

THE HIGH SCHOOL OF FASHION INDUSTRIES'

EMOTIONS MATTER SCHOOL CHARTER



HERE AT HSFI WE WANT TO MAKE SURE THAT EVERYONE FEELS:

CONNECTED & SUPPORTED

- We feel connected when we feel close to others; we feel supported when we feel like others care about us and are available to help.
- When students feel connected to their teachers and peers, they feel more positive about school.
- The more social support students report having, the more they report feeling physically healthy and having high self-esteem.

CONTENT AND BALANCED

- When we feel content, we are at ease and satisfied with what we have.
- When we feel balanced, we have a sense that different areas of our lives are occurring in proper amounts and are given the proper amount of our attention.
- Students who live healthier and more balanced lifestyles tend to feel more content over time.

ENERGIZED & MOTIVATED

- We feel energized when we feel awake and full of life or spirit.
- We feel motivated when we feel driven to do something.
- When we feel both, we are more likely to think of creative solutions and apply them to make change in the world.
- When students feel energized, they are better at focusing and more likely to be motivated to work hard to achieve goals.

HAPPY & EXCITED

- We feel happy when we are enjoying our experience.
- We feel excited when we feel energetic and positive about something in the future.
- Happier people tend to trust others more and have more social connections.
- Reflecting on what we are thankful for, helping others, and engaging in social events and physical activity increase happiness.

INSPIRED & EMPOWERED

- Feeling inspired is being affected powerfully in a way that motivates us.
- Feeling empowered is feeling capable of doing well. When students feel inspired, they pursue more innovative endeavors, perform better, and experience greater life satisfaction.
- Students who feel empowered feel more competent and motivated to work and find more meaning in school.

PASSIONATE & PURPOSEFUL

- Feeling passionate is about being driven by strong emotions or beliefs.
- Feeling purposeful is believing what we do is meaningful and has a clear aim.
- People who report living passionately and with purpose tend to recover more easily from stress and trauma.
- They also tend to perform better in and out of school and are less depressed and healthier.

RESPECTED & VALUED

- We feel respected and valued when we believe that others think of us and are treating us like we are unique and important.
- When students feel respected by peers, they judge their own merits and status more highly and have more self-respect.
- When students feel valued by teachers, they are less likely to complain and more likely to follow classroom instruction.

SAFE & COMFORTABLE

- When we feel safe, we feel secure, with few fears or doubts.
- When we feel comfortable, we feel pleasant and relaxed.
- These feelings help us to feel more confident to express ourselves, including our genuine thoughts and beliefs.
- When students feel safe and comfortable, they are more engaged, take more risks in earning, and express themselves more freely.