**Curriculum of course: "Emotional Well-being and How to Stay Active and Positive in the Silver Age"**

Duration: 16 academic hours

**Target Audience:**

* **People aged 60+** interested in maintaining emotional health and leading an active lifestyle.

**Program Objectives:**

1. Introduce participants to the basics of emotional well-being.
2. Teach practical skills for managing emotions, stress, and negative thoughts.
3. Develop positive thinking and encourage an active lifestyle.
4. Increase awareness of self-support opportunities in old age.

**Program Structure**

**Module 1: Basics of Emotional Well-being (4 hours)**

**Objective:** Understand the concept of emotional well-being and its impact on quality of life.

🔹 **Lecture (2 hours):**

* What is emotional well-being?
* The impact of emotions on health.
* Factors influencing emotional state in old age.
* Principles of emotional intelligence.

🔹 **Practical Session (2 hours):**

* Self-assessment of current emotional state.
* Reflection and emotion management: exercises on identifying and expressing feelings.
* "Grounding" techniques and stress relief exercises.

**Module 2: Activity as a Basis for Positive Thinking (6 hours)**

**Objective:** Learn how to maintain an active lifestyle and integrate positive thinking into daily life.

🔹 **Lecture (2 hours):**

* The role of physical, social, and cognitive activity in emotional well-being.
* Social connections and participation in community life.
* The impact of physical activity on mood and health.

🔹 **Practical Session (4 hours):**

* Light physical exercises suitable for the silver age.
* Exercises for developing positive thinking.
* Gratitude and joy techniques (keeping a journal of positive events).
* Team games and tasks to strengthen social connections.

**Module 3: Self-support and Stress Reduction Techniques (6 hours)**

**Objective:** Master methods for independently improving emotional well-being.

🔹 **Lecture (2 hours):**

* Causes of stress and its impact on elderly people.
* Stress prevention methods: breathing exercises and relaxation.
* The role of hobbies and new interests in maintaining well-being.

🔹 **Practical Session (4 hours):**

* Beginner-friendly meditation: mindfulness practice.
* Deep breathing and relaxation exercises.
* Creative workshop (painting, knitting, photography, etc.).
* Creating a personal emotional well-being plan.

**Final Assessment**

🔹 **Session (2 hours):**

* Discussion of personal achievements.
* Development of an action plan for maintaining activity and positive thinking.
* Feedback from participants and instructors.

**Resources for Program Implementation**

* Lecture materials (presentations, handouts).
* Audio and video materials for practical sessions.
* Equipment for physical activity (mats, resistance bands).
* Materials for creative activities.

**Expected Outcomes**

✅ Participants will learn to manage their emotions, reduce stress, and develop positive thinking.  
✅ They will acquire skills to maintain an active lifestyle and engage socially.  
✅ They will create individual plans to improve their quality of life.

This program is designed for **silver universities, active aging centers,** or **public educational initiatives.**