



PERMA

Achievement/Accomplishment
Week 6

Guiding Questions:

1. Why should I do things that are hard?
2. How does accomplishment/achievement affect my well-being?
3. Are people born smart/talented?

Family Circle

PLAY VIDEO FIRST

<https://www.youtube.com/watch?v=JC82IlZcjqA&list=PLzwTz64sCByLU4-zZ1WnBgBdsa00X-exh&index=2>

1. What's something you've accomplished that you're proud of?
2. Think about something you're good at.
How did you become good at it?
(If you were born good at it, have you gotten any better. How?)
3. What's something you think you're bad at?
Have you gotten any better at it over time? How?



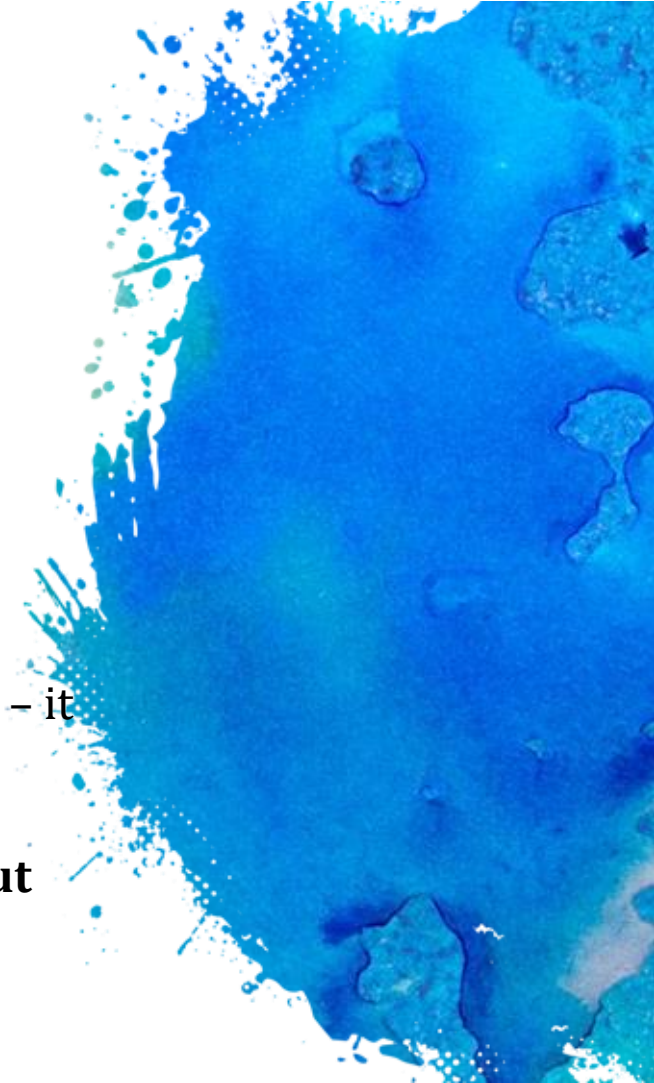
TUESDAY
Week 6

What does it take to achieve/accomplish a goal?

START HERE:

<https://www.youtube.com/watch?v=EIVUqv0v1EE>

- ❖ Working through struggle and choosing not to give up when you make mistakes doesn't just help you in school – it helps you get better in sports, art, video games and whatever else you're passionate about!
- ❖ **Your brain is like a muscle – the more you work it out through STRUGGLING, the stronger it gets.**



❖ CLASS DISCUSSION

- The A in PERMA stands for achievement/accomplishment because it's an important part of well-being. **Why do you think achievement/accomplishment leads to better well-being?**


❖ JOURNAL ENTRY

- If time allows, take a minute or two and jot down a few things that you've accomplished or achieved. You probably felt proud when they happened. What about now? Do you feel pride, happiness, joy (or something else entirely) when you remember those times?





WEDNESDAY
Week 6



Some of the most famous successes in the world became successes BECAUSE THEY FAILED FIRST. Some of them failed many times before becoming the people we know today.

A MESSAGE FROM KID PRESIDENT:

<https://www.youtube.com/watch?v=C7BdKHc96dQ>

Most people don't get to their SPACE JAM without some failure along the way.



- × On a sheet of paper, draw a line down the center so you have two columns.
- × On the left side write "FAILURES." Below it, write a list of times you felt like you failed (No one else will see this; it is just for you!).
- × On the right side write "WISDOM." In this column, write any valuable wisdom you learned from each failure.



THURSDAY
Week 6

Are people born smart?

DEBATE

- × What do you think?
Are people born smart or do they make themselves smart?
- × What about other skills – are people born good artists?
Good athletes?



The Power of “Yet”

<https://www.youtube.com/watch?v=J6CnrFvY94E>

- × What power do you think the word “yet” has?
- × In other words – what is different about saying, “I can’t do it” vs. saying, “I can’t do it **yet?**”





FRIDAY
Week 6

Friday Reflection

START HERE:

<https://www.youtube.com/watch?v=LUTcigWSBsw>

- 1) Do we always have to be the very best?
Is there still benefit in struggle if we don't end up the very best at something?
- 2) Do you find it scary to try something you might not win at? What's the benefit of taking this kind of risk?