

**Supplementary file 1****Table S1.** The Educational Intervention Program

Session	Goal	Educational Topic	Duration/minutes	Teaching Methods and materials	Instructor
One	Purpose of the training classes, positivity, positive thinking	Initial acquaintance explanations about sessions positive thinking identifying strengths	90	Educational clip educational book presentation power point  Tasks (please write one page about the day you shined and were the best in your life and send it to email).	Expert group , researcher and Psychologist
Two	Empowerments	self-concept  What personal strengths are and how to identify them	90	-Video Clip about self-concept and highlighting individual's strengths  -Homework Please ask two of your friends or family members to list 5 of your most important strengths and send to the email.	Expert group , researcher and Psychologist
Three	Positive Emotion and affect	achieving the goals step by step	90	presentation power point  Motivational clip  goal achievement homework(Determining objective and achievable goals during the new year and identifying obstacles and how to overcome them and determining the steps to achieve the	Expert group , researcher and Psychologist

				goals set by the students themselves).	
Four	Good memories against bad memories specially during the COVID-19 crisis	-Reviewing the exercises and assignments of the previous sessions <b>- What is Anger?</b> <b>-Why Anger is a Negative Emotion</b> <b>-Anger Management Strategies for Students</b>	90	webinar presentation power point asking and answering questions in chat box Assignment (In life, sometimes we face troubles and annoying situations please and what do you do? and send it to us	Expert group , researcher and Psychologist
Five	forgiveness	forgiveness and understanding the power of forgiveness How to transform bitterness into neutral emotions and even positive emotions?	90	webinar presentation power point Educational clip asking and answering questions in chat box	Expert group , researcher and Psychologist
Six	Gratitude and thanksgiving	Mean of gratitude Methods of expressing gratitude How to reducing the fear of COVID-19 Blessings Daily stoic (Count your blessings)		Educational clip audio book of gratitude by Randa Byrne the Educational clip Blessings Daily stoic homework (There are many big and small things in our lives that we are thankful for. Please think about the past day and please write down the things you are thankful for in your life and email them to us).	Expert group , researcher and Psychologist

Seven	Review of previous sessions		90	<p>Another assignment (in your opinion, despite all the harms and negative emotions has benefits, please list the benefits of these and email to us).</p> <p>Forgiveness and gratitude assignments follow up.</p>	Expert group , researcher and Psychologist
Eight	Self-esteem	<p>Self-esteem</p> <p>Self-worth</p> <p>Self-confidence</p> <p>What mean and the deference between?</p> <p>How to strengthening the sense of self-efficacy</p>	90	<p>-E-Book of self-esteem and self-efficacy</p> <p>-self-esteem training clips</p> <p>presentation power point</p>	Expert group , researcher and Psychologist
Nine	Hope and positivity	<p>-Growing Hope ways</p> <p>- Hope for the Future</p>	90	<p>Motivational clips (if one door closes, another one opens)</p> <p>asking and answering questions in chat box</p> <p>Homework (Please write and email us if three locking hope situations and soon get opportunity try to succeed)</p>	Expert group , researcher and Psychologist
Ten	Communication	Types of communication	90	<p>Interpersonal communication skills book for the development of social communication</p> <p>presentation power point</p>	Expert group , researcher and Psychologist

		Effective communication skills  Strategies for improve your communication skills			
Eleven	happiness life	Happiness is a skill you can learn  Applying the skill of happiness in life	90	Video clips of sports and physical activity  Fitness part clips  exciting music	
Twelve	Gift of time	What is the nature of time  recognizing the gift of time as a great gift   How to overcome procrastination	90	Educational clip about the gift of time  - Educational clip about not procrastinating  Homework (How would you like to be remembered in the future, write us a paragraph and send it).	Expert group , researcher and Psychologist
Thirteen	Meaning of life	What is Meaning of life?  How to enjoy from my lives?		Audio book “Please Don't Be Sheep” by Mahmood Nameni  - The educational clip	Expert group , researcher and Psychologist
Fourteen	Summary of sessions	Review of previous sessions		Thanking and presenting a summary of the topics of the past sessions  - Asking and answering questions in chat box  Sending reminder message	Expert group , researcher and Psychologist

