



P.E.R.M.A.

E=Engagement

Week 3

Guiding Questions

1). What is engagement?

2). How can I increase engagement
in my life?





TUESDAY

Week 3

A hand holding a lit sparkler against a dark, splattered background. The sparkler is bright and glowing, with many small sparks radiating outwards. The background is dark with white splatters and a halftone pattern.

Family Circle

1. What activities do you find yourself doing when you “lose track of time”?
2. How do you feel when someone is not engaged with you when you are talking to them?
3. Is it important to make time for things in our lives that we enjoy? What about when our plates are already really, really full? Why or why not?



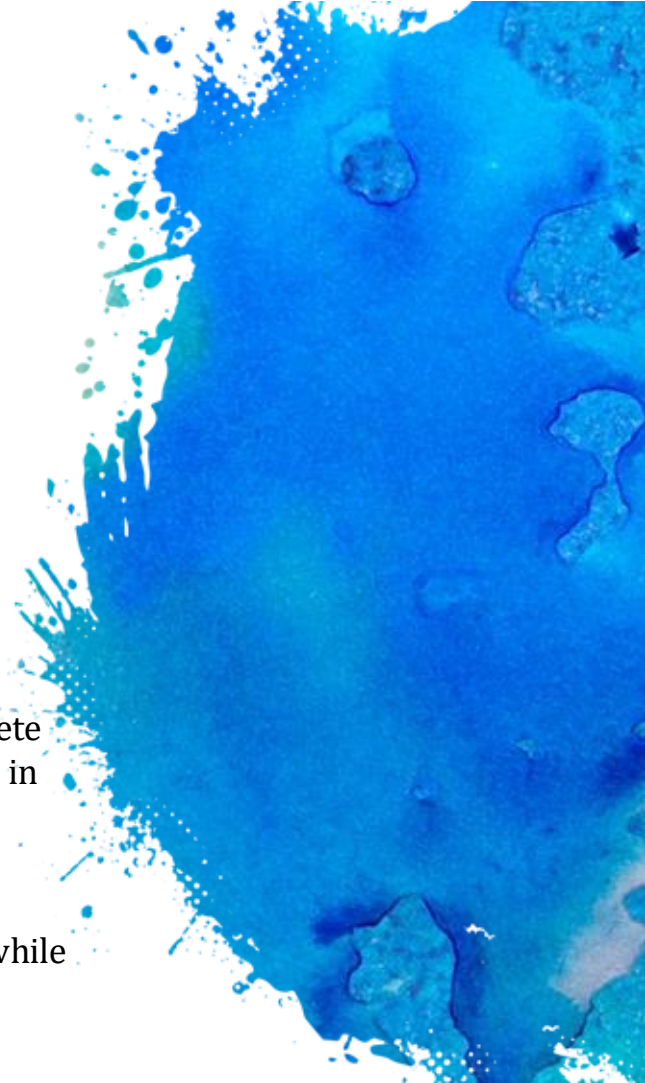
WEDNESDAY

Week 3

What is ENGAGEMENT?

- ❖ Engagement is when one is **fully absorbed** in an activity.
- ❖ To have positive and meaningful experiences in life we must practice engaging with our world.

- ❖ This week we'll focus on two different types of engagement:
 1. **FLOW** – the sense of engagement we get when we're doing something we feel passionately about. Flow is a sense of complete focus and fulfillment in an activity. It's sometimes called "being in the zone."
 2. **MINDFULNESS** – increasing our sense of engagement with the experiences of our day-to-day life. Mindfulness is a mental state achieved by focusing your awareness on the present moment, while calmly acknowledging and accepting your thoughts/feelings.



Activity!

Pull out a sheet of paper and spend the next 3 minutes writing about the day you had yesterday. Write about what happened from the moment you woke up to the time you went to sleep. After you have written about your day, I want you to notice what parts of the day you remember the most details about. Were these the activities where you felt most engaged? Share some of what you noticed as a class.

How do I increase ENGAGEMENT?

1. Notice when you feel flow. What activities make you feel “in the zone?” When possible, do more of these activities!
2. Practice mindfulness.
3. Identify your strengths (or remember them from a few weeks ago). Finding and applying our own personal strengths enables us to feel great satisfaction and appreciation of ourselves, others, and the world.

LET'S PRACTICE!



How do I practice being engaged?

- × Write “Increasing Engagement” at the top of a sheet of paper in your journal
- × Take just **one minute** and write down one or more activities that give you a sense of FLOW. Examples might include playing the piano, practicing basketball, drawing, writing.
- × Increasing FLOW in your life is your first strategy to increase engagement.
- × A couple weeks ago, we discussed what our personal strengths were. Take just a second with the next slide to remind yourself what your strengths were. Jot them down in your journal.
- × Knowing your strengths will help you know how you want to focus your energy to engage with others and the world around you. This is your second strategy to increase engagement.

We'll practice a third strategy tomorrow!

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



THURSDAY

Week 3

How do I practice being engaged?

Your third strategy to increase engagement is to practice mindfulness.

For this activity, refer to the coloring sheet that goes along with this lesson. You'll see that it's designed as a coloring sheet for adults.

While the timer is going, BE SILENT. Don't do anything but color.

DISCUSSION: What was that like? Easy or hard?

Click to the next slide to see other mindfulness activities.

Count to 10 and back in coordination with my breath.



Draw or Color



Place my hands over my ears and breathe slowly & deeply, listening to the sound that my breath makes.



Journal or Write a Letter



Think about 3 things am grateful for.



Think of a Happy Memory or Peaceful Place.



Give myself an arm and hand massage.

Stretch or Do Yoga

Push my palms together.



Read a Book or Look at Feel-Good Pictures



Give myself or a stuffed animal a great big hug.



Squeeze Then Relax My Muscles
(Try "Rocks & Socks")



Rub or tap my temples.

Take Slow Breaths & Just Sit with My Feelings



Pull out your journal from yesterday. Jot down one or two of these ideas for you to practice later. Make sure you list coloring since that's the one we practiced today!

So now your journal page should have THREE strategies listed:

- 1. A list of activities that give you a sense of FLOW (or put you "in the zone.")**
- 2. A list of your personal strengths that will help you decide where to spend your energy.**
- 3. A list of a few mindfulness activities to practice.**

Let's bring it all together.

Table Talk

1. Help each other remember: what are the three strategies we've discussed to help increase engagement?
2. What is flow?
3. What is mindfulness?
4. How do your personal strengths relate to engagement?





FRIDAY

Week 3

Reflection Circle

- 1). From what we learned this week, do you think engagement is a choice?
- 2) How are you consciously going to increase your engagement in the activities you do ?
- 3). Why do you think engagement increases well-being?