

# NFC201 Positive Early Childhood Education

**Level:** 2

**Credit Units:** 2.5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY JULY

## Synopsis:

This course aims to introduce learners to the key theories and application of Positive Education. Through this course, learners will develop an understanding of the key theories and leading research in Positive Psychology and Positive Education. Learners will also develop an understanding of the holistic and systemic approach needed to begin transforming into a positive institution that will support and sustain the movement. Through various experiential learning activities and action learning, they will begin to apply positive practices in their own life, and at their early childhood education setting - with staff and their own colleagues, with the children in their care, and with parents.

## Topics:

- Introduction and Overview of Positive Psychology: Theory and Research
- Keys to Flourishing - PERMA Positive Emotions, Engagement, Relationship, Meaning, Accomplishment
- Developing Personal Mindful Practices for Self-Awareness and Self-Management
- Developing Mindfulness and Engaging Skills for Generative Conversations
- The Positive Education History, Movement and its Current Development
- Core Components of Positive Education
- Designing Age-Appropriate Experiential Learning Experiences that Incorporate Positive Education Principles
- Positive PERMA and Appreciative Inquiry Practices at Work and in the Home/Family Context

## Learning Outcome:

- Outline key theories in positive psychology and wellbeing
- Examine the benefits and challenges of positive education in early childhood education
- Develop ways to promote PERMA practices in age-appropriate experiential learning in children, the family context and the workplace
- Apply positive psychology theories in own life and relationships
- Illustrate the incorporation of positive education principles into children's learning experience plans

## Assessment Strategies - Regular Semester (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	QUIZ 1	10
	TUTOR-MARKED ASSIGNMENT 1	50
	GROUP BASED ASSIGNMENT 1	40

<b>Total</b>	<b>100</b>
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\*The information listed is subject to review and change.