

◦ Listen to music or sing a song

◦ Yoga

◦ Puzzles

◦ Origami

◦ Countdown

◦ Watch a movie or series

◦ Virtual games; charades, I-spy

◦ Online, interactive assemblies

◦ Share memories: photos,

songs, food etc

◦ Rainbow

Challenge

◦ Virtual show and tell

◦ 5 a day

◦ Movement mins

◦ Sleep routine

◦ Class song

◦ Gratitude post-its

◦ Class tasks set and shared virtually

◦ Well-being journal; record PERMA+

◦ Household responsibilities

Engagement

The engaged life



'FLOW'

E

We think + feel nothing when fully engaged

Relationships

authentic, meaningful, life enhancing connections



The related life

R

Positive emotion



The pleasant life

feeling good

happiness

satisfaction

resilience

pleasure

rapture

optimism

self-esteem

comfort

warmth

P

Well-being theory

Goal: to increase FLOURISHING

Martin Seligman 2011

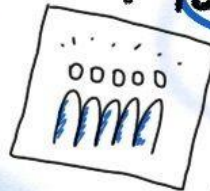
Vitality

wellness physical health (not part of theory)

M

Meaning

The meaningful life



motivations

purpose

contribution

belonging

passion

fulfilment

Gratitude

Achievement



The accomplished life

goals

success

mastery

A

inspired action

◦ x table challenges