

Wellbeing Builder:	Middle / Senior – Positive Family Teamwork
Wellbeing Element:	Relationships and Optimism
Character Strength:	Love
Wellbeing Fitness Challenge:	Move More

When students enjoy transparent, honest and caring relationships with their families, they are happy in themselves and able to look for the good things they are doing. They are also in a position to make the most of family teamwork.

Well functioning families look for what they are doing well. A great exercise is for the whole family to do the free Character Strengths Survey at www.viacharacter.org, then each member will know their signature and top supporting strengths. Conversations can be about how they can use their strengths together, to achieve what they set out to.

Receiving and accepting feedback from family on how they are travelling enables students to self-assess and then set process self-expectations for themselves. They need regular developmental, non-judgemental feedback.

The adolescent brain is a turbulent place, with the good decision-making centre – the Pre-frontal Cortex – not completely wired up. While they can create emotions just like adults, they don't yet have the capabilities to consistently control them. This often leads to any feedback being seen as criticism. The key is to treat all of their activities equally; an over-emphasis on school fires up their brain turbulence. Explore how they can use their individual strengths to overcome challenges.

“A loving heart is the truest wisdom.” Charles Dickens