



Empowering educators, children and parents to thrive

Three Wellbeing Tips for 2021

PERMA-H WELLBEING WHEEL

1. Write in the wheel what you are already doing to support your wellbeing. You may not fill all areas and that's okay.
2. Add some things you would like to do. How could character strengths help?
3. Prioritise one area and set a goal.

For example:
excitement, joy, interest,
love, hope, awe, gratitude,
serenity, amusement.

The diagram is a circular wheel divided into six segments by dotted lines that meet at the center. Each segment is labeled with a letter and a corresponding wellbeing domain. Clockwise from the top-left: 'H' for HEALTH (Sleep, food, exercise, relaxation, meditation); 'P' for POSITIVE EMOTIONS (excitement, joy, interest, love, hope, awe, gratitude, serenity, amusement); 'E' for ENGAGEMENT (Total absorption in an activity - flow); 'R' for POSITIVE RELATIONSHIPS (Connecting with others); 'M' for MEANING (What you do for others. What is important to you); and 'A' for ACCOMPLISHMENT (Progress toward goals).

DOWNLOAD NOW

1. What's Working Well?

What have you learnt from 2020? The value of family and friends? The joy of doing less recreationally? The importance of the strength prudence and self regulation? How to pivot and persevere? Anything is possible?

I'm sure there is a lot about 2020 that we want to leave behind but what would we like to bring with us into 2021? What worked well? Make a list.

For me, I enjoyed having more time with my kids at home (not always, but on the whole!!), I developed a love for gardening, learnt how to embrace zoom

and finished developing a whole lot of resources for my members portal.

2. How's Your PERMA-H?

Remember that PERMA (Seligman, 2011) is a well regarded theory of wellbeing. The acronym stands for positive emotions, engagement, positive relationships, meaning, accomplishment and health. The more PERMA-H the better your wellbeing. After you have made your list on *what worked well*. Consider the areas of PERMA-H that were impacted. The handout above can help. For instance for me gardening enhanced my positive emotions and health, time with my children enhanced our relationships and reminded me of what was meaningful and conquering zoom and my members portal gave me a sense of accomplishment.

3. Make a Plan

Did you know that research indicates that we are great at setting goals but not at striving towards them. This is often because we don't set SMART goals.

Now that you have evaluated what worked well and what domains of PERMA-H they relate to. Consider which area of PERMA-H you would like to enhance and how character strengths might help you do that. **Character Strengths can impact all parts of PERMA-H.** Set a SMART goal. In our [Strong Minds Expert](#) package staff learn more about the PERMA-H model, character strength application and SMART goals.

Start 2021 with Staff and Student Wellbeing

STRONG MINDS EXPERT

[Book Now](#) for our first workshop on the 16th February 2021. Limited numbers available.

Open to both new and existing Strong Minds schools.



WHAT OTHERS SAY...

BENEFITS

- Wellbeing **APPROACH** based on the **latest science in positive psychology**, - our foundations for wellbeing should be **character strengths** and mindfulness
- **Complements wellbeing programs** you may be doing in your school (SEL, PBL etc.)
- Provides a **positive shared language**
- Encourages an **inclusive culture** - when we spot strengths in others
- **Supports new PDHPE syllabus** - a strength based approach is 1 of the 5 propositions
- **Whole School Approach** - comprehensive resources for staff, students and families - **Strength Based Parenting reduces stress** for parents and children
- **Fully scripted lessons** for time poor teachers
- **Embedding resources** so it is sustained - **complimentary members portal to train new staff**
- Learn about the three primary theories of positive psychology which underpin **intrinsic motivation, positive emotions, creativity and goal achievement**

WORKSHOP DATES 2021

CONTACT US TO BOOK OR FOR A FREE CONSULTATION

INVITE US TO PRESENT AT YOUR P & C

**Coming Soon – Wellbeing in Early
Childhood**

**The Early Years Learning Framework For Australia
Learning Outcomes and Strong Little Minds**

The following outcomes are achieved when:

- Educators share with children the strengths they have identified in them
- Educators encourage children to identify and use their strengths
- Children spot strengths in themselves and others



✓ Children have a strong sense of identity

- Children feel safe, secure, and supported
- Children develop their emerging autonomy, inter-dependence, resilience and sense of agency
- Children develop knowledgeable and confident self identities
- Children learn to interact in relation to others with care, empathy and respect

✓ Children are connected with and contribute to their world

- Children develop a sense of belonging to groups and communities
- Children respond to diversity with respect
- Children become aware of fairness

✓ Children have a strong sense of wellbeing

- Children become strong in their social and emotional wellbeing
- Children take increasing responsibility for their own health and physical wellbeing

✓ Children are confident and involved learners

- Children develop dispositions for learning
- Children transfer and adapt what they have learned from one context to another
- Children resource their own learning through connecting with people

✓ Children are effective communicators

- Children interact verbally and non-verbally with others for a range of purposes

Strong Little Minds
www.growingstrongminds.com

We are excited to soon launch [Strong Little Minds](#) – a Positive Psychology package to enhance wellbeing and resilience for educators, children and their families in [Early Childhood](#).

Strong Little Minds **supports the [Five Learning Outcomes and Principles in Belonging, Being and Becoming: The Early Years Learning Framework for Australia](#) and five of the seven National Quality Standard Areas**. It is available throughout Australia.

[REGISTER YOUR INTEREST TODAY](#)

Warmest wishes

Nicole and the team at Growing Strong Minds

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