



GREATER GOOD SCIENCE CENTER



# AWE IN EDUCATION

NEW COURSE

FOR EDUCATORS

SCIENCE OF WELL-BEING



## What is Awe?

*“A child’s world is fresh and new and beautiful, full of wonder and excitement.”*  
–Rachel Carson

Awe is the feeling we get in the presence of something vast that challenges our understanding of the world, like looking up at millions of stars in the night sky or marveling at the birth of a child. When people feel awe, they may use other words to describe the experience, like **wonder**, **amazement**, **surprise**, or **transcendence**.

Awe is more than a momentary good feeling; experiences of awe may have long-term effects on our minds, bodies, and social connections.

**Research suggests that awe can make you happier, healthier, more humble, and more connected to the people around you.**



# AWE IN EDUCATION

Creating Learning Environments that Inspire, Motivate, and Heal

**New online course!** Join leading awe researcher, Dacher Keltner, and the Greater Good Science Center's Education team to explore how you can feel and foster more awe in education. Learn how awe enhances academic learning, motivation, and student and teacher well-being—and how you can create inspiring educational environments, filled with curiosity, discovery, and "awesome" possibility.

**LEARN**  
THE EIGHT  
WONDERS OF  
AWE

**EXPLORE**  
BENEFITS TO  
OUR BRAIN &  
BODY

**INSPIRE**  
CONNECTION,  
MEANING, &  
PURPOSE

**TRY**  
CLASSROOM  
RESOURCES &  
PRACTICES

REGISTER: [bit.ly/awecourse](https://bit.ly/awecourse)

**Course Launch: Oct 2, 2023**

Join our synchronous Community of Practice!  
Share ideas, ask questions, and spark  
inspiration: [Exploring Awe and Well-Being in Classrooms and Schools](#)



# AWE IN EDUCATION



Creating Learning Environments that Inspire, Motivate, and Heal

**This course is designed for busy education professionals.** Each module has a short video that provides brief instruction on one aspect of the science of awe. The remainder of the module focuses on practical application, providing resources for incorporating awe into classrooms and schools and allowing course participants to pick and choose what they would like to try.

## Course Features

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- 13 modules, 6-10 hours of learning
- Videos featuring talks by Dacher Keltner, Ph.D., UC Berkeley psychology professor, co-founder of the Greater Good Science Center, and author of [Awe: The New Science of Everyday Wonder and How It Can Transform Your Life](#).
- Videos featuring interviews of educators on their experience of bringing awe into classrooms and schools
- Downloadable slides on the science of awe for classroom use or professional development
- Writing and art prompts, student examples, 30+ turnkey research-based awe practices



“What most commonly led people around the world to feel awe? Nature? Spiritual practice? Listening to music? In fact, it was other people’s courage, kindness, strength, or overcoming.

Dacher Keltner  
[greatergood.berkeley.edu](http://greatergood.berkeley.edu)

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AWE

IN

EDUCATION



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How this course will  
benefit students,  
classrooms,  
schools... and you!

—

**Awe promotes well-being in youth and adults.**

People's daily ratings of well-being tend to be higher on days when they experience positive awe than on days when they do not report experiencing awe.

**Awe encourages learning and sharpens our brains.**

Students taking part in an awe-inducing experience show greater gains in learning.

**Awe fosters a sense of belonging and prosocial behavior.**

Spending time in nature can increase childrens' sense of awe and their sense of belonging.

Not only does research find that people who regularly experience awe are more generous, but eliciting awe in people can increase their generosity as well as their willingness to make more ethical decisions. Awe also encourages young children to share with others.

# PRACTICE AWE

*Experience and foster more awe with practices drawn from the science of well-being. Find 300+ well-being practices for educators at [Greater Good in Education](#).*



## Seeking Connection to Vastness

Try this practice with students or staff to contemplate the vastness of the universe and what it might mean for one's own existence.

*Try this practice*



## Wabi-Sabi: Finding Beauty in the Cycles of Life

Foster an appreciation for the beauty of the messiness and impermanence of life.

*Try this practice*



## Letting Music Shape You

Reflect on a time when an experience with music led you to feel awe. Sharing experiences and foster connectedness through music.

*Try this practice*



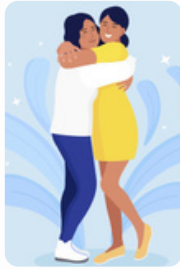
## Finding Awe in Visual Design

Explore a piece of art, architecture, or visual design that moves you or your students. Learn about design principles that may lead to awe.

*Try this practice*

# LEARN MORE

*Read articles, listen to podcasts, and learn more about awe from the Greater Good Science Center.*



## **Awe for Others**

The communities we create are one of the most awe-inspiring parts of our lives. Take a Happiness Break with host Dacher Keltner.

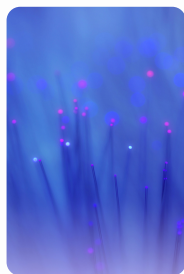
[\*Listen to a podcast\*](#)



## **How Awe Can Help Students Develop Purpose**

Research suggests that inducing awe in the classroom might inspire kids to find a sense of purpose in life

[\*Read the article\*](#)



## **How the Science of Awe Shaped Pixar's "Soul"**

Dacher Keltner explains how the animated film uses visuals and music to bring awe to life.

[\*Read the article\*](#)



## **Take the Awe Quiz**

Could your life be more awesome? This quiz will help you find out. It includes items from three scientifically validated scales, plus items from Dr. Keltner's Berkeley Social Interaction Lab.

[\*Take the quiz\*](#)

# *Why do schools need* **Awe?**

## **We feel better.**

Awe fosters student and educator well-being.

## **We do better in school.**

Awe promotes academic success, creativity, and rigorous thinking—we're more committed to learning and aren't so concerned when we fail.

## **We see the connection between our learning and our lives.**

Awe helps us find meaning in what we're learning.

## **We're kinder to each other.**

Awe encourages us to share and help others—we're more concerned about people.

## **We connect to others.**

Awe fosters belonging, inclusion, and connection among peers and to larger humanity.

## **We're kinder to the environment.**

Awe inspires us to help with climate change.

**Best of all? Awe motivates us to become better human beings. *And then the world starts to heal.***







**GG**  
**SC** Greater Good  
Science Center

Based at UC Berkeley, the Greater Good Science Center provides a bridge between the research community and the general public.

Our education program brings “the science of a meaningful life” into the lives of education professionals and the students they serve.

[Learn more about our mission.](#)