Take all the children's suggestions in to consideration

3. Consider the solutions

Are they fair for all parts?

4. Choose one of the solutions

5. Evaluate

Are they working? If not, choose another of the solutions that where suggested

Main goal:

- gets the children to see all the perspectives
- helps the children see the connection between action and consequence
- present and active teachers

Her Royal Highnesses Crown Princess Mette-Marit

Visited Keyserløkka kindergarten

Giving a chain of friendship to the Crown Princess



Keep learning, believe in your
abilities







