



What is Positive Education?

And the PERMAH model



POSITIVE EMOTION

the right balance of heartfelt positivity to boost our resilience



ENGAGEMENT

the regular development of our strengths – those things we're good at and enjoy doing



RELATIONSHIPS

the creation of authentic, energizing connections



MEANING

a sense of connection to something bigger than ourselves



ACCOMPLISHMENT

the belief and ability to do the things that matter most to us



HEALTH

eating well, moving regularly, sleeping deeply

PERMAH Model of Wellbeing¹



¹Seligman, M. E. P. (2011). Flourish: A visionary new understanding of happiness and well-being. New York, NY: Free Press.



Positive Education

Professor Martin Seligman, one of the world's leading researchers in positive psychology and human flourishing, suggests that wellbeing is cultivated by the presence in our lives of positive emotion, engagement, relationships, meaning and accomplishment. This framework is often referred to as 'PERMA'. Other researchers – ourselves included – also believe that the cultivation of your Health by eating well, moving regularly, and sleeping deeply is one of the hygiene factors of wellbeing. Everything just gets easier when this is present. So, in this tool we've added Health to Dr Seligman's framework, making it 'PERMAH'.



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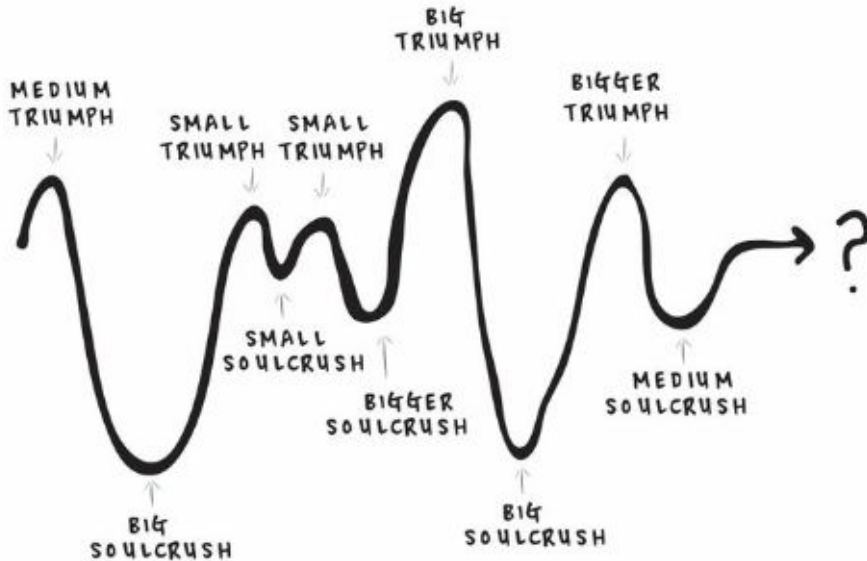
HEALTH

eating well, moving regularly, sleeping deeply



Why Positive Education?

LIFE

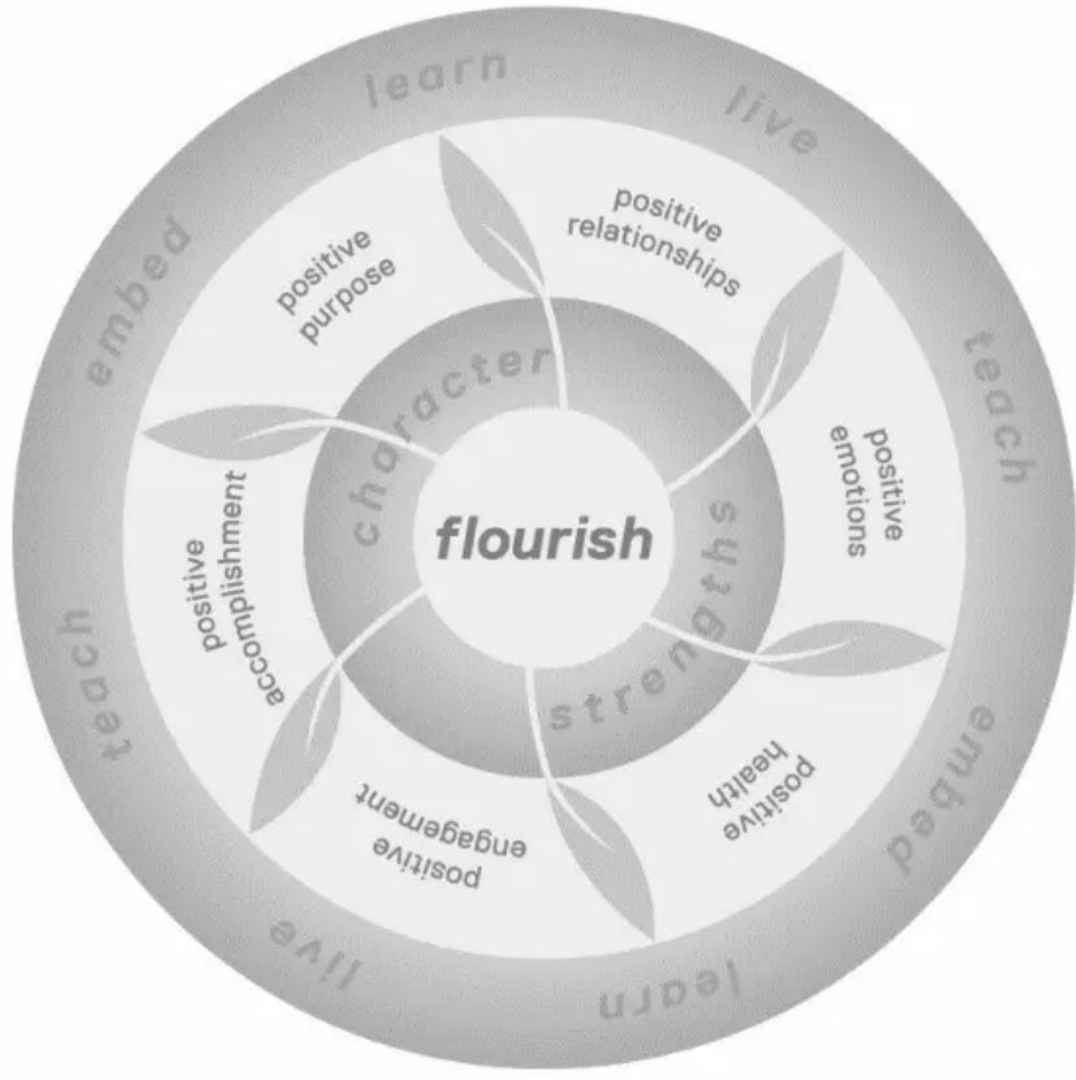


These days children and teenagers often need help in developing some of the skills mentioned in Positive Education and PERMAH.

Building these skills and understanding our strengths and weaknesses allows us to moderate our thoughts and emotions when the inevitable down moments of life occur.

They also allow us to appreciate the good moments.

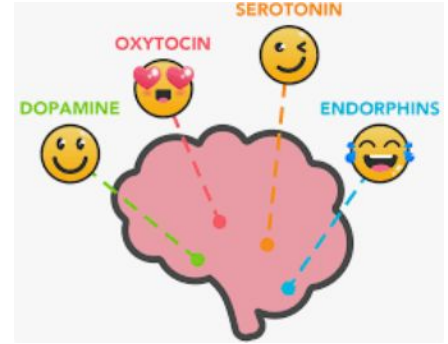
Learning these skills allows children to improve their wellbeing and move to a state of flourishing, where everything seems better, they're able to perform better, and they're happier.





POSITIVE EMOTION

- Indulge in your favourite TV, movies & music – things that make you smile, laugh and relax.
- Play games with family, friends and work colleagues.
- Physical exercise and breathing techniques.
- Getting out in nature.
- Pay attention to the sights, sounds, smells, tastes and tactile sensations around you.
- Reflect on “Three Good Things” or “What Went Well” each day.
- Keep a gratitude diary and tease out the smallest things which you cherish.
- Make plans for the near and distant future, so that you have something to look forward to.





POSITIVE ENGAGEMENT

- Spending time on a puzzle or board game.
- Playing a musical instrument.
- Yoga or meditation.
- Writing a story, poem or blog.
- Being creative through drawing, painting or cross-stitching.
- Participating in individual or team sports.
- Working on a new display in the garden.
- Practising new cooking and baking recipes.
- Making a photo collage or video of a recent trip.





POSITIVE RELATIONSHIPS

- Organise catch-ups and get-togethers with family or friends, in person or online.
- Show your appreciation for work colleagues.
- Share photos or souvenirs that remind you and a significant other of good times.
- Use active listening and empathy when supporting someone with a problem.
- Spend a few minutes chatting to a stranger.
- Write a message to a relative or friend that shows “I’m thinking of you”.
- Send a thank you card for someone who helped you.
- Remind someone that you love them.





POSITIVE MEANING

- Engaging in spiritual activities.
- Make a donation to charity.
- Send a care package to a family in need.
- Fundraise through an individual or group challenge.
- Volunteer your time in a community project.
- Share knowledge and teach others about a special interest.
- Commemorate a loved one's memory.





POSITIVE ACCOMPLISHMENT

- Make a “To do” list and prioritise “Must”, “Should” and “Could”.
- Keep your goals SMART – Specific, Measurable, Achievable, Relevant and Time-Bound.
- Take on new jobs and responsibilities which motivate you – a different role at work.
- Start a project which you can work on over time – some DIY in the house.
- Learn something new – try out some webinars and podcasts.
- Set an exercise target – incorporate the activities into your daily routine so that they become rewarding and sustainable.
- Change your work-life balance – use a planner or schedule to help you organise your time better.



POSITIVE HEALTH



- Get plenty of sleep. Aim for 9+ hours for countless health benefits
- Have a passion and practice it regularly
- Eat a well-balanced diet. Aim for lots of fruit and vegetables and unprocessed foods.
- Exercise regularly. There's no problem a run or walk outdoors won't help with.
- Find a balance and plan your week.
- Find strategies for coping with stress.
- Listen to your mind and body.
- Limit your screen time and balance this with being in nature.



Flourishing in stressful times: Ideas for self-care using Martin Seligman's PERMA model



Positive Emotions What makes you feel good?

- ✓ Favourite TV, movies and music which make you smile, laugh & relax.
- ✓ Playing games with family, friends and work colleagues.
- ✓ Physical exercise and breathing techniques.
- ✓ Getting out in nature and paying attention to the sensations around you.
- ✓ Reflecting on "Three Good Things" or "What Went Well" each day.
- ✓ Keeping a gratitude diary of the things you cherish.
- ✓ Making plans for the near and distant future.



Engagement What "flow" activities make you lose track of time?

- Puzzles or board games.
- Musical instruments.
- Yoga or meditation.
- Writing a story, poem or a blog.
- Indulging in creative tasks such as drawing, painting or cross-stitching.
- Taking part in individual or team sports.
- Working on a new display in the garden.
- Practising a new cooking or baking recipe.
- Making a photo collage or video of a recent trip.



Relationships Who brings you joy, peace and support?

- ❖ Catch-ups & get-togethers in person or online.
- ❖ Showing your appreciation for work colleagues.
- ❖ Sharing photos or souvenirs with others, to remind you of good times.
- ❖ Spending a few minutes chatting to a stranger.
- ❖ Using active listening & empathy when helping someone with a problem.
- ❖ Sending a thank you card or a message that shows "I'm thinking of you".
- ❖ Reminding someone that you love them.



Meaning What causes and pursuits do you find important and worthwhile?

- Engaging in spiritual activities.
- Making a donation to charity.
- Sending a care package to a family or friend in need.
- Fundraising through an individual or group challenge.
- Volunteering your time in a community project.
- Sharing knowledge and teaching others about a special interest.
- Commemorating a loved one's memory.



Accomplishment What are your goals? How can they be achieved?

- Making a "To do" list and prioritise the tasks.
- Keeping goals S.M.A.R.T.
- Taking on new jobs and responsibilities - a different role at work.
- Starting a long-term project - some DIY at home.
- Learning something new - webinars and podcasts.
- Setting an exercise target - schedule the activities in a way which makes them rewarding and sustainable.
- Changing your work-life balance - use a planner to organise your time better.



Gratitude

EPISODE 13





A task for our students this week

- When you return to your form rooms, take 5 minutes to think about a loved one that has always been there for you.
- Why are you grateful for them? What specific actions are you grateful for.
- Write a letter to them, thanking them for all of the things your grateful for.
- Sometime this week, find a quiet moment to speak with them. THis could be in person or on the phone, depending on circumstances.
- Read them the letter and notice the positive emotions you feel. You will feel these as expressing gratitude releases certain hormones in your body that make you feel good.
- If you enjoy this, consider keeping a gratitude journal daily.



GIVING



Do things for others

RELATING



Connect with people

EXERCISING



Take care of your body

AWARENESS



Live life mindfully

TRYING OUT



Keep learning new things

DIRECTION



Have goals to look forward to

RESILIENCE



Find ways to bounce back

EMOTIONS



Look for what's good

ACCEPTANCE



Be comfortable with who you are

MEANING



Be part of something bigger