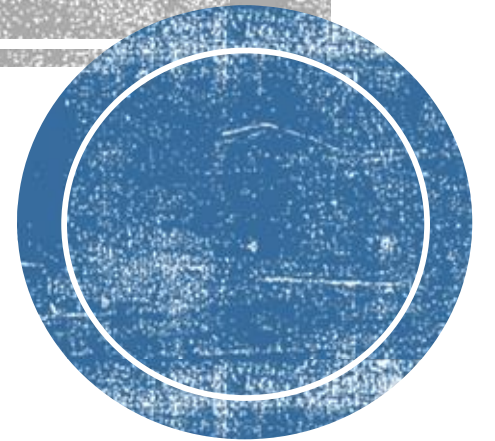
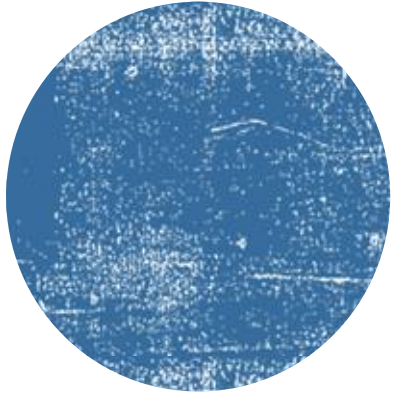


# Introduction to Well-being

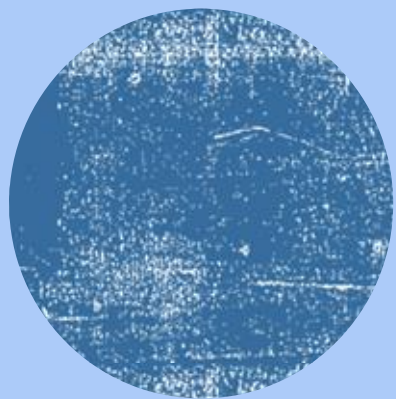
Week 1





1. What is well-being and why is it important?
2. What strengths do I bring to this community?
3. How do my strengths connect to my sense of well-being?

## **Guiding Questions**



# Family: Circle

- 1. How much control do we have over how we feel?**
- 2. What brings you happiness/joy in life?**
- 3. What is one thing you're looking forward to this week?**

To increase our well-being (or feeling satisfied in life) we need to focus on 5 things. We're going to call those 5 things PERMA.

- ★ P is for Positive Emotions - feeling good
- ★ E is for Engagement - being completely absorbed in your activities
- ★ R is for Relationships - being authentically connected to others
- ★ M is for Meaning - attaching oneself to something larger than yourself
- ★ A is for Achievement - a sense of accomplishment and success

Stay tuned: MORE INFO TO COME!

P.E.R.M.A.



# Wednesday: Focus on the Positives

We said yesterday that we would be focusing on **WELL-BEING** (or feeling satisfied in life). We're going to spend the next several weeks learning how to increase our well-being. Feeling well (feeling satisfied with life) is a **SKILL**.







# Focus on the Positives

**We're going to start by focusing on what's **ALREADY** going well in your lives.**

**On the next slide you'll see a long list of character strengths. On a sheet of paper, write down your top 5 strengths (you do not need to write down the definitions)**

**CREATIVITY:** Originality; adaptive; ingenuity

**CURIOSITY:** Interest; novelty-seeking; exploration; openness to experience

**JUDGMENT:** Critical thinking; thinking things through; open-minded

**LOVE OF LEARNING:** Mastering new skills & topics; systematically adding to knowledge

**PERSPECTIVE:** Wisdom; providing wise counsel; taking the big picture view

**BRAVERY:** Valor; not shrinking from fear; speaking up for what's right

**PERSEVERANCE:** Persistence; industry; finishing what one starts

**HONESTY:** Authenticity; integrity

**ZEST:** Vitality; enthusiasm; vigor; energy; feeling alive and activated

**LOVE:** Both loving and being loved; valuing close relations with others

**KINDNESS:** Generosity; nurturance; care; compassion; altruism; compassion; altruism; "niceness"

**SOCIAL INTELLIGENCE:** Emotional intelligence; aware of the motives/feelings of self/others, knowing what makes other people tick

**TEAMWORK:** Citizenship; social responsibility; loyalty

**FAIRNESS:** Just; not letting feelings bias decisions about others

**LEADERSHIP:** Organizing group activities; encouraging a group to get things done

**FORGIVENESS:** Mercy; accepting others' shortcomings; giving people a second chance

**HUMILITY:** Modesty; letting one's accomplishments speak for themselves

**PRUDENCE:** Careful; cautious; not taking undue risks

**SELF-REGULATION:** Self-control; disciplined; managing impulses & emotions

**APPRECIATION OF BEAUTY & EXCELLENCE:** Awe; wonder; elevation

**GRATITUDE:** Thankful for the good; expressing thanks; feeling blessed

**HOPE:** Optimism; future-mindedness; future orientation

**HUMOR:** Playfulness; bringing smiles to others; lighthearted

**SPIRITUALITY:** Religiousness; faith; purpose; meaning




1. Discussion: what did you like/dislike about the activity? Have you thought about your strengths in this way before?

2. Class closing activity: was anyone surprised by one of the strengths on the list (maybe you hadn't thought of it as a strength before)? If so, would you share that with a friend or someone in your family?

# Debrief

Making  
Connections:  
did anyone  
notice tht some  
of these  
strengths are  
synonyms for  
the traits in the  
IB Learner  
Profile?







# Thursday: Roadmap for the next 5 weeks

- Each week for the next 5 weeks we're going to focus on a new aspect of P.E.R.M.A.
  - Next week our focus will be the P - positive emotions
- Today we're going to SET OUR INTENTIONS (i.e. make some goals) for what you each hope to accomplish during this time together.

- ★ Journal: take out a sheet of paper (ideally you would keep this until you have your advisory folder, but it's okay if that doesn't happen).
  - First, write down 3 of the strengths you identified for yourself yesterday. They are listed on the next slide if you need them.
  - Next, write a little bit about your well-being (or your life satisfaction) right now. **1-2 minutes.** Are you FLOURISHING (meaning you're super satisfied in life)? Or do you need more practice to foster well-being in your life?
  - Finally, set your intention. At the bottom of your page write a few sentences about what you hope to learn or do during this unit. Examples:
    - “I want to work on my relationships. I often feel lonely at school and would like to make more friends.”
    - “I feel pretty satisfied already. I don't really understand what “meaning” means yet, so I'd like to learn more about that.”
    - “I don't feel very satisfied, but I'm not sure why. I want to learn more about well-being and myself to see if I can figure it out.”

## Thinking about Strengths (from yesterday) and Setting Intentions

P. - POSITIVE EMOTIONS  
E. - ENGAGEMENT  
R. - RELATIONSHIPS  
M. - MEANING  
A. - ACHIEVEMENT





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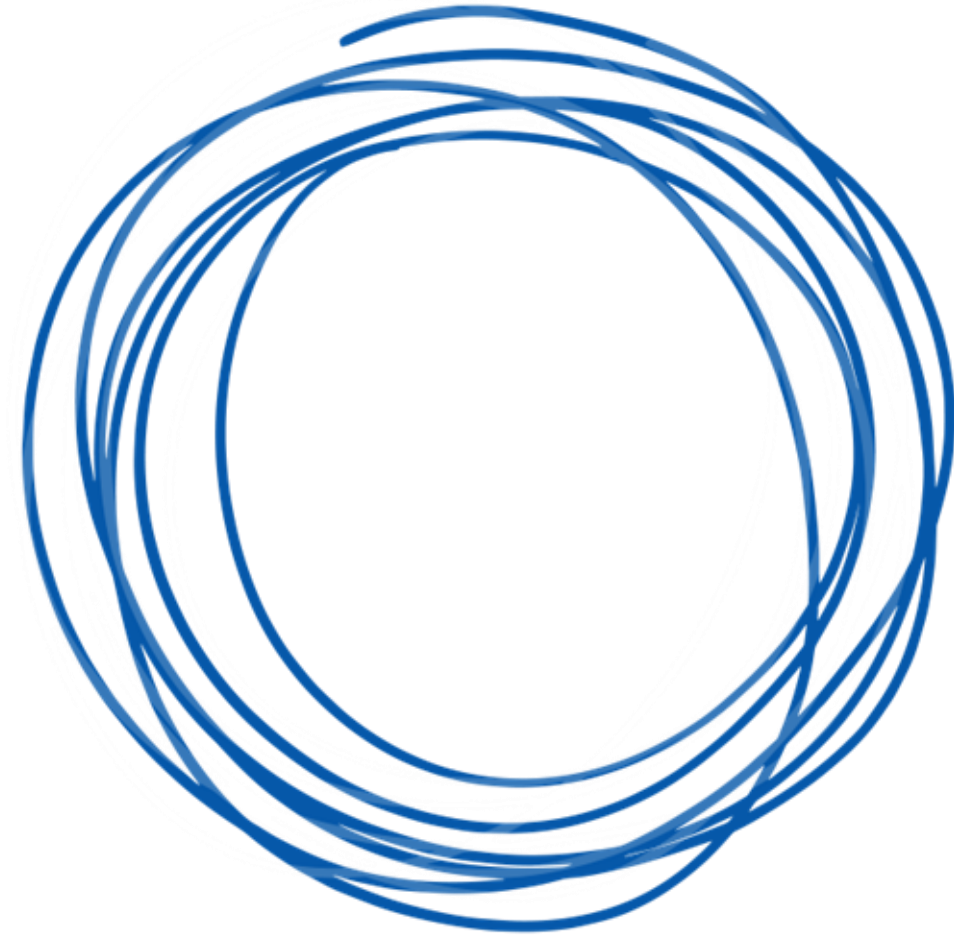
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# Friday: Reflection Circle

1. What connections can you make between knowing your strengths and feeling satisfied in your life?
2. What about PERMA are you most looking forward to learning about in the weeks to come?
3. What is one strength you see in the person to your left? (They're on the next slide if you need a reminder)
4. How can you apply your strengths to building this community? We need YOU and your strengths to make this community whole every day.





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