the ABC of happiness

P5 PRESENTATION
Explore Lab 20
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The ABC of Happiness

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fascination + research goal

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1. INTRODUCTION

fascination + research goal
Happiness

10%

40%

50%
RESEARCH
EDUCATION

Source:
**EDUCATION**

**source:** Netherlands Youth Institute, The Dutch Education System

**Broekhof, K., Preschool education in the Netherlands, Sardes Educational Services, November 2006**

**Thijs, A., van Leeuwen, B., Zandbergen, M., Inclusive education in The Netherlands, SLO Netherlands institute for curriculum development, Enschede**

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**pre primary education**

- **playgroup**
  - no educational goal at national level/opportunities for playing, meeting other children and development
  - general goals:
    - **language** (preparing for reading and writing)
    - **cognition** (sorting, classifying)
    - **working with numbers**

- **pre school**
  - VVE programmes (age 3–5): development stimulation programme – Pyramid
  - general goals:
    - **active learning, individual attention**, relevant content
    - observation and testing, phased program

- **day nursery**
  - general goals:
    - to look after children to **allow parents work**
    - daycare for children and opportunities to **meet and play** with other kids

- **grade 1–2**
  - educational goals defined by the Ministry of Education – in the Primary Education Act (WPO) last revised in 1999
  - public schools are open to all children
  - general goals:
    - to promote the development of children’s **emotions, intellect and creativity** as well as the acquisition of essential knowledge together with **social, cultural and physical skills** in an uninterrupted process of development; to stimulate **active citizenship and social integration**

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**freedom of education**
- article 23 of the Dutch Constitution

**financing education**
- 1. The Ministry of Education, Culture and Science
- 2. subsidized and non-subsidized
- 3. private funds

**cooperation**
- between pre schools and primary schools

**educational orientation**
- preparing children for the academic tasks

- **62.5% children**
  - attend pre school (age 2–3)

- **95–98% children**
  - enter primary school (age 4)

**compulsory education**
- starting from age 5

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source:
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Thijs, A., van Leeuwen, B., Zandbergen, M., Inclusive education in The Netherlands, SLO Netherlands institute for curriculum development, Enschede
What is **right** with you?

Understanding and promoting well being
Enhancement of human flourishing

What is **wrong** with you?

Elimination of problem
Elevation of negative symptoms

**POSITIVE PSYCHOLOGY**

**PSYCHOLGY, PSYCHIATRY, MEDICINE, NEUROSCIENCE**

- optimism
- creativity
- spirituality
- resilience
- health

- depression
- anxiety
- sadness

*Source: M. D. Holder, Happiness in Children, Springer, Canada 2012*
POSITIVE PSYCHOLOGY

Mihaly Csikszentmihalyi

Matthieu Ricard

FLOW

arousal

anxiety

worry

apathy

boredom

relaxation

control

happiness

altruism

depression

withdraw

source:
HEALTH
- prevention of illness
- faster recovery from illness
- longevity
- importance of encouraging children in physical activity daily

SCHOOL SUCCESS
- greater productivity and creativity
- fewer days missed at work/school
- greater achievements
- greater motivation to study - joy of learning

RESILIENCE
- high well-being helps coping with difficult situations

ENHANCED CREATIVITY
- novel ideas, insights
- solutions
- practical applications to problems
- flexibility, originality, fluency

RELATIONSHIPS
- children visiting friends makes them happy
- being secluded causes behavioral problems

ART & MUSIC
- freedom of experience (i.g. play)
- harmony and perseverance (i.g. martial arts)
- physical and emotional energy (i.g. dance)
- understanding of natural processes
- mindfulness (i.g. yoga)

POSITIVE PSYCHOLOGY

source:
M. D. Holder, Happiness in Children, Springer, Canada 2012
Cognitive behavioral program

**GOALS:**
1. assist students **identifying their signature character strength**
2. enable students to **employ those strengths in everyday life**

**CONCLUSION:**
1. program **reduced** stress and depression symptoms, negative well being - anxiety, behavioral problems etc.
2. school performance ans social skills increase

Source:
TAKING ACTION

source:
Wikipedia
Kinderfaculteit
Children's Faculty

Mentoren op Zuid
Mentors for South

Het Peuter College
Toddler College

Challenge 010

source: De Verre Bergen website
Interview with De Verre Bergen Program Manager
photos credit: Milan Boonstra, Eva Verhaegen
EXAMPLES OF CASE STUDIES
+ PICTURE / DRAWING / DIAGRAM
3. DESIGN

the urban architectural merger
area of intervention: past and present
EMPTINESS
NEGLIGENCE
CONTINUITY / COLLECTIVITY / CONNECTION
1. main communication
2. secondary communication
3. building plots
MASTERPLAN CONCEPT

4 public space

5 semi-private space

6 private space
IMAGE OF NEIGHBORHOOD
IMAGE OF NEIGHBORHOOD
IMAGE OF NEIGHBORHOOD
OUTSIDE vs. INSIDE
MODULARITY
skylights
concrete prefab vaults
concrete prefab walls
prefab glazed brick floor
concrete prefab walls
concrete prefab slab
concrete prefab extrusion
concrete prefab slab and foundation
STRUCTURE vs. INFILL

structure

in-between

infill
SERVICE vs. SERVED
skylights
concrete prefab vaults
concrete prefab walls
concrete prefab walls
concrete prefab slab
concrete prefab slab
prefab glazed brick floor
concrete prefab extrusion
concrete prefab slab and foundation
structure: building process
climate: summer
climate: winter
1. CONCLUSIONS
changeability • experiment
EXISTING STRUCTURE

BASIC STRUCTURE

INTERPRETABLE SPACE

changeability: school fragment
SUGGESTED POSSIBILITIES
EXISTING STRUCTURE  BASIC STRUCTURE  INTERPRETABLE SPACE

changeability: library fragment
SUGGESTED POSSIBILITIES

changeability: library fragment
“[...] it is important to the future existence of the human race that we understand the importance of the individual and the reality that we are all different. all individuals, all changing and all contributing to the whole as individuals, not as groups or products of ‘mass-identity’; ‘anti-individual’, stereotyped groups of humans with the same goals, ideas and needs”

KEITH HARING JOURNALS