

Step to be happier (In-class activity)

1. Three empty rooms were prepared: counseling room, catharsis room and letter writing room. Students will enter the rooms by drawing lots for emotional catharsis.

(1) Counseling room: The counselor will counsel the students and solve their problems.



(2) Vent chamber: Some sandbags are placed in the room, and students can vent their emotions by hitting the sandbags.



(3) Letter writing room: Students can write their inner thoughts on paper by writing letters and then put them into a bottle prepared by the teacher and collect them.



2. Students who have had an emotional catharsis can get together and write their happiest recent events on paper, and randomly pick someone else's story and share it with the group. So that the students can be immersed in a happy atmosphere.