

Well-Being

Well-Being Practices in the Primary and
the Benefits for the School Community

Why are you here?

- Away back when...



What is Well-Being?

- Think about what it means for you?
- For me – simply ‘My being is well, mentally, physically emotionally, no disease.
- Martin Seligman

According to Marty...

“Well-being is just like “weather” and “freedom” in it’s structure: no single measure defines it exhaustively, but several things contribute to it; these are the elements of well-being, and each of the elements is a measurable thing.”

- Martin Seligman, Flourish, (2011)

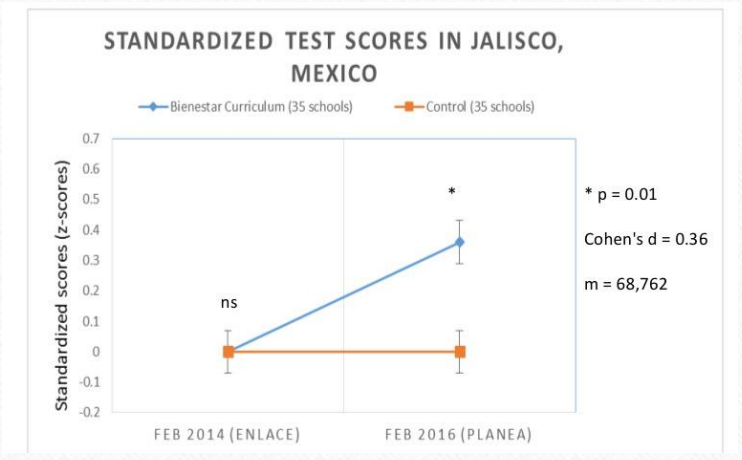
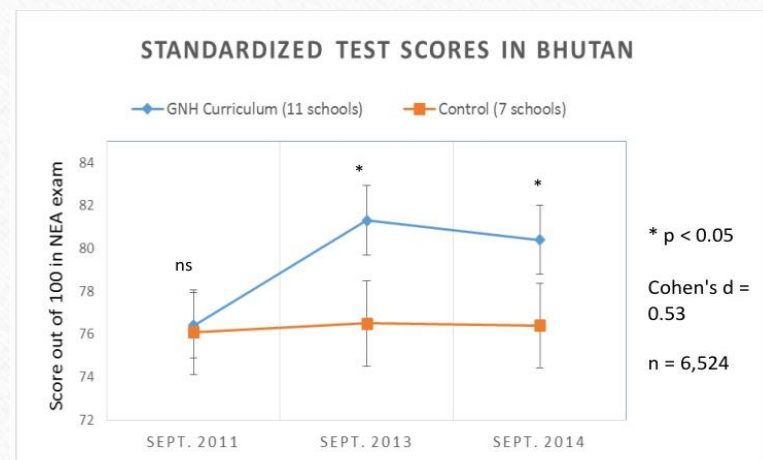
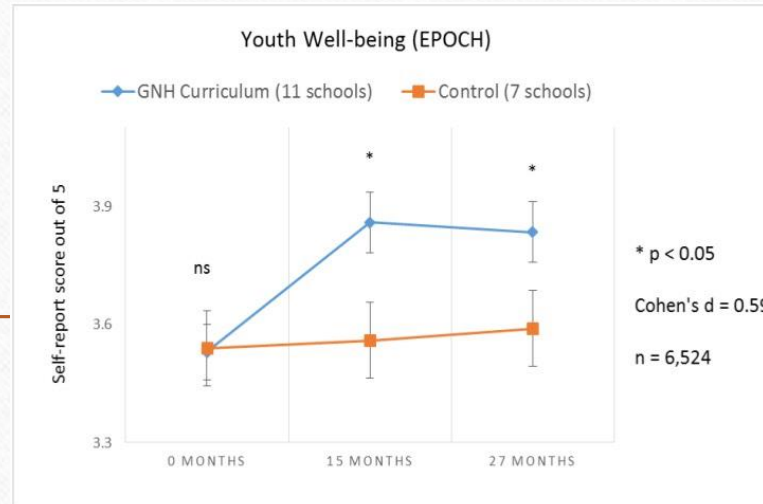
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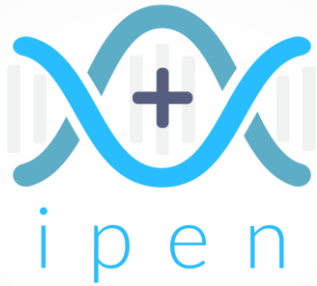
- Positive Emotion
- Engagement
- Positive Relationships
- Meaning
- Accomplishment-



Studies Show...

- Alejandro Adler
- 'Teaching Well-Being Increases Academic Performance: Research from Bhutan, Mexico and Peru (2016)





INTERNATIONAL POSITIVE
EDUCATION NETWORK



GEELONG GRAMMAR SCHOOL
EXCEPTIONAL EDUCATION

INSTITUTE OF
**POSITIVE
EDUCATION**



OPTIMUS EDUCATION



معاً نرتقي

What Works

المعرفة

Knowledge

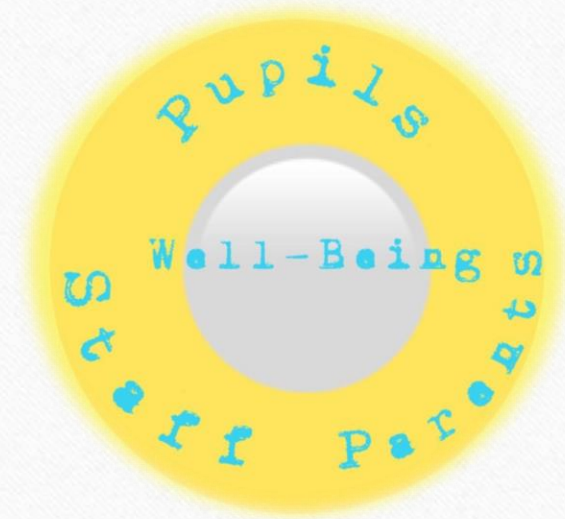
The Shift...



So, what can we do?

Activity 1:

Well-being audit – journey so far, what's next for children, staff, parents. Identify a team.



Multidimensional Flourishing



Mindful Moments...



1 minute 4 seconds to be exact...

Mindfulness

- Many ways to begin...
- Try some meditations yourself using apps/YouTube etc
- Stop, Drop and Breathe
- Mindful Munching
- Glitter jars
- Mindful Movement



Some themes...

GRATITUDE!
THREE GOOD THINGS

So, what can we do?

Activity :

- Complete the GQ-6 questionnaire.
- Try the Positive Psychology Intervention for 1 week.
- Do the GQ-6 again.



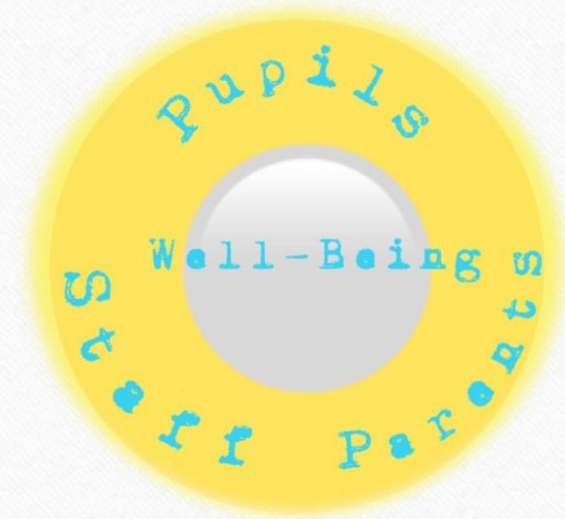
Some themes...

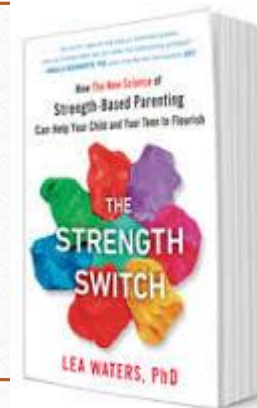


So, what can we do?

Activity :

Use resources to integrate strengths language into teaching/ everyday/ with staff/ parents.



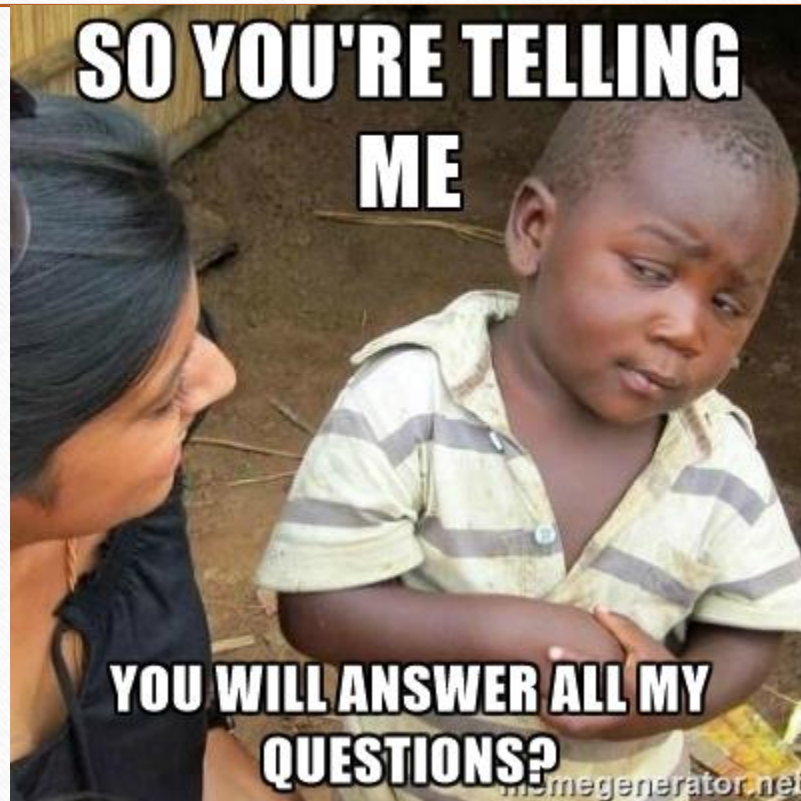


To start...

- Children – learn strengths language, try activities/questions, strength spot
- Staff – INSET, strength spot in self/others, thread through teaching, VIA questionnaire
- Parents – Introduce strengths, share research



I'll try...



Please Keep In Touch, Share with Me!



Mindful Miss Green



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