

STRONG MINDS



Fostering Wellbeing and Resilience in Primary Schools with Positive Psychology



Growing Strong Minds

strives to empower your primary school community to thrive.

Our Strong Minds initiative uses principals of positive psychology to enhance wellbeing for your whole school community. In particular the focus is on empirically supported character strengths. This provides a 'strength-based approach' - one of the five propositions in the new PDHPE syllabus.

What are character strengths?

Character Strengths are our distinctive best qualities. They reflect what is important to us, what we value. Research indicates that when we know and apply our specific character strengths our wellbeing improves. Peterson and Seligman (2004) developed The VIA Classification of Character Strengths and Virtues. This was the result of three years of study involving fifty-five scientists. It concluded that there are twenty-four character strengths that are valued across cultures, religions, gender, and race. These are categorised into six virtues:

Wisdom, Courage, Kindness, Community, Self-Control and Meaning.



Why focus on character strengths?

Extensive research has been conducted into character strengths. Some of the findings are that when we work with our strengths we:

- Perform better (Dubreull, Forest & Courcy, 2014),
- Have greater self-esteem and vitality (Wood, Linley, Maltby & Kashdan, 2010),
- Have increased subjective wellbeing (Govindji & Linley, 2007),
- Are more resilient (Martinez-Marti & Ruch, 2017)
- Have reduced stress levels (Linley and Harrington, 2006) and
- Enhanced academic achievement (Benninga, Berkowitz, Kuehn & Smith, 2006).