

POSITIVE
EDUCATION
FOR ALL
AND
BETTER
LIVES

Colour
your
Threads
for PosEd



What is Positive Education?

“Pos Ed” helps us to

feel good

be good

do good



What is

PERMA+?

PERMA+ teaches us there are 'building blocks' of flourishing:

Positive Emotion

Engagement

Relationships

Meaning

Accomplishment

+ Physical health –
exercise, nutrition
and sleep

Our theme for 2020 is

From Strength to Strength in Tough Times

This year we will focus on character strengths - your own, and the strengths of those around you, which have helped us get through a difficult year and support each other.



What makes you happy?

Think about all of the things in your life that make you happy...

Family

Friends

Pets

Yummy food

Playing sport





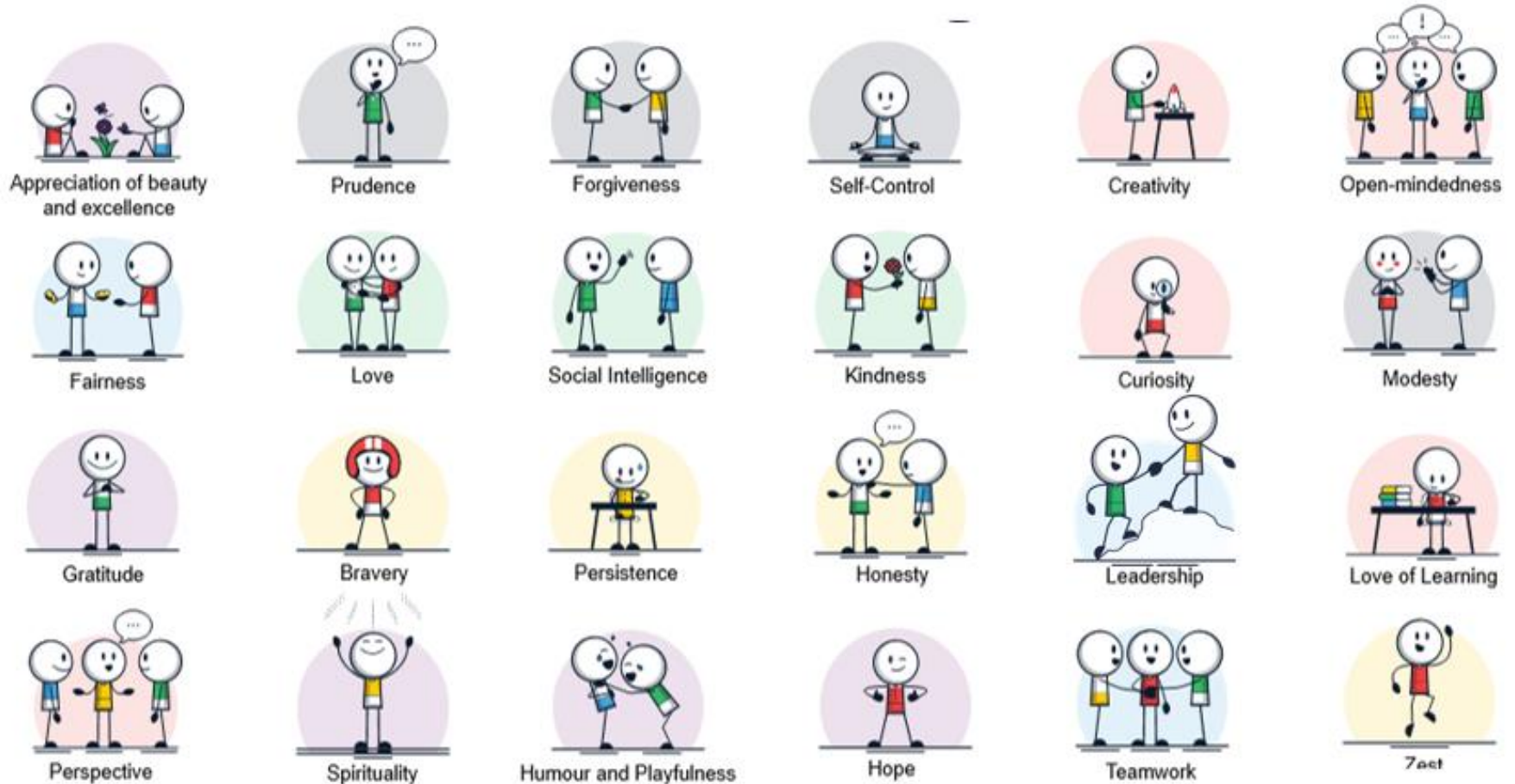
Make a Colour Your Threads Rainbow!

Colour Your Threads for Pos Ed, and display your coloured threads proudly.

Why not make a coloured rainbow!

House-coloured rainbows may enhance students' sense of school belonging.

There are 24 recognised character strengths



Character Strengths are like superpowers!

What are your superpowers?

Perhaps you have

- A love of learning
- A great sense of humour
- Leadership skills
- Hope when things get tough
- Persistence to get the job done
- A creative mind
- Bravery to face scary situations

What are the superpowers
that you like to use?



Use a Strength...

Write a story or draw a comic about using your chosen character strength.

Make sure you include information about:

- the challenge you are facing
- the strength you will use
- how the strength will help you overcome the challenge



Spot the Strengths

Which character strengths can you spot in others? Let them know!

- Walk around the room and tell others the strengths you see in them
- Place a strengths sticker on a sheet at your classmates' desks
- Write a note or card for someone that gives examples of when they've used a character strength





Shared Strengths

Write your 3 top strengths on sticky notes and stick them to your shirt.

Find others in your class with similar strengths.

Discuss how you use those strengths

Musical Strength Statues

Download Strength Star Cards for free at <https://www.leawaters.com/pesa-strength-stars>

Choose four or five Strength Star Cards.

Look closely at the Star for each strength.

Talk about what the star is doing in the picture.

Copy the pose of the star.

Play a musical statues game! When the music stops, your teacher will hold up one card and name the strength. Then students freeze in the pose that matches the card.

In small teams, design a 3-minute play that shows the strength in action.

Thanks to Prof Lea Waters AM for this activity



Too much and Too little...

Choose one of your character strengths.

Can you think of a time when you used that strength too much?

Can you think of a time when you might have used that Strength more?

How might you use this strength at the perfect level?



Strength Star, Strength Star, What Do I See?

Download Strength Star Cards for free at
<https://www.leawaters.com/pesa-strength-stars>

Your teacher will choose six Strength Star Cards.

Students then sit in a big circle, with the Strength Star Cards face up in the middle.

Your teacher will then choose a student from the circle, who will choose a Strength Star Card and then think of a friend that uses this strength.

Everyone chants...

***“Strength Star, Strength Star what do I see?
I see (child's name here) looking at me.
Their strength of (Strength here) shines very
brightly!”***

This game is a lovely way to spot strengths in your friends and to show your understanding of each strength and how you see it used each day at school!

Thanks to Prof Lea Waters AM
for this activity



Family Strengths

Draw a family tree.

List what you think are the top 3 strengths of each family member.

Ask your family to complete the VIA online character survey.

Were your guesses right?



Activities for Parents

Ask parents to:

- Spot their children's strengths
What makes their kids 'light up'
- Place a Strengths Poster on the fridge and discuss which strengths you've all been using today.
- As you read bedtime stories or watch movies together, ask your children to spot strengths in the characters. You may also like to watch movies that showcase specific strengths



Strengths Across the Curriculum

Consider how strengths might be used across the curriculum:

Maths – how can students use Teamwork to solve a problem?

Art – can students design an art project showing Optimism? Or Bravery?

English – can students spot the strengths of novel or film characters? Are they overused or underused?

History – what strengths do historical characters you are studying display?

Drama – what strengths might students draw on in drama class?



Let's hear it for School Staff!

Is there anyone who works in
your school that you feel
thankful towards?

Maybe a teacher, office lady,
gardener or volunteer?

Why?

What do you think are their
"superpowers?"



What do you
feel thankful for?

Feeling thankful is also called

gratitude

Tell the student next to you what
you're thankful for today



What Went Well?

Think about what went well
for you today...

It might be...

- a game you played with a friend
- a yummy lunch
- learning something new in class

Tell the person next to you!



Mindfulness

Life can be super-busy!

We all need to take a

quiet moment sometimes...

Pay attention...

to the present moment – how do you feel, what can you see, smell, hear? Try not to judge your thoughts.

Your breathing...

Take a moment to focus on your breath. Close your eyes. Feel the air move in and out of your body. Hear it. Try to think about nothing else.



Balloon Man Practice

Take 2 minutes for this
[Mindful Moment](#) with Nic.





What next?

When you're in the playground, why not...

- ✓ Invite someone who seems lonely to join your group
- ✓ Tell a friend you're grateful for their friendship, and why
- ✓ Try to spot your friends' "superpowers"