**Abstract**

**“Psychological Immunity to Achieve Emotional Potential of Cognitive Abilities”**

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Al-Horsh experimental school in Nazareth has aimed to achieve a unique and modern teaching method aimed at emotional and psychological discharge called “Al-Fanarat”. is made up of three Arabic words: Fan (Art), Ibdaa’ (Creativity) and Ruh (Soul). In other words, Al-Fanarat teaching method and program exemplifies the unification of the student’s body and soul. This method is used by school, which is characterized by the healthy and warm educational environment it grants its students. Al-Fanarat is based on the development of phycological immunity and emotional capabilities in the student. This allows the student to attain a harmonious and safe environment, while working on the cognitive balance between recent teaching methods (Dr. Soad Al- Bisher; Margalit, 2000). Through the diversity of teaching methods, there must be a greater understanding of the students’ points of strength which will enable him to succeed (Gardner, 1983). The goals are as following: The development of emotional awareness as a tool to develop the student’s independent personality. The realization of students' emotional capabilities as a motivation for higher academic achievements. Through the application of Al-Fanarat technique in Al-Horsh school, the student could choose a preferred curriculum activity such as drawing, yoga, music, sport, dancing or drama classes. The Al-Fanarat program has been carried out every week, from Monday until Thursday during the first two periods (8:00am until 10:00am), after which the student continues his regular school day. As for the results of the Al-Fanarat program, various students have shown full confidence in themselves and could fluently express their feelings about subjects such as their dreams and wishes for the future. The program has used the method of classroom dialogue with the participation of the homeroom teacher, where various students felt comfortable to actively participate and build confidence. The students have developed problem-solving skills and opened up to their homeroom teacher about their various distress and troubles. The successful completion of Al-Fanarat Program has received many praises and recommendations for dissemination in different local schools and sectors. The program has also helped raise awareness among teachers to develop their teaching abilities and employ new methods of education.