



HAPPY TEACHING, HAPPY LEARNING

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What is happiness? There is no exact definition of the word happiness. Happiness is like a stone dropped into a pool to set in motion an ever-widening, circle of ripples. As Stevenson has said, being happy is a duty. Being happy is a sort of unexpected dividend. But staying happy is an accomplishment, a triumph of soul and character; it is not selfish to struggle for it. It is indeed, a duty to us and others.

As is known to all, teaching activities are bilateral between teachers and students. We should not only consider our professional skills and the contents, we also observe students' affective experience. It seems that there is an invisible wall between teachers and students so that students can't communicate their ideas and feelings with teachers, so it is very hard to embody the essence of teaching effect. We should develop students' positive affection of learning English, ensure participation of teachers and students and make them develop harmoniously in English teaching and learning. So happy teaching is necessary for happy learning. The following figure shows the relationships between happy teaching and happy learning.



Improve Students' Aesthetic Conceptions

As a teacher, I have come to believe it is also our duty to love our work and find in it our pleasure. Happiness becomes fertile soil for English learning and creative endeavor. Happiness brings trust and safety between students and teachers, prompting many to become extremely open.

Both relaxed, pleasing class teaching and loose, friendly interpersonal relationship contain rich aesthetic factors in which students improve their aesthetic temperament.

Students not only experience aesthetic temperament but also improve interpersonal relationship in the harmonious atmosphere. Their physiology and psychology are adjusted. The potentiality of learning is much greater. The improvement of aesthetic ability helps students build up beautiful ideality.

For example, words are taught by teachers' vivid body language and humorous performance. So students understand and remember the words correctly and quickly. Besides, texts are lectured by teachers' rich affection and students have a very good recitation. Students' learning gets twice the result with half the effort and at the same time they always maintain a very strong thirst for knowledge and positively study hard.

Happy teaching and happy learning is a kind of bilateral and interactive relations. Highlighting affection can improve the quality and effect of language learning. On the other hand, happy teaching helps students develop positive and healthy affection.

Create a Happy Learning Atmosphere

Teachers' regulating their feelings in the teaching process naturally affects the mood of each student. So teachers' behaviors have a certain effect on students' classroom learning.

Teachers' duty is not only teaching but also protecting students' self-respect and creating a relaxed learning atmosphere. In the teachers' trustful eyes, students learn pleasurably and in the students' trustful eyes, teachers teach happily.

In order to meet the students' pursuit of knowledge and make them take in the teaching content pleasantly, for example, I like giving lessons by reading aloud or reading the text in different tones, playing games in groups and knowledge contest as well as making Power-Point and Flash Cartoon by computers or watching English films according to the content of teaching materials. In a word, I tried to create and embroider happy.

Students' learning power depends on teachers' attitude to him or her to much degree. Investigation shows that most students firstly love the teacher, and then they like the subject which is given by the teacher. Example, we can strengthen the learning of professional ethics of the teaching profession and advocate smile teaching. In class, each level of the questions should be carefully designed and each student will be given a chance to practice. According to their answers, teachers should give an encouraging evaluation or phrasing. Although it is easy for teachers to do so, for the students that are praised, it surpasses a big meal. This kind of relaxing, pleasant atmosphere not only motivates inner power of students learning but also lays a foundation of successful English teaching.

Develop a Happy Teaching Environment

Teachers are guides, directors of students' learning and even partners and assistants of students learning. We teachers should try our best to adopt all kinds of methods to mobilize each student's consciousness of participation and arouse students' feelings and passion.

In teaching activities, learning is no longer focusing on students' mechanical memory but the discoveries of enjoyment and pleasure. Happy teaching can inspire students' temperament to develop towards positive side but also a kind of teaching aim that English teachers train students' well-formed outlook on life and good attitude towards life. So, caring for happy learning has a profound significance in English teaching.

The famous American writer Mark Twain ever said, "A commendatory sentence can make people be in a good mood for two months". Teachers are the most important parts in students' learning. Every student hopes to get the teachers' positive evaluation. A good teacher must give more praise and less criticism to his students. If students are over criticized, particularly in front of their peers, they will feel more embarrassed and humiliated, and their self-image might be damaged later, they might

keep silent in the classroom, and give up trying; even if the task is theoretically within their intellectual ability, because they don't like to appear foolish among other classmates. As a consequence, their emotional state is not favorable and they will have more anxiety. Negative attitudes toward the subject might also be formed. All these will lead to internal barriers against learning. So teachers have to remove these detrimental obstacles to success and encourage students to feel free to express their opinions and feelings in their own way and often encourage them when they make progress. If they were given more time and more practice, mistakes will disappear sooner or later.

As the saying goes, spring rain moistens the world silently. The devotion of happiness should also make students feel very warm like spring rain. Teachers should sincerely care for students; especially concern the slow and problem students. The following table shows the effect of two groups.

Experiments	Effective Learning	Study Results	Form Students
Happy Environment	Over 80%	Good or Excellent	Positive Thinking Optimistic Personality
Depressed Environment	Below 50%	Poor or Ordinary	Tend to Negative Thinking Tend to Pessimistic Personality

I have ever compared with two groups of students. The above table shows students learn language more quickly in a happy environment. Happy filtration describes the effects of stress on a student's performance. When the students feel nervous or threatened, they are less able to soak up new. Stress filters out comprehensible input. When the students are relaxed and they are in a happy mind, they can absorb language and learn faster. That is to say, in the process of language input that enters brain language acquisition device, happiness plays a positive role.

Happiness plays a stimulative role in English learning. Optimistic personality helps students actively take part in language learning activities and get more learning opportunities. Teachers bring students in a happy experience, which helps change boring learning into pleasurable and willing learning. Because students' affection development causes positive thinking, students' intelligence is developed and also knowledge is grasped.

▶ Discuss and Conclusion

Happy teaching doesn't mean less strict with students, but breaks traditional teaching mode, makes students express their affection freely, communicate and cooperate with others. They positively participate in decision-making, consciously take part in activities. Happy teaching offers advantageous condition for the development of expressive ability, cooperative ability and ability of organization. It can make students develop from natural person to social person. It can foster students' happy ability to work for society in the future. Students can treat others kindly, understand and tolerate others; they are full of confidence and bravely overcome difficulties; they love nature, life and human being. 🌱

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