

<b>Wellbeing Builder:</b>	Middle – Positive Group Teamwork Senior – Postive Group Learning Teamwork
<b>Wellbeing Element:</b>	Relationships and Optimism
<b>Character Strength:</b>	Fairness
<b>Wellbeing Fitness Challenge:</b>	Looking Forward

When students have identified their signature and top supporting strengths through completing the free VIA Character Strengths Survey, they are able to discuss issues from positions of strength which can overcome the following situations. 21st century students crave for a sense of social connectedness from their peers seemingly above all else. Often, they are more comfortable doing what they know is not the best for them to protect their social acceptance. Unfortunately, this often means students are reluctant to leave their comfort zones to explore other ways of thinking.

Group learning is an effective way to harness and value a wide range of abilities, points of view and attitudes to issues, for students to combine their top strengths, to gather input from all students, for students to experience “peer” learning and feel valued for their views and ideas and to cultivate collaborative and interdependent habits through mindful and empathetic listening.

Keys to a well functioning group are a valuing, tolerance and acceptance of individual differences. They have two ears and one mouth and as such should listen twice as much as they talk, a clear set of agreed expectations to follow and not a group of similar thinking clones.

“Many drops fill the bucket.” Mother Teresa