HAPPY NEWS	Newsletter N° 3	July 2011

How to Introduce Happiness as a New Horizontal Theme in Adult Education and Counselling

Database for the Happiness Toolbox *!*

In the past months, our developer team has been busy identifying and also developing a number of exercises for the Toolbox.

Because of the variety, and to facilitate the search, we decided to create a database, where the users can search after various search criteria, e.g. the nine categories that we have introduced in our last Newsletter (positive attitude and optimistic thinking, personal mission statement, awareness, sharing your happiness, healthy lifestyle, grip on your life, gratitude, intercultural aspects, learning about happiness), the group size, the duration, and the source of the exercise The latter is especially important, since the toolbox contains best practice collected in our pan-European research, exercises that had been developed by the trainers of the partner institution already before the project, andexercises developed during this project. We also distinguish between research based exercises and those that are theoretically grounded. In addition, the user can search in all eight languages of the partnership.

The database will also allow the reader to upload new exercises, and will contain more interesting features about the theme happiness. Soon you will be able to :
Browse through the database,
Select few useful exercises for your classes,
Get inspired by the choice of the others,
Contribute yourself with a new exercise,
Watch recommended videos,
Click on few interested links and read yourself happy!

For more information visit our **Website www.key-competence-happiness.eu**