

Strength Spotting

Watch Video



DISCOVER Strength Spotting

When was the last time someone pointed out what is RIGHT with you? Each of us has a biological need to be seen for who we are and recognized by those around us. We each have Character Strengths which enable us to show who we are at our best. Nothing beats being meaningfully seen and recognized for your unique combination of strengths. The skill of StrengthSpotting enables you to get comfortable with and good at naming, explaining and appreciating what is right in yourself and those around you. By focusing on Character Strengths, you can reap the benefits of enhanced wellbeing, stronger relationships and even improved work satisfaction.

Strength Spotting Quick Links

- [Strength Spotting Website page](#)
- [LEARN Strength Spotting](#)
- [PRACTICE Strength Spotting](#)
- TEACH Strength Spotting
 - > [Slide Deck](#)
 - > [Unit Study Pack](#)
- [SPREAD Strength Spotting](#)

LEARN

Strength Spotting

Learn to appreciate what is right in yourself and those around you for enhanced wellbeing.



“Don’t be the reason someone feels insecure. Be the reason someone feels seen, heard, and supported by the whole universe.”

— Cleo Wade —

SKILL

Humans have a biological need to be seen and appreciated for who we are at our core — in other words, our Signature Strengths. To identify your Signature Strengths, take the [VIA Survey](#). This survey, taken by over 25 million people around the world, was created by leading positive psychology researchers as an evidence-based tool for people to inventory what is RIGHT about themselves. Strength Spotting builds on the skill of [Character Strengths](#), moving you from simply becoming AWARE of your strengths to EXPLORING and APPLYING them more intentionally.

Strength Spotting is the skill of noticing, describing, and appreciating the Character Strengths in yourself and those around you. This skill encourages you to see people as an orchestra of strengths by shining the light on what is best with the people around you and in your community. Strength Spotting can be applied at the individual, family or team level. The practice of Strength Spotting also enhances your ability to refine your own strengths over time so you can use them in the best way possible. This practice not only benefits you — it also helps others increase their capacity to put their strengths into action in beneficial ways.

LEARN Strength Spotting *(continued)*

Can you notice, describe and appreciate any of the Character Strengths below in yourself or others?



Appreciation of Beauty and Excellence



Bravery



Creativity



Curiosity



Fairness



Forgiveness



Gratitude



Honesty



Hope



Humility



Humor



Judgment



Kindness



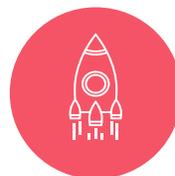
Leadership



Love



Love of Learning



Perseverance



Perspective



Prudence



Self-Regulation



Social Intelligence



Spirituality



Teamwork



Zest

LEARN Strength Spotting *(continued)*

SCIENCE

It is well documented that two thirds of our population are unaware of their intrinsic strengths and how they can apply them in the various areas of their life. This is known as strengths blindness and it occurs in several ways:

- People taking their strengths for granted, believing they are ordinary rather than extraordinary.
- Individuals overusing a strength such that it doesn't feel like a strength.
- Focusing on mistakes and weaknesses and don't notice the benefits of their strengths.

Additionally, when the term "strengths" is used in the disability space, specifically in the IEP process, it is most frequently referring to skills and interests, not Character Strengths. This needs to evolve because the science is clear that people who are able to apply their signature strengths and be recognized for them reap many benefits.

BENEFITS

People who know their strengths, and utilize the practice of Strength Spotting experience:

- Enhanced overall wellbeing and life satisfaction
- Greater happiness and less depression
- Greater relationship satisfaction
- Less stress and reduced anxiety
- Higher levels of positive work experiences
- Increased intrinsic motivation and engagement

PRACTICE

Strength Spotting

Recognize other's strengths to improve work satisfaction and more.



Strength Spotting is a positive intervention that must be practiced, repeatedly. Below are a few activities to increase your ability to spot the strengths in yourself and those around you. When engaging in a positive intervention, it helps to track your wellbeing as a measure of success. Before you dive in, take your PERMA+ Snapshot located on our website (proofpositive.org) and see what your score is today. Next, try each of the activities below over the coming weeks and then re-take your PERMA+ Snapshot to see how the positive intervention of Strength Spotting impacted your wellbeing.

1. Know + Share Your Strengths

Take the VIA Character Strengths Survey (viacharacter.org) and use this worksheet to document your unique combination of strengths. Next, you'll reflect on what your Character Strengths look like in action across the various aspects of your life. Finally, this reflection activity will help you share your strengths to those you love and spend time around. When your friends, family and colleagues know your strengths, they can help you spot them in action. See page 3.

2. Strength Spotting in Hindsight

It is commonly said that "hindsight is 20/20," and this can be leveraged to help you spot your Character Strengths in action. In this activity, you will reflect on what you did yesterday or the day before. Which strengths did you use throughout the day? Were there any moments where you leveraged your strengths but didn't notice them at the time? Were there moments where mindfully calling on a strength might have helped? See page 4.

3. A Community of Strengths

Most people have built a family tree or seen an org chart. But what happens if you layer in Strengths to these diagrams? In this activity, you'll identify a "community of strengths" by going out into your network of family, friends, colleagues and others to collect and reflect upon their Signature Strengths. Identifying how these strengths impact you and your relationships can help improve not only your wellbeing, but the wellbeing of your community. See pages 5 and 6.

PRACTICE Strength Spotting *(continued)*

4. People I Admire Most Reflection

What we most admire about others is usually closely tied to their Signature Strengths. When thinking about people you look up to, who are they at their core? How do they use those strengths to live their lives to the fullest? Taking time to reflect on the strengths of those you admire will aid in training your brain to spot the strengths in yourself and those around you. See page 7.

5. Strength Spotting in the Digital World

It is one thing to spot, name and appreciate Strengths when you are working side-by-side with a teammate or family member. But, can you train your brain to Strength Spot when using technology? Can you see a strength in a text message, hear it in a voicemail, find it in a social media post, or read it in a comment? Do your texts, posts, and comments reflect your Signature Strengths? Imagine the positivity that could ripple through our exchanges if we started leading with our own strengths and spotting the strengths of others. See pages 8 and 9.

Know + Share Your Strengths

KNOW

1. Take the VIA Survey at viacharacter.org or scan the QR code.
2. List your top five Signature Strengths.



SCAN ME ↗

1. _____
2. _____
3. _____
4. _____
5. _____

SHARE

Name the people most important to you.	How will you share your strengths with them?	List some strengths you see in each of them.

Strength Spotting in Hindsight

Reflect on what you did yesterday or the day before. Which strengths did you use throughout the day? What impact did using your strengths have on your daily activities?



Appreciation of Beauty and Excellence



Bravery



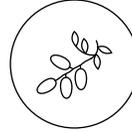
Creativity



Curiosity



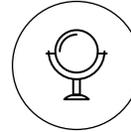
Fairness



Forgiveness



Gratitude



Honesty



Hope



Humility



Humor



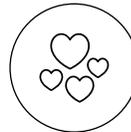
Judgment



Kindness



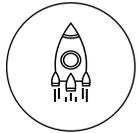
Leadership



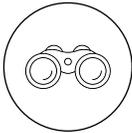
Love



Love of Learning



Perseverance



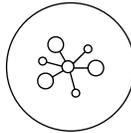
Perspective



Prudence



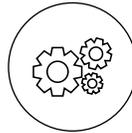
Self-Regulation



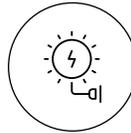
Social Intelligence



Spirituality



Teamwork



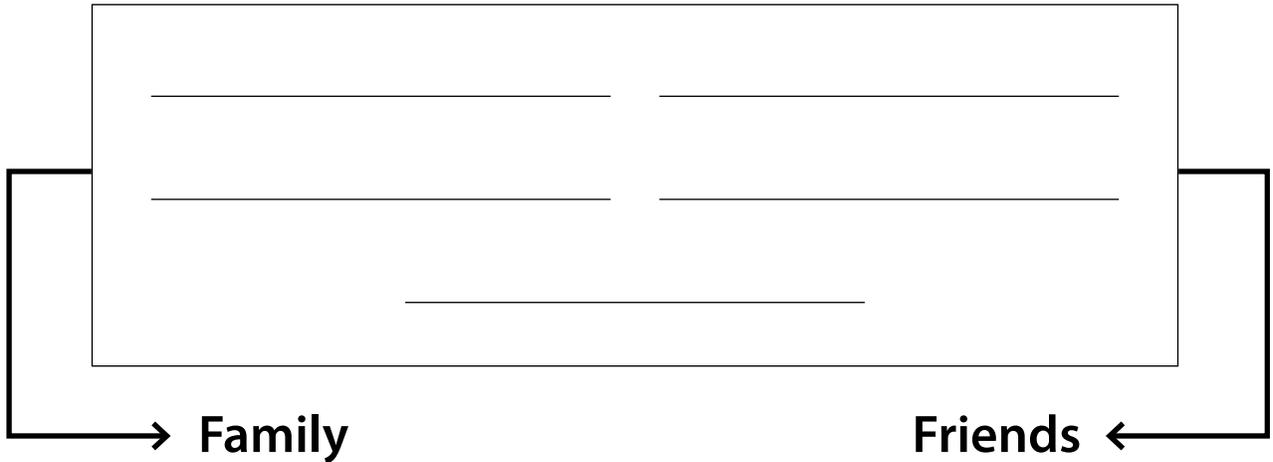
Zest

Activity	Strengths Used	Impact on Activity

A Community of Strengths

Reflect on your family, friends, colleagues and others. List your Signature Strengths and then the strengths you see in the people in your life. Identifying how these strengths impact you and your relationships can help improve not only your wellbeing, but the wellbeing of your community.

You



Name: _____

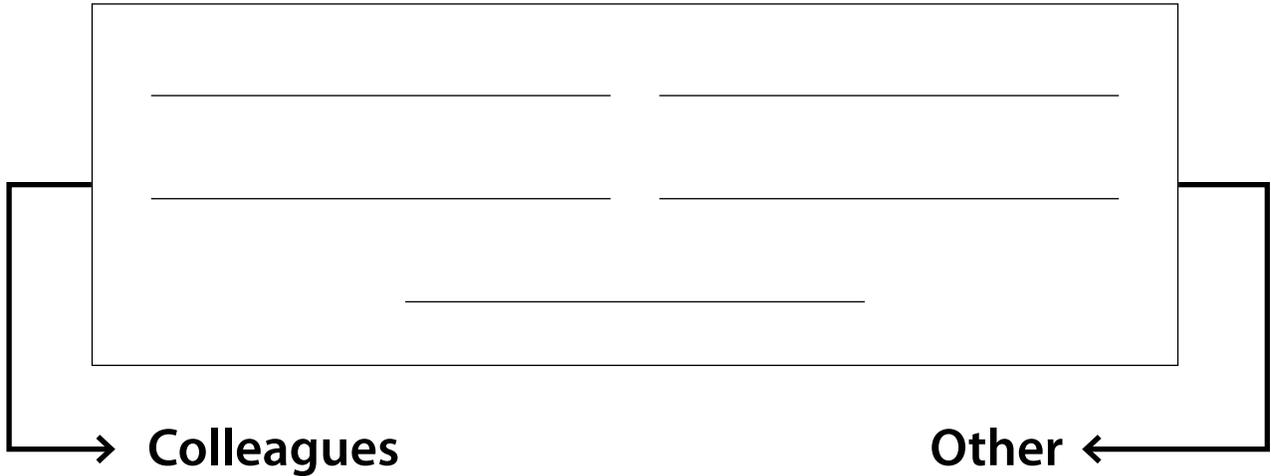
1. _____

2. _____

3. _____

A Community of Strengths (continued)

You



Name: _____

1. _____

2. _____

3. _____

People I Admire Most Reflection

What we admire in others — whether they are neighbors, leaders, or celebrities — is usually closely tied with their Signature Strengths. Choose someone you look up to and use this worksheet to identify what you admire most about them, how that positively impacts you, and how their Strengths contribute to who they are. This is also a great activity to get families or colleagues in the habit of noticing, describing, and appreciating Character Strengths in themselves and others.

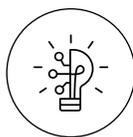
1. Name a person you admire
2. What do you admire about this person?
3. What have you learned from them?
4. How has knowing them benefited you?
5. What strengths make them who they are?



Appreciation of Beauty and Excellence



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Creativity



Curiosity



Fairness



Forgiveness



Gratitude



Honesty



Hope



Humility



Humor



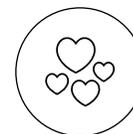
Judgment



Kindness



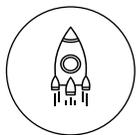
Leadership



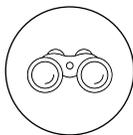
Love



Love of Learning



Perseverance



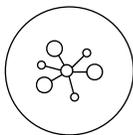
Perspective



Prudence



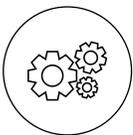
Self-Regulation



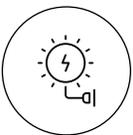
Social Intelligence



Spirituality



Teamwork



Zest

Strength Spotting in the Digital World

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Spotting someone else's strengths in a text message:

Text 1: "Hi Jenny! I'm looking forward to seeing you at the PTA meeting tonight. Instead of jumping right into the agenda items, I was thinking it may be helpful if we could start the time with a brainstorm of new activities for the Spring Field Day. I think it would be a win/win to get all parents involved and have new activities for the kids. What do you think?"

Response: "I think that is a great idea! That is such a good use of your creativity strength and it would encourage creativity in the group that tends to want to get down to decision making. I'm looking forward to it!"

Showing Curiosity and Humility in a social media comment on a news story when others rush to judgment:

"This sounds like a very challenging situation and I'm sure everyone did what they thought was best with the information they had at the time. I know there have been times when others have judged me when they didn't see the whole picture. I'm wondering what were some of the underlying issues that led to this incident so we can address them to prevent a similar situation from happening again?"

Giving a strength shout-out in a social media status update:

"I had such a great day crafting with the girls! It is amazing to see their appreciation of beauty and excellence show in different ways!"

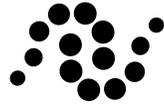
Email reply identifying strengths in the initial message:

"Hi Ms. Richardson, thanks for letting me know about Jeremy's struggles today. We have been seeing this as home as well. I appreciate your fairness and perspective when you outlined what happened. Many other teachers would have rushed to judgment or placed 100% of the blame on Jeremy. Do you want to meet Thursday morning to discuss how we can structure things slightly different at both home and school to address this?"

over >

Influencing others via text to directly connect rather than use technology:

“Oh boy, there sure is a lot going on here with several strong opinions. I don’t want anyone to feel like they aren’t valued or that decisions are being made without them. To ensure we lead with teamwork and fairness, why don’t we meet in person next week to determine next steps? This will also give everyone a chance cool down and look at things more objectively”



Strength Spotting Unit Study Pack

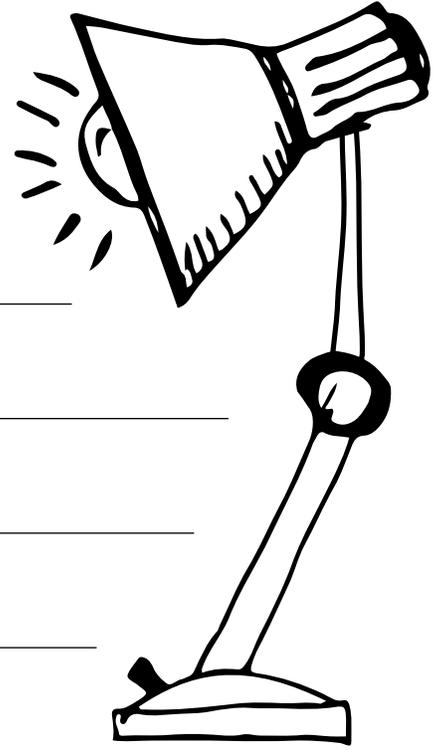
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Shine a Light on YOUR Signature Strengths!

List your 5 Signature Strengths below and then answer the reflection questions.

1. _____
2. _____
3. _____
4. _____
5. _____



Signature Strengths Practice

- What did you learn about yourself by taking the VIA? _____

- What surprised you most about your VIA results? _____

- How do your Signature Strengths enable you to succeed at school/work? _____

- How do your Signature Strengths show up in your personal life/relationships? _____

- Are there any ways in which your strengths hinder you? _____

YOUR Signature Strengths

Name: _____

Now you know your strengths. Cut out each strength. Glue or tape your top five to the YOUR Signature Strengths Sheet. Does this strength sound like you? Circle what you think.



Not at all!



A little.



A lot!



Not at all!



A little.



A lot!



Not at all!



A little.



A lot!



Not at all!



A little.



A lot!



Not at all!

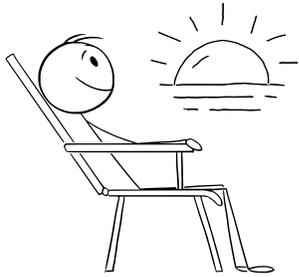


A little.

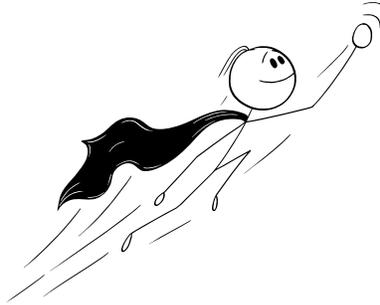


A lot!

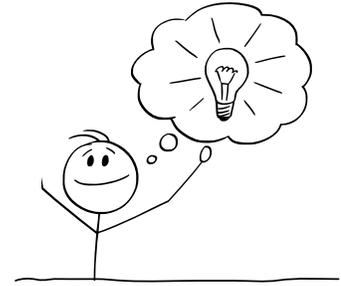
The 24 Character Strengths



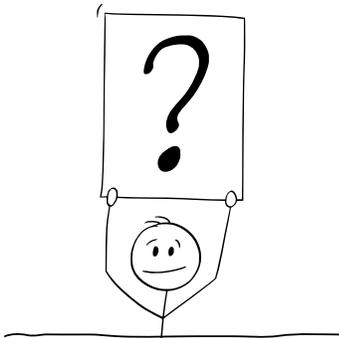
APPRECIATION OF BEAUTY
AND EXCELLENCE



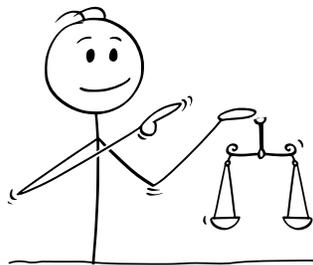
BRAVERY



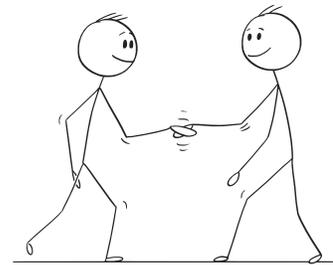
CREATIVITY



CURIOSITY



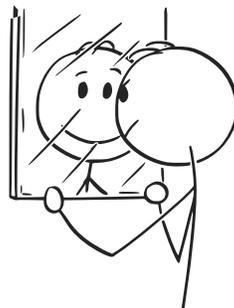
FAIRNESS



FORGIVENESS



GRATITUDE



HONESTY



HOPE



HUMILITY



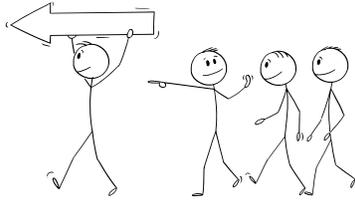
HUMOR



JUDGMENT



KINDNESS



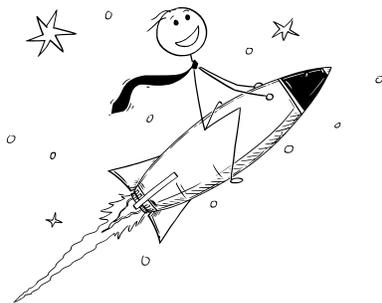
LEADERSHIP



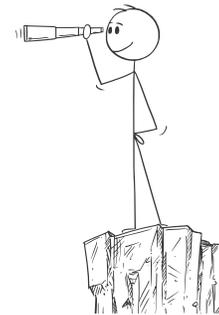
LOVE



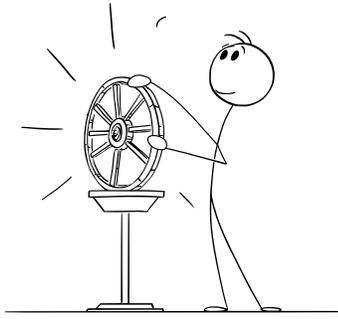
LOVE OF LEARNING



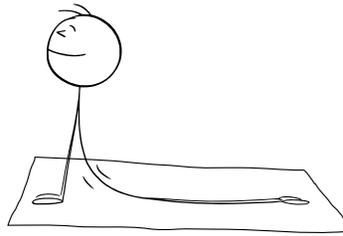
PERSEVERANCE



PERSPECTIVE



PRUDENCE



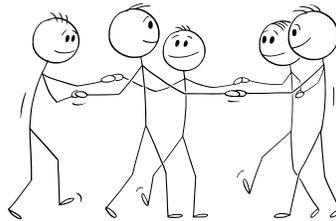
SELF-REGULATION



SOCIAL INTELLIGENCE



SPIRITUALITY



TEAMWORK



ZEST

Strength Spotting in Hindsight

Reflect on what you did yesterday or the day before. Which strengths did you use throughout the day? What impact did using your strengths have on your daily activities?



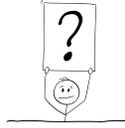
APPRECIATION OF BEAUTY AND EXCELLENCE



BRAVERY



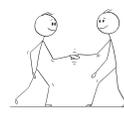
CREATIVITY



CURIOSITY



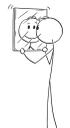
FAIRNESS



FORGIVENESS



GRATITUDE



HONESTY



HOPE



HUMILITY



HUMOR



JUDGMENT



KINDNESS



LEADERSHIP



LOVE



LOVE OF LEARNING



PERSEVERANCE



PERSPECTIVE



PRUDENCE



SELF-REGULATION



SOCIAL INTELLIGENCE



SPIRITUALITY



TEAMWORK



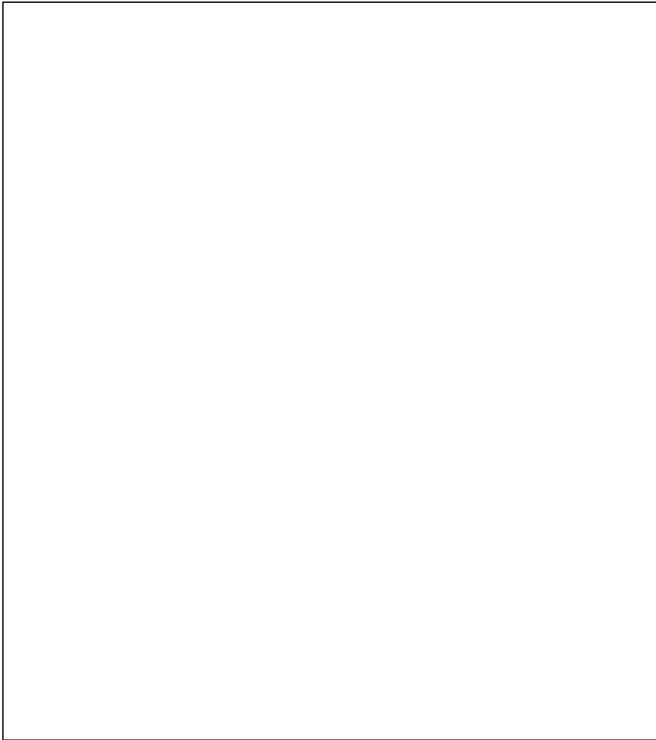
ZEST

Activity	Strengths Used	Impact on Activity

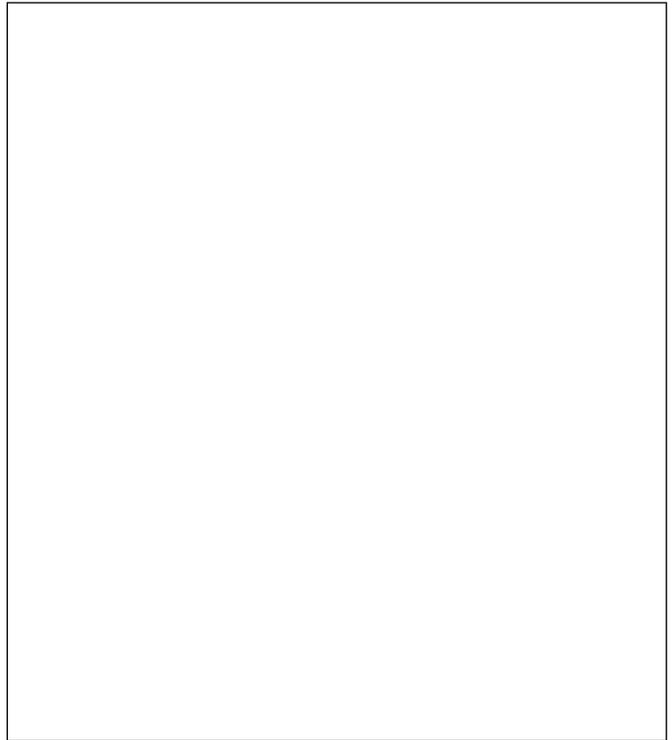
Strength Spotting in Hindsight

Cut out each strength. Reflect on the Strengths Spotting in Hindsight worksheet questions.
Glue or tape your answers in the boxes provided.

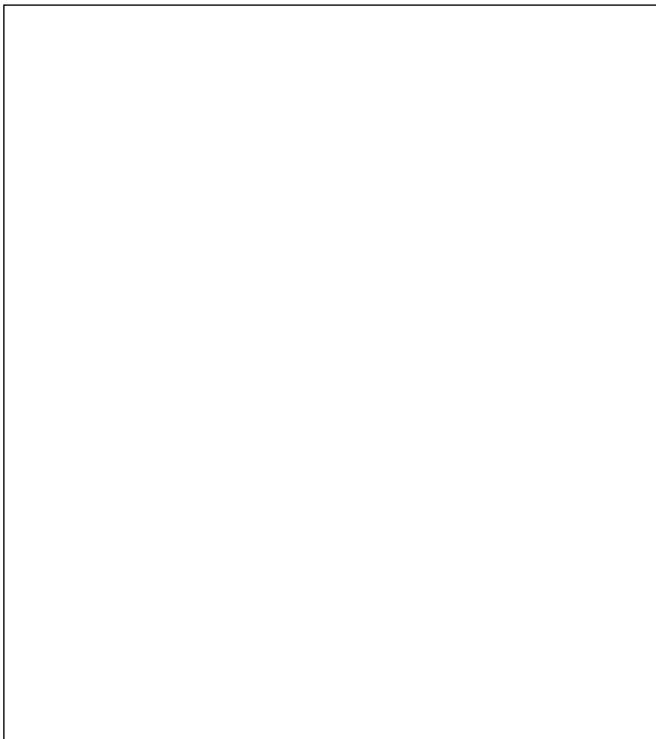
What strengths did you use with your family at home?



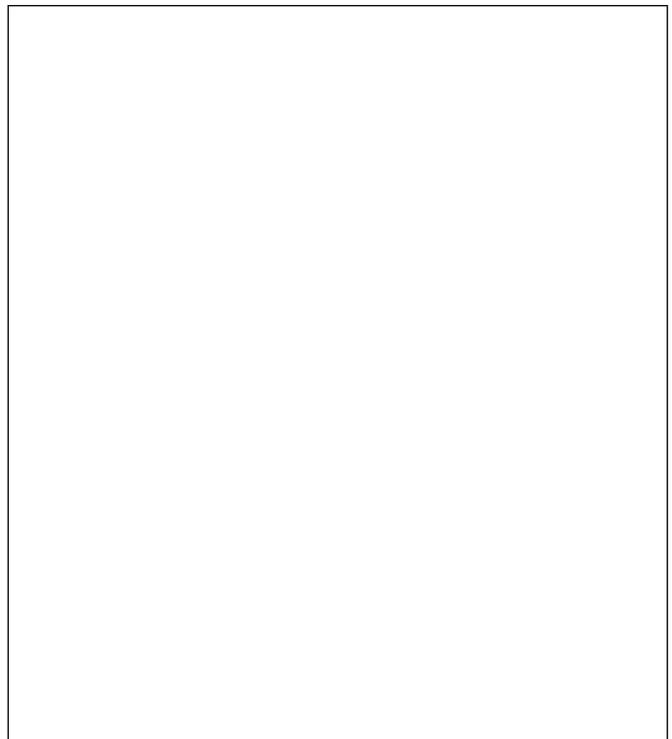
What strengths did you use when you learned at school?



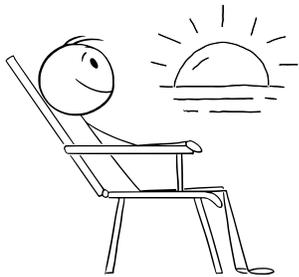
What strengths did you use with your friends at school?



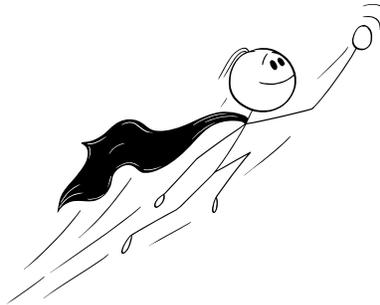
What strengths did you use when things got hard?



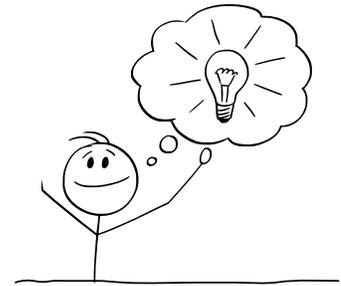
The 24 Character Strengths



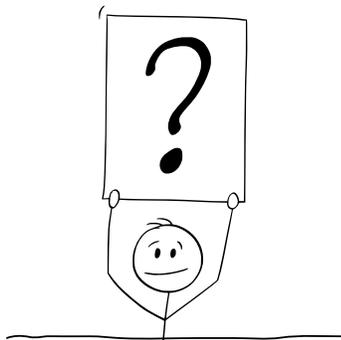
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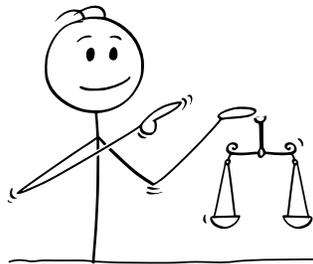
BRAVERY



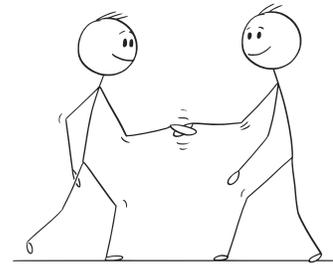
CREATIVITY



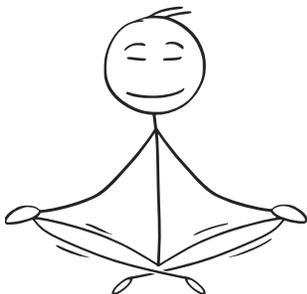
CURIOSITY



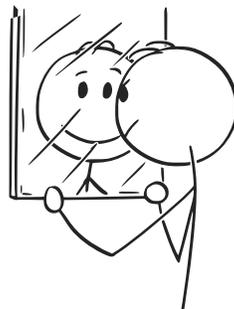
FAIRNESS



FORGIVENESS



GRATITUDE



HONESTY



HOPE



HUMILITY



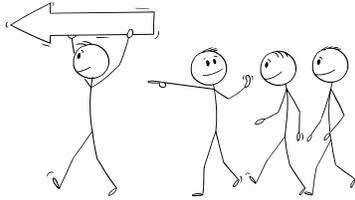
HUMOR



JUDGMENT



KINDNESS



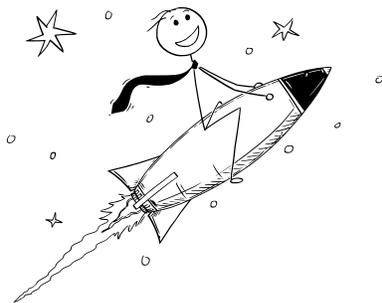
LEADERSHIP



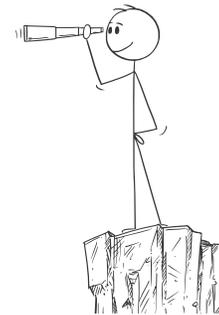
LOVE



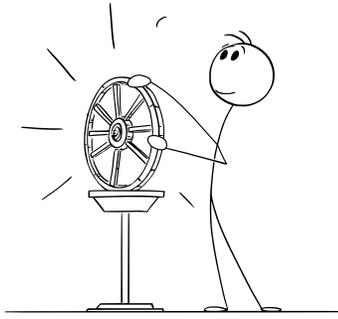
LOVE OF LEARNING



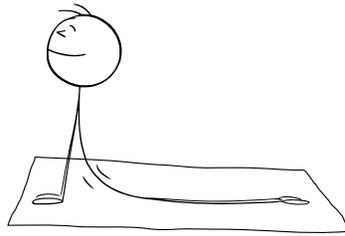
PERSEVERANCE



PERSPECTIVE



PRUDENCE



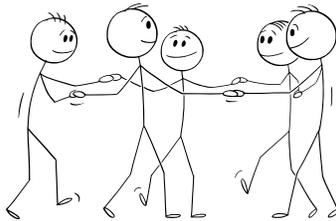
SELF-REGULATION



SOCIAL INTELLIGENCE



SPIRITUALITY



TEAMWORK

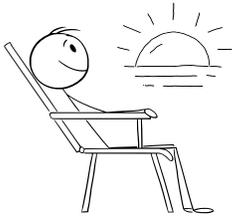


ZEST

Strength Spotting Shoutout Cards

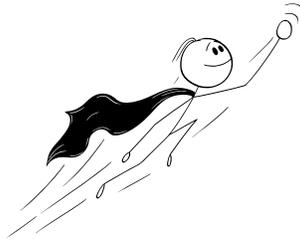
Reflect on which of your classmates, family, or friends have each of the strengths (e.g. Avery has kindness, and Jason has creativity). Write the person's name below their strength.

APPRECIATION OF BEAUTY
AND EXCELLENCE



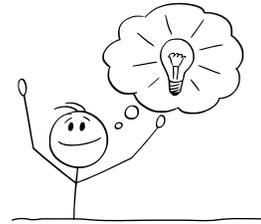
Who has this strength?

BRAVERY



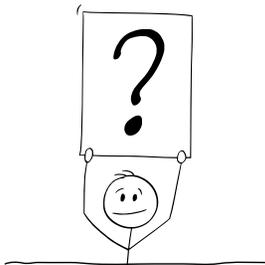
Who has this strength?

CREATIVITY



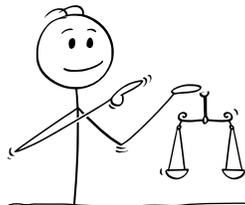
Who has this strength?

CURIOSITY



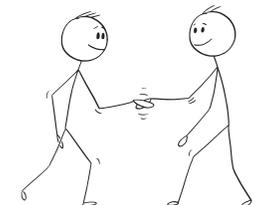
Who has this strength?

FAIRNESS



Who has this strength?

FORGIVENESS



Who has this strength?

GRATITUDE



Who has this strength?

HONESTY



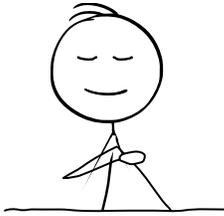
Who has this strength?

HOPE



Who has this strength?

HUMILITY



Who has this strength?

HUMOR



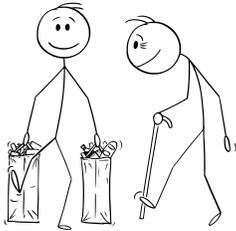
Who has this strength?

JUDGMENT



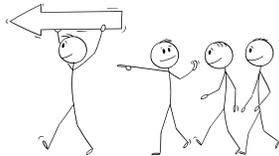
Who has this strength?

KINDNESS



Who has this strength?

LEADERSHIP



Who has this strength?

LOVE



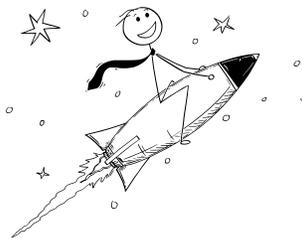
Who has this strength?

LOVE OF LEARNING



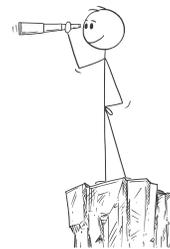
Who has this strength?

PERSEVERANCE



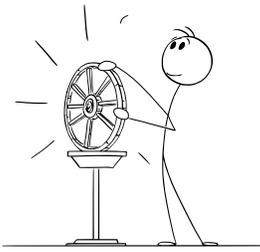
Who has this strength?

PERSPECTIVE



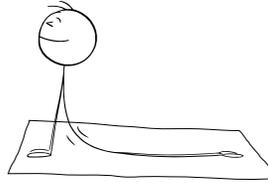
Who has this strength?

PRUDENCE



Who has this strength?

SELF-REGULATION



Who has this strength?

SOCIAL INTELLIGENCE



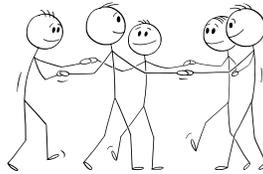
Who has this strength?

SPIRITUALITY



Who has this strength?

TEAMWORK



Who has this strength?

ZEST



Who has this strength?

My Family's Strengths

In the spaces below, write the names of the most important people in your life (they can be family and friends). Spend some time reflecting on which of the 24 Character Strengths you see in them.

Name: _____ 1. _____ 2. _____ 3. _____	Name: _____ 1. _____ 2. _____ 3. _____
Name: _____ 1. _____ 2. _____ 3. _____	Name: _____ 1. _____ 2. _____ 3. _____
Name: _____ 1. _____ 2. _____ 3. _____	Name: _____ 1. _____ 2. _____ 3. _____

THE 24 CHARACTER STRENGTHS



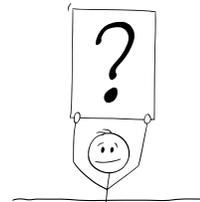
APPRECIATION OF BEAUTY AND EXCELLENCE



BRAVERY



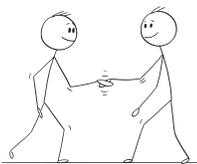
CREATIVITY



CURIOSITY



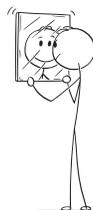
FAIRNESS



FORGIVENESS



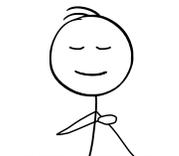
GRATITUDE



HONESTY



HOPE



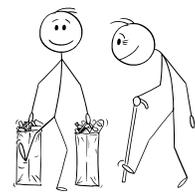
HUMILITY



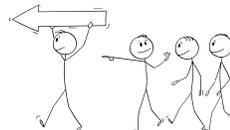
HUMOR



JUDGMENT



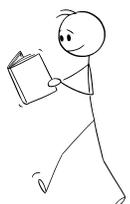
KINDNESS



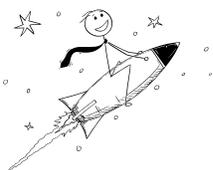
LEADERSHIP



LOVE



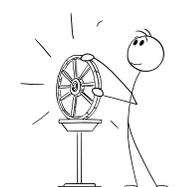
LOVE OF LEARNING



PERSEVERANCE



PERSPECTIVE



PRUDENCE



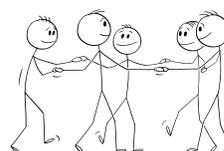
SELF-REGULATION



SOCIAL INTELLIGENCE



SPIRITUALITY



TEAMWORK



ZEST

Character Strengths

Who are YOU at your best?



Appreciation of Beauty and Excellence



Bravery



Creativity



Curiosity



Fairness



Forgiveness



Gratitude



Honesty



Hope



Humility



Humor



Judgment



Kindness



Leadership



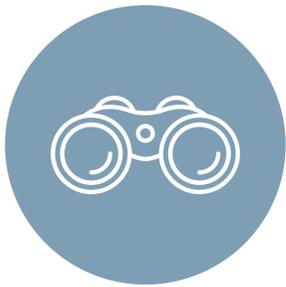
Love



Love of Learning



Perseverance



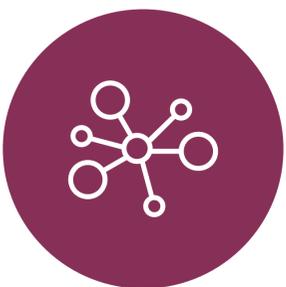
Perspective



Prudence



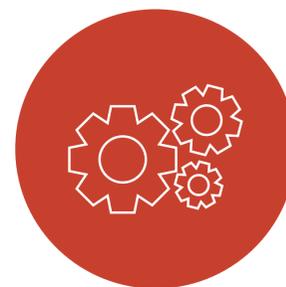
Self-Regulation



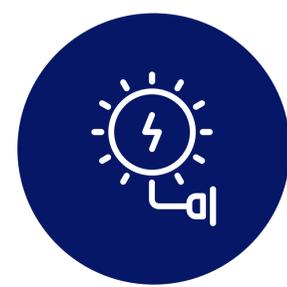
Social Intelligence



Spirituality



Teamwork



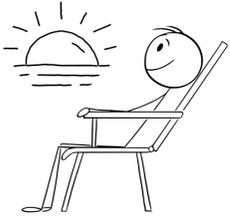
Zest



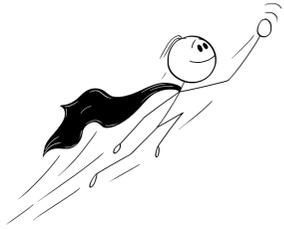
Learn more about the skills of happiness!

THE 24 CHARACTER STRENGTHS

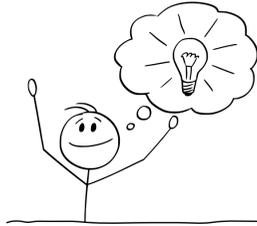
Spot what's right in yourself and those around you.



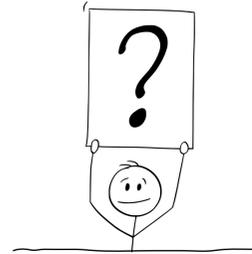
APPRECIATION OF BEAUTY AND EXCELLENCE



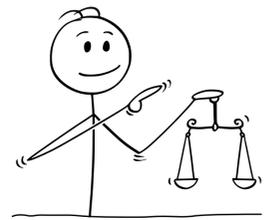
BRAVERY



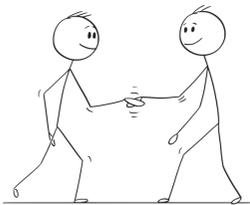
CREATIVITY



CURIOSITY



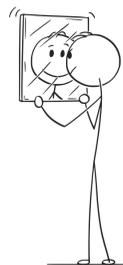
FAIRNESS



FORGIVENESS



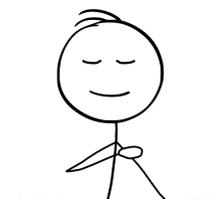
GRATITUDE



HONESTY



HOPE



HUMILITY



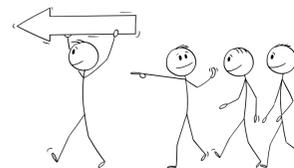
HUMOR



JUDGMENT



KINDNESS



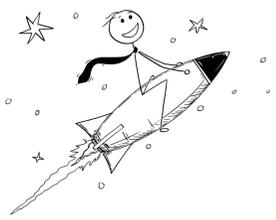
LEADERSHIP



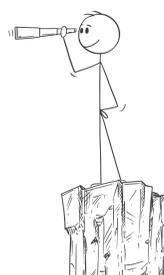
LOVE



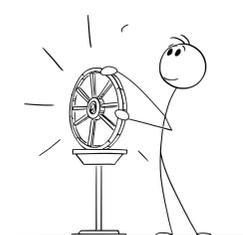
LOVE OF LEARNING



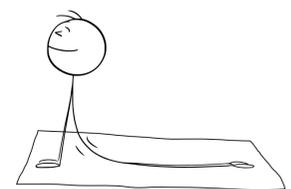
PERSEVERANCE



PERSPECTIVE



PRUDENCE



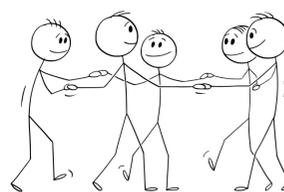
SELF-REGULATION



SOCIAL INTELLIGENCE



SPIRITUALITY



TEAMWORK



ZEST



Learn more about the skills of happiness!

SPREAD

Strength Spotting

When we notice and name each other's strengths, the whole community benefits from improved relationships.



“The greatest good you can do for another is not just share your riches, but to reveal to them their own.”

— Benjamin Disreali —

For Your Family

A Strength A Day

- Create a jar or bowl that has all 24 Character Strengths inside. Each morning, pull one strength that the entire family will focus on putting into action. During dinner or in the evening, reflect on how each member of your family used the strength. Feel free to spot the strength in yourself or one another. If a daily Character Strengths routine doesn't work for your family, try two per week (one for the first half of the week, one for the second half). See pages 3-5.

Strength Spotting for Sleep Journal

- At bedtime, shift the focus to strengths. Start a journal where your family will spend a few minutes each night practicing Strength Spotting. This resource has a list of all 24 strengths, so that you can spot a variety of Character Strengths in yourself and one another. See pages 6 and 7.

For Your School

Identifying Your Child's Strengths

- At back-to-school night, have parents complete the brief VIA Strengths Survey to identify strengths they believe their child displays. Bring the group together and have a few parents report how they believe their child's strengths will be displayed during the year. Revisit their survey at ALL parent / teacher conferences. See pages 8-10.

SPREAD Strength Spotting *(continued)*

Character Calls

- When a student goes above and beyond to display a strength, don't just tell them — call their parents. On the phone call, be sure to share exactly when strength(s) were displayed and how the strength(s) benefited the class. Encourage parents to surprise their child with the news that they received a "Character Calls" phone call and do something special to celebrate. See page 11.

Strength Spotting During Observations

- We all know that teacher/classroom observations can be stressful events. Try adding a section for spotting the strengths of the educator or staff member to your standard observation/feedback form. When you are debriefing the observation with a teacher, be sure to start with all the ways you saw them bring their strengths to the lesson/session.

For Your Community

Strength Spotting Shoutout Board

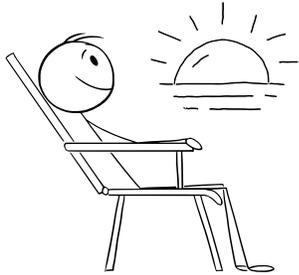
- In a central location, set up a Strength Spotting Shoutout bulletin board — this can be in-person or virtual on Canva. Include slips of paper or digital icons with each of the 24 strengths. Encourage all members of the community to recognize and appreciate strengths in themselves and one another. See pages 12-15.

Strength Spotting On the Go

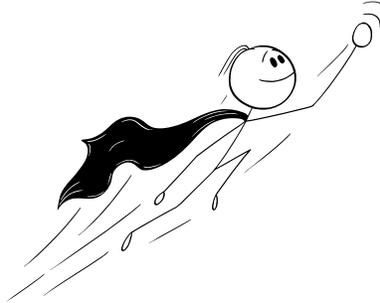
- Print the attached "Strengths Slips". As you go about your day, pull out a slip anytime you see someone display a strength. Jot them a quick note or tell them what you spotted. Encourage them to take the VIA and learn more about what is right with them. You can start sharing these with friends and acquaintances, but this even works on perfect strangers! It might take a little courage to hand out the first slip, but watch what a positive impact you can have on others. See page 16.

A Strength A Day

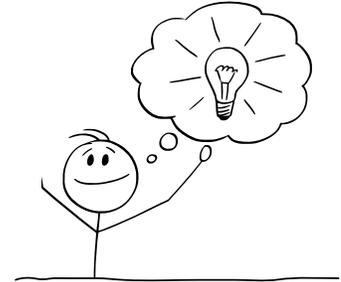
Cut out each of the 24 character strength cards and place in a jar or bowl. Each morning, pull one strength that the entire family will focus on putting into action during their day. In the evening, share how your family used the strength.



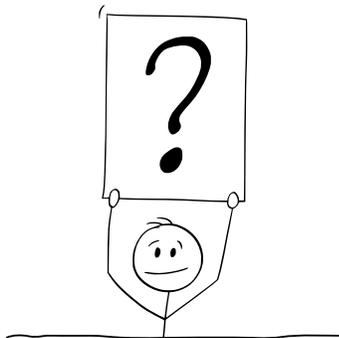
APPRECIATION OF BEAUTY
AND EXCELLENCE



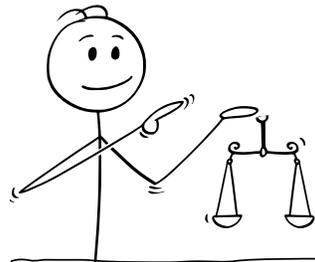
BRAVERY



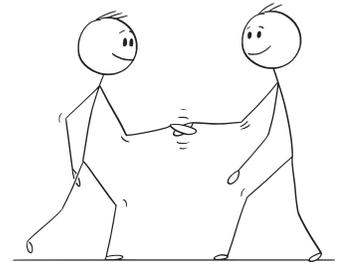
CREATIVITY



CURIOSITY



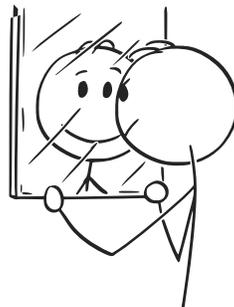
FAIRNESS



FORGIVENESS



GRATITUDE



HONESTY



HOPE



HUMILITY



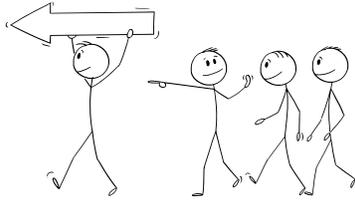
HUMOR



JUDGMENT



KINDNESS



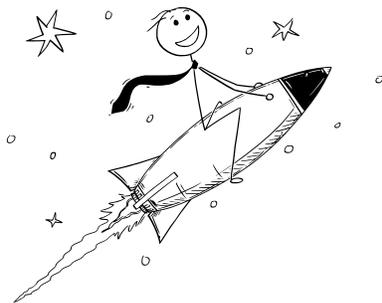
LEADERSHIP



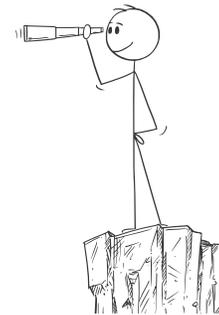
LOVE



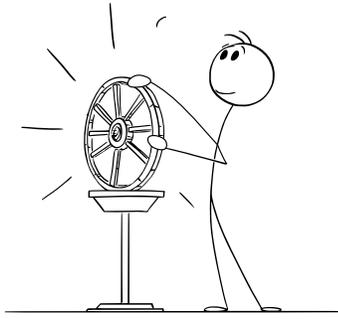
LOVE OF LEARNING



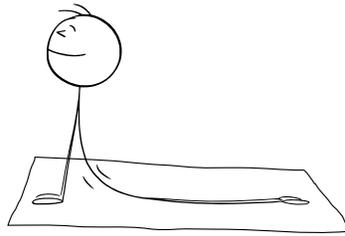
PERSEVERANCE



PERSPECTIVE



PRUDENCE



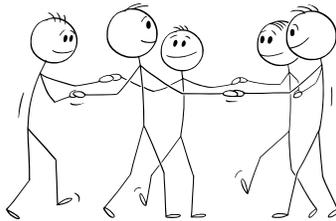
SELF-REGULATION



SOCIAL INTELLIGENCE



SPIRITUALITY



TEAMWORK



ZEST

Strength Spotting for Sleep Journal

Date: _____



Before bedtime, reflect on what strengths you spotted today.

Date: _____



Before bedtime, reflect on what strengths you spotted today.

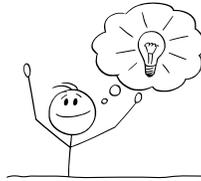
THE 24 CHARACTER STRENGTHS



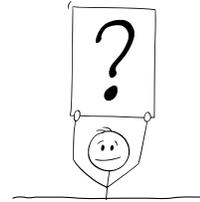
APPRECIATION OF BEAUTY AND EXCELLENCE



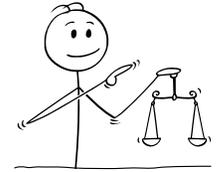
BRAVERY



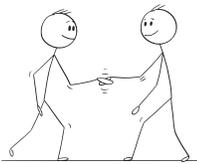
CREATIVITY



CURIOSITY



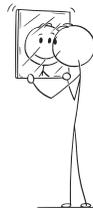
FAIRNESS



FORGIVENESS



GRATITUDE



HONESTY



HOPE



HUMILITY



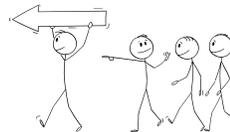
HUMOR



JUDGMENT



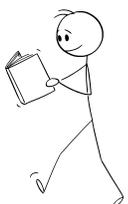
KINDNESS



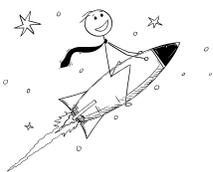
LEADERSHIP



LOVE



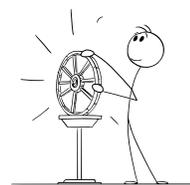
LOVE OF LEARNING



PERSEVERANCE



PERSPECTIVE



PRUDENCE



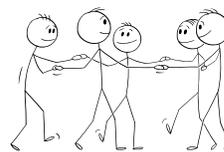
SELF-REGULATION



SOCIAL INTELLIGENCE



SPIRITUALITY



TEAMWORK



ZEST

Identifying Your Child's Strengths

Parent Instructions: Take the VIA Character Survey (viacharacter.org) for your child. Answer the questions from their perspective based on your observations of them in all areas of their life. Check their top five signature strengths on this sheet and reference it throughout the year. This is a great tool for IEP meetings and check-ins with your child's education & care team to ensure that goals, activities and feedback are aligned with your child's strengths. This is also a great activity to share with family friends so you can see both overlapping and unique strengths for the people your child regularly interacts with.



Appreciation of Beauty and Excellence

Noticing and appreciating beauty, excellence, and/or skilled performance in various domains of life, from nature to art to mathematics to science to everyday experience.



Bravery

Not shrinking from threat, challenge, difficulty or pain; speaking up for what's right even if there's opposition; acting on convictions even if unpopular; includes physical bravery but is not limited to it.



Creativity

Thinking of novel and productive ways to conceptualize and do things; includes artistic achievement but is not limited to it.



Curiosity

Taking an interest in ongoing experience for its own sake; finding subjects and topics fascinating; exploring and discovering.



Fairness

Treating all people the same according to notions of fairness and justice; not letting feelings bias decisions about others; giving everyone a fair chance.



Forgiveness

Forgiving those who have done wrong; accepting others' shortcomings; giving people a second chance; not being vengeful.



Gratitude

Being aware of and thankful for the good things that happen; taking time to express thanks.

over >

Identifying Your Child's Strengths (continued)



Honesty

Speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way; being without pretense; taking responsibility for one's feelings and actions.



Hope

Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about.



Humility

Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about.



Humor

Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes.



Judgment

Thinking things through and examining them from all sides; not jumping to conclusions; being able to change one's mind in light of evidence; weighing all evidence fairly.



Kindness

Doing favors and good deeds for others; helping them; taking care of them.



Leadership

Encouraging a group of which one is a member to get things done and at the same time maintain good relations within the group; organizing group activities and seeing that they happen.



Love

Valuing close relations with others, particular those in which sharing and caring are reciprocated; being close to people.

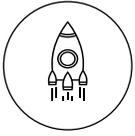


Love of Learning

Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally; related to the strength of curiosity but goes beyond it to describe the tendency to add systematically to what one knows.

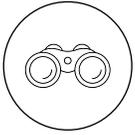
over >

Identifying Your Child's Strengths (continued)



Perseverance

Finishing what one starts; persevering in a course of action in spite of obstacles; "getting it out the door"; taking pleasure in completing tasks.



Perspective

Being able to provide wise counsel to others; having ways of looking at the world that makes sense to oneself/others.



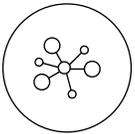
Prudence

Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted.



Self-Regulation

Regulating what one feels and does; being disciplined; controlling one's appetites and emotions.



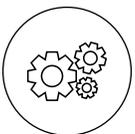
Social Intelligence

Being aware of the motives/feelings of others and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick.



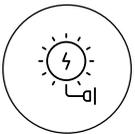
Spirituality

Having coherent beliefs about the higher purpose and meaning of the universe; knowing where one fits within the larger scheme; having beliefs about the meaning of life that shape conduct and provide comfort.



Teamwork

Working well as a member of a group or team; being loyal to the group; doing one's share.



Zest

Approaching life with excitement and energy not doing things halfway or half heartedly; living life as an adventure; feeling alive and activated.

Character Calls

Spread the good news when you see a student going above and beyond to display a Signature Strength! Use this template to guide a "Character Call" conversation with parents. Specifically note what Strength(s) were displayed and how it benefited your class. After, take the time to reflect on how it feels to contact parents about a Strength instead of a problem.

Student's Name: _____

Parent's Name: _____

How do you want to describe the strength(s) you spotted?

Reflect on what it felt like to call a parent about a strength instead of a problem.

Student's Name: _____

Parent's Name: _____

How do you want to describe the strength(s) you spotted?

Reflect on what it felt like to call a parent about a strength instead of a problem.

Student's Name: _____

Parent's Name: _____

How do you want to describe the strength(s) you spotted?

Reflect on what it felt like to call a parent about a strength instead of a problem.

Student's Name: _____

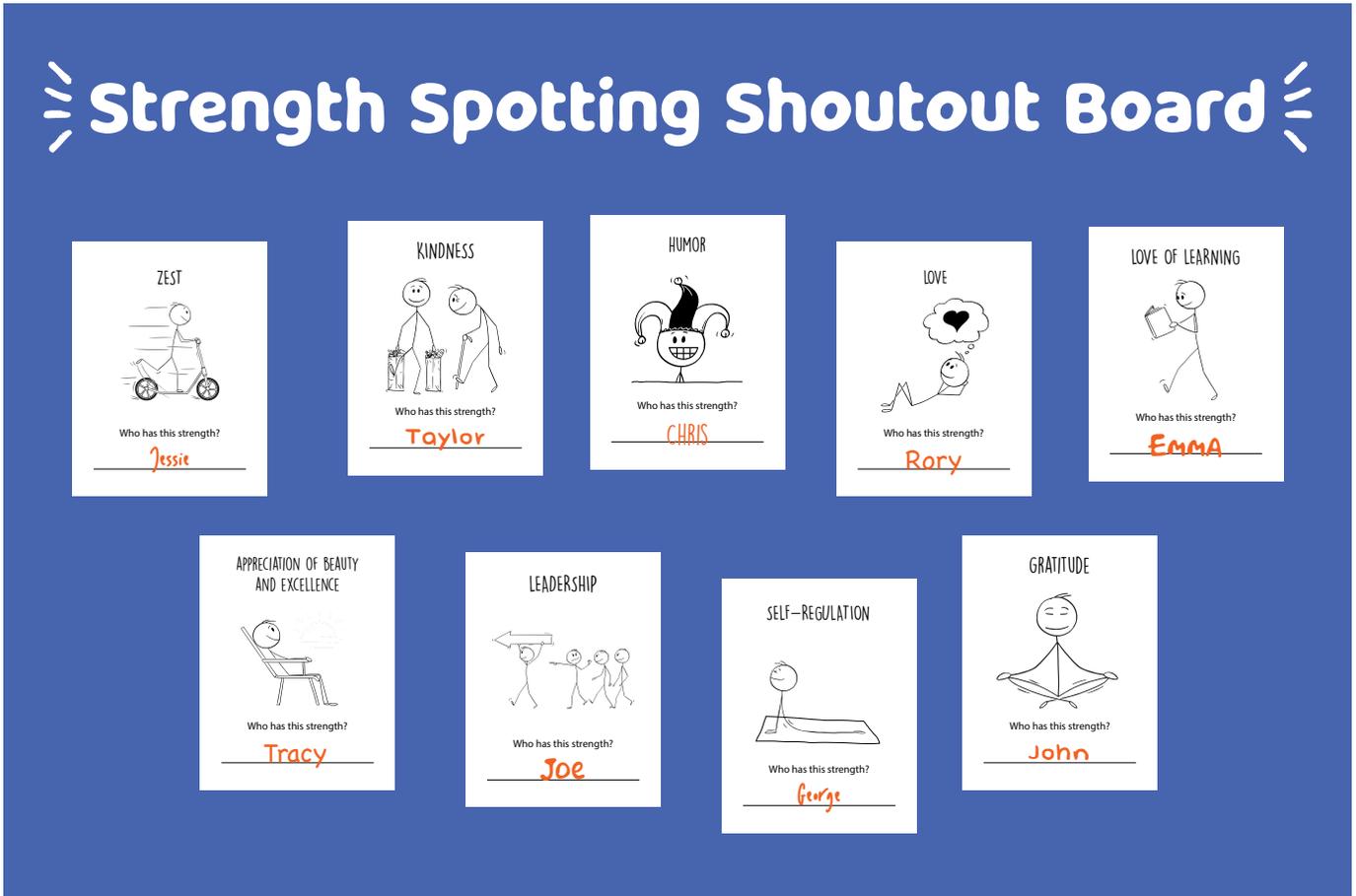
Parent's Name: _____

How do you want to describe the strength(s) you spotted?

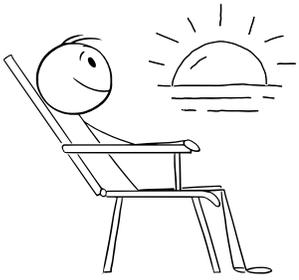
Reflect on what it felt like to call a parent about a strength instead of a problem.

Strength Spotting Shoutout Bulletin Board Sample

Cut out the 24 strengths cards on the following pages. When you see someone in your community — a family member, friend, neighbor, community member, etc. — display one of these strengths, write their name under the strength you saw them display. Tape, glue, or staple it to your Shoutout Board.

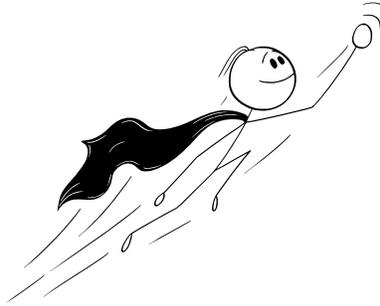


APPRECIATION OF BEAUTY
AND EXCELLENCE



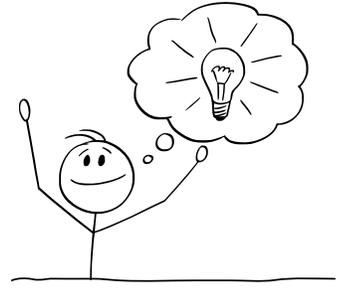
Who has this strength?

BRAVERY



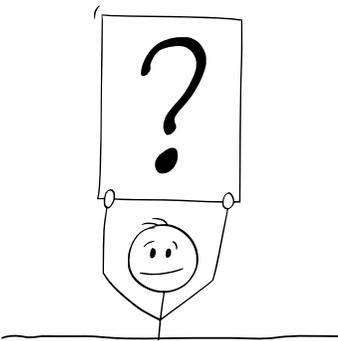
Who has this strength?

CREATIVITY



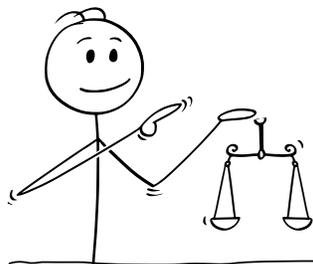
Who has this strength?

CURIOSITY



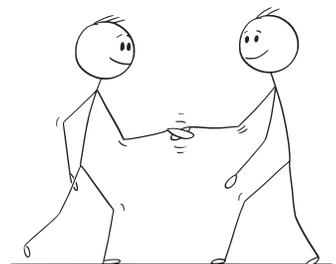
Who has this strength?

FAIRNESS



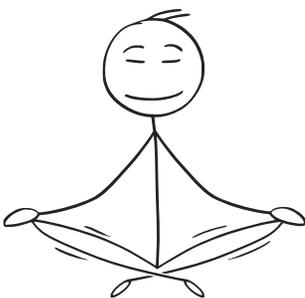
Who has this strength?

FORGIVENESS



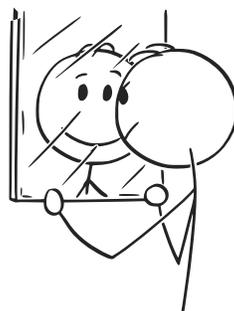
Who has this strength?

GRATITUDE



Who has this strength?

HONESTY



Who has this strength?

HOPE



Who has this strength?

HUMILITY



Who has this strength?

HUMOR



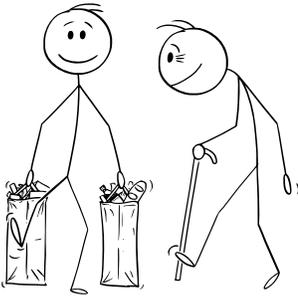
Who has this strength?

JUDGMENT



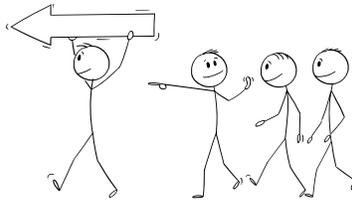
Who has this strength?

KINDNESS



Who has this strength?

LEADERSHIP



Who has this strength?

LOVE



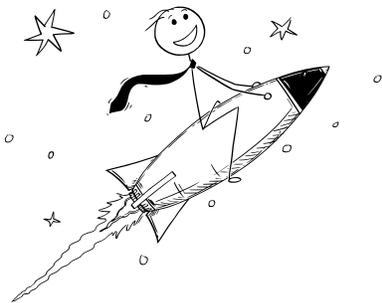
Who has this strength?

LOVE OF LEARNING



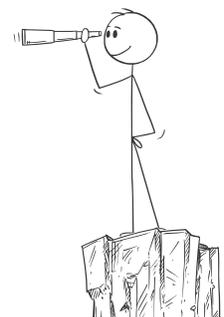
Who has this strength?

PERSEVERANCE



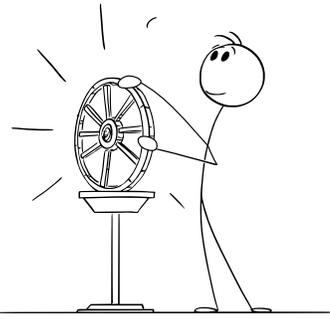
Who has this strength?

PERSPECTIVE



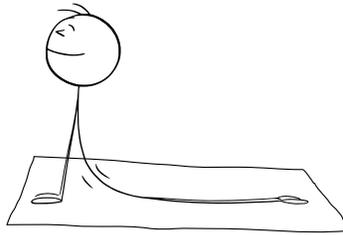
Who has this strength?

PRUDENCE



Who has this strength?

SELF-REGULATION



Who has this strength?

SOCIAL INTELLIGENCE



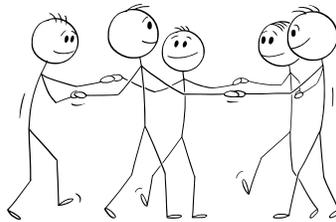
Who has this strength?

SPIRITUALITY



Who has this strength?

TEAMWORK



Who has this strength?

ZEST



Who has this strength?

Strength Spotting On the Go

Print and cut these slips to share with someone when you see them display a Strength. Jot them a quick note or tell them what you spotted. You can start sharing with friends and acquaintances, but this is also a great way to engage with others in your community. You never know what kind of positive impact you can have on someone's day when you reflect the things they are doing RIGHT.

Name of Person: _____

Strength Observed: _____

How was the strength used to benefit the school?

Learn more about Character Strengths at viacharacter.org.

Name of Person: _____

Strength Observed: _____

How was the strength used to benefit the school?

Learn more about Character Strengths at viacharacter.org.

Name of Person: _____

Strength Observed: _____

How was the strength used to benefit the school?

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Name of Person: _____

Strength Observed: _____

How was the strength used to benefit the school?

Learn more about Character Strengths at viacharacter.org.

PERMA+ Snapshot

Watch Video



DISCOVER PERMA+ Snapshot

The founder of Positive Psychology, Martin Seligman, explains that there are several elements critical to human flourishing: Positive Emotions, Engagement, Relationships, Meaning, and Accomplishments (PERMA+). We believe in the mind-body connection and have added +Health to reflect that physical health is a vital element of wellbeing. By learning the science and skills related to each element, you can take control of your wellbeing and drive your life toward a flourishing future!

PERMA+ Snapshot Quick Links

- [PERMA+ Snapshot Website page](#)
- [LEARN PERMA+ Snapshot](#)
- [PRACTICE PERMA+ Snapshot](#)
- TEACH PERMA+ Snapshot
 - > [Slide Deck](#)
 - > [Unit Study Pack](#)
- [SPREAD PERMA+ Snapshot](#)

LEARN

PERMA+ Snapshot

We measure what matters, and your wellbeing matters! Learn how to measure it here.



“Positive psychology is the scientific study of human strengths and virtues. The study of what constitutes the pleasant life, the engaged life, and the meaningful life.”

— Dr. Martin Seligman —

SKILL

The PERMA+ Framework includes six elements that are critical to living a good life. Click on each tab below to learn more about each component.



Positive Emotions

We can increase our wellbeing by enhancing how we experience positive emotions and pleasure in both frequency and intensity. Positive emotions such as love, joy, gratitude, pride, inspiration, hope, interest, serenity, amusement, and awe. We have the capacity to increase our positive emotions about the past, present, and the future.



Engagement

An optimal human experience, which has been referred to as “flow,” is when we are truly absorbed and engaged in a situation or task by using our skills, strengths, and full attention. We lose a sense of self, lose track of time, and concentrate intensely on the present. The more we are able to experience this type of engagement, the more likely we are to experience wellbeing.



Relationships

As innately social beings, relationships are fundamental to our wellbeing. Connections to others can give us purpose and meaning, increase motivation, boost our positive emotions, and support us during our hard times, increasing our resilience. We have the ability to cooperate, show empathy, the capacity to love, offer compassion and kindness because the bottom line is ... other people matter.

LEARN PERMA+ Snapshot *(continued)*



Matting

A sense of meaning and purpose comes from serving a cause and connecting to something bigger than ourselves. Whether this is family, science, politics, religion, a social cause that helps people of the planet, having a deep sense of purpose increases our wellbeing. Purpose motivates us, protects us from setbacks and failures, and provides us with a greater connection to the world and those around us.



Accomplishments

We tend to pursue competence, success, achievement, and mastery in a variety of domains. Whether we are seeking to better ourselves through healthy routines and self-care, master a hobby or skill, achieve a valuable goal or promotion at work, or win a competitive event, accomplishment is an important element of wellbeing.



+Health

Although health was not included in Dr. Martin Seligman's original framework of wellbeing and flourishing, we know that it is a vital element of wellbeing. Nutrition, movement, and sleep fuel our bodies and minds to get us ready to pursue each of the other elements of PERMA, enhancing our wellbeing!

SCIENCE

People often use the term "balance" to describe the fact that no single aspect of wellbeing promises an engaged, happy life. The PERMA+ Snapshot provides a research-based structure to the idea of "balance" and helps you track how well you are doing and feeling across each element of wellbeing over time. Just as you might track your blood pressure or weight, the PERMA+ Snapshot tool lets you quickly check in on your unique wellbeing status. Reflect and track which areas you are already excelling in and which require some attention because checking in with yourself (and those around you) is a core part of leading a happier, healthier life.

BENEFITS

People who track their PERMA+ Snapshot are more likely to practice the skills of wellbeing that lead to:

- More resilience in times of challenge & stress
- Higher levels of satisfaction with work & their career
- Deeper and more meaningful relationships
- Increased social support
- Greater meaning in their community & day-to-day lives
- Increased performance and higher achievement
- Better sleep quality
- Less depression and anxiety

PRACTICE

PERMA+ Snapshot

Reflect on each element of PERMA+ to develop strategies for boosting your wellbeing.



Use these activities to take an inventory of your PERMA+ Snapshot so you can improve all six aspects of your wellbeing.

1. The PERMA+ Snapshot

Start tracking your wellbeing now by completing a PERMA+ Snapshot today. Once you see how you are doing and feeling across each of the six elements critical to wellbeing, you can choose where to focus. Maybe you want to enhance an element you are rated highly in — go for it! You might see an element that is lower than you would like. If so, pick a wellbeing skill known to target that element and see if you start feeling better. Designate a weekly time to take your PERMA+ Snapshot over the next four weeks so you can regularly reflect on what is going well and which areas may need some attention. See page 2 and 3.

2. Personalize Your PERMA+ Snapshot

While the entire PERMA+ framework is essential for everyone, the ways each person thinks about, experiences and rates themselves across each element varies. This activity will allow you to explore what each wellbeing element looks, sounds, and feels like for you. From there, you will personalize your PERMA+ Snapshot by reflecting on the range of each element in your life and attaching anchor words to those experiences. See page 4 and 5.

3. Create a PERMA+ Snapshot Blueprint

Tracking your wellbeing is important, but taking action is how you will impact your wellbeing overtime. Whether your PERMA+ Snapshot is good and you are looking to make it great, or your Snapshot is low and you are hoping to feel better, you can! Create a PERMA+ Snapshot Blueprint that outlines the actions you will take or the happiness skills you will practice to take control of your wellbeing and boost your PERMA+ Snapshot. See page 6.

PERMA+ Snapshot 4 Week Tracker

How do you measure flourishing? It is critical to keep your wellbeing top of mind and have a way to measure the elements of PERMA+. To help you do so, we have created the PERMA+ Snapshot, a tool for helping you track how well you are doing / feeling across each element of PERMA+. We want you to design a schedule for regular check-ins with yourself. Take a few minutes each week and fill in your PERMA+ Snapshot. On a scale of 1 to 10, how are you doing/feeling in each element of PERMA+?

Baseline

Week 2

PERMA+ Snapshot

 How much joy, gratitude, serenity, or love have you felt lately?

0 **10**

 How much time are you spending on things that interest you?

0 **10**

 How good are your relationships with the people in your life?

0 **10**

 How connected do you feel to something larger than yourself?

0 **10**

 How are you feeling about the goals you have set in your life?

0 **10**

 How are you physically? Getting enough sleep, nutritious food, and movement?

0 **10**

PERMA+ Snapshot

 How much joy, gratitude, serenity, or love have you felt lately?

0 **10**

 How much time are you spending on things that interest you?

0 **10**

 How good are your relationships with the people in your life?

0 **10**

 How connected do you feel to something larger than yourself?

0 **10**

 How are you feeling about the goals you have set in your life?

0 **10**

 How are you physically? Getting enough sleep, nutritious food, and movement?

0 **10**

over >

PERMA+ Snapshot



How much joy, gratitude, serenity, or love have you felt lately?

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
0 10



How much time are you spending on things that interest you?

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
0 10



How good are your relationships with the people in your life?

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
0 10



How connected do you feel to something larger than yourself?

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
0 10



How are you feeling about the goals you have set in your life?

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
0 10



How are you physically? Getting enough sleep, nutritious food, and movement?

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
0 10

PERMA+ Snapshot



How much joy, gratitude, serenity, or love have you felt lately?

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
0 10



How much time are you spending on things that interest you?

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
0 10



How good are your relationships with the people in your life?

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
0 10



How connected do you feel to something larger than yourself?

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
0 10



How are you feeling about the goals you have set in your life?

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
0 10



How are you physically? Getting enough sleep, nutritious food, and movement?

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
0 10

Creating Your Personalized PERMA+ Snapshot

While the elements of PERMA+ are essential to us ALL, the ways in which we think about, experience, and rate ourselves on each element is highly individualized. To help with this we are going to engage in an activity that allows each of you to better understand the elements of PERMA+ and design your Personalized PERMA+ Snapshot complete with rating anchor words. PERMA+ Snapshot rating scale is a 1–10 scale. Let’s think about what a 1 versus a 5 versus a 10 might sound like for you or a student you are assisting. (See side two for an example.)

Name _____

Element of PERMA+	What a 1 might sound / look like?	What a 5 might sound / look like?	What a 10 might sound / look like?
Positive Emotions 			
Engagement 			
Relationships 			
Mattering 			
Accomplishment 			
+Health 			

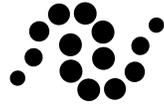
Example

Element of PERMA+	What a 1 might sound / look like?	What a 5 might sound / look like?	What a 10 might sound / look like?
Positive Emotions 	Overwhelmed with negative emotions such as anxiety, stress, anger, grief, sadness	Occasionally experiencing some positive emotions, though not very deeply — feels surface level. Feeling a little “bleh”	Experiencing and noticing several of the 10 positive emotions deeply — I can feel it in my body and my mind
Engagement 	Feeling burnt out, disinterested, and / or fatigued to the point that I cannot focus	Distracted and not super interested in what I’m doing, but still able to get some things done	Feeling fully present and focused in the task or activity at hand; loving what I am doing; eager to learn and grow
Relationships 	Feeling disconnected and lonely, experiencing a challenge / big disagreement / fight with someone close to me; not feeling valued or loved by someone important to me	Feeling a little bit lonely and / or somewhat drained from people around me	Feeling energized by the people around me, a sense of belonging and connection, spending quality time with people I love
Mattering 	Have lost sight of my passions and values; not contributing to the greater good of the world; unmotivated to have a positive impact	Not feeling super purposeful in what I am doing, somewhat aligning my actions to my values, not super driven to have a positive impact, going with the status quo	Feeling very interconnected to the world around me; feeling a sense of purpose in my work, actions, and life; my actions and behaviors align with my values and passions
Accomplishment 	Feeling defeated, unsuccessful, and/or overwhelmed by life; completely losing track of my goals and unmotivated to do anything of value	Sticking to the status quo; getting a few things done, though not driven to set new goals; not super motivated	Feeling super productive by working on and/or achieving my goals, feeling self-motivated to complete tasks or goals
+Health 	Feeling super sick; slept horribly, not able to eat healthy or move my body, haven’t been meditating and journaling; not taking good care of my body and listening to my needs	Didn’t get much sleep, haven’t been eating super healthy, got a little movement, occasionally meditating and journaling	I am taking care of and showing love to my body and mind. I slept at least 8 hours, I’m eating healthy meals, I moved my body for at least 60 minute, I’m hydrated, and I took time to meditate and journal.

PERMA+ Snapshot Blueprint

Everyone has times where one or more of their PERMA+ element scores drop due to stress, life transitions, or anything else that life throws your way. This activity will help you build a blueprint for those times when life happens and you need a PERMA+ boost.

<p>Positive Emotions</p>  <p>Examples: Listen to my favorite comedian, watch my favorite feel-good movie</p>	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
<p>Engagement</p>  <p>Examples: Spend an evening crafting, read professional development articles</p>	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
<p>Relationships</p>  <p>Examples: Send a text checking in with a friend I haven't heard from in a while, be silly with the kids before a meal</p>	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
<p>Mattering</p>  <p>Example: 5 minute journal on my purpose</p>	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
<p>Accomplishment</p>  <p>Examples: Write out all the things — big or small — I've completed in the last three days</p>	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
<p>+Health</p>  <p>Examples: Five minute dance party to get moving, do three of my favorite yoga stretches</p>	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p>



PERMA+ Snapshot

Unit Study Pack

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My PERMA+ Anchor Words	5
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PERMA+ Snapshot



POSITIVE EMOTIONS: How much joy, gratitude, serenity, or love have you felt lately?

0 10



ENGAGEMENT: How much time are you spending on things that interest you?

0 10



RELATIONSHIPS: How good are your relationships with the people in your life?

0 10



MATTERING: How connected do you feel to something larger than yourself?

0 10



ACCOMPLISHMENT: How are you feeling about the goals you have set in your life?

0 10



+HEALTH: How are you feeling — getting enough sleep, healthy food, and movement?

0 10

My Flourishing Day

Each and every day, you have the choice to make it a flourishing day. First, you have to know the key ingredients to happiness — PERMA+! Then, you can start thinking about ways to add a little more of each element of PERMA+ to your days. To start, think about a day in the last year that was really awesome ... a day that just made you really happy! Tell your partner all about that day. What PERMA+ ingredients helped it be so great? Then your partner will ask you questions about each element of PERMA+.

1. What positive emotions did you feel during your really awesome day? (circle all that apply)

joy gratitude amusement hope interest inspiration serenity love pride awe

2. What activities did you feel most interested in on your really awesome day?

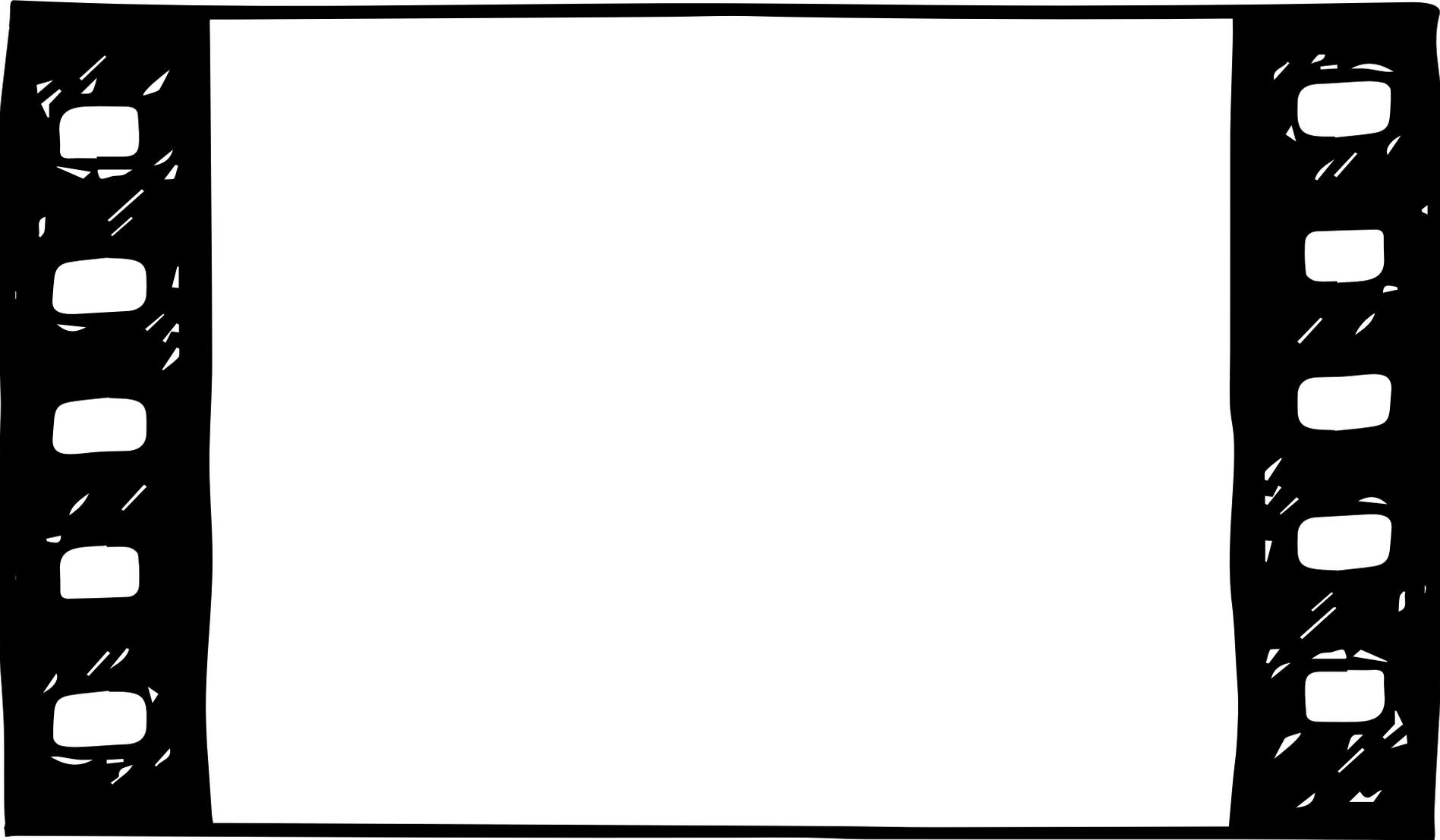
3. Who were you spending time with during your really awesome day?

4. What did you do on your really awesome day that helped you feel purposeful?

5. What did you accomplish on your really awesome day that made you feel successful / hopeful?

6. What did you do for your physical health (sleep, eat, movement, meditation) on your really awesome day?

Create Your Own Scene



My PERMA+ Anchor Words

Element of PERMA+	What a 1 might sound / look like?	What a 5 might sound / look like?	What a 10 might sound / look like?
 <p>Positive Emotions</p>			
 <p>Engagement</p>			
 <p>Relationships</p>			
 <p>Mattering</p>			
 <p>Accomplishment</p>			
 <p>Health</p>			

PERMA+ Snapshot Action Plan!

Brainstorm ways you can instantly boost each element of PERMA+ and write your ideas in the space below.

 <p>Positive Emotions</p>	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
 <p>Engagement</p>	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
 <p>Relationships</p>	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
 <p>Mattering</p>	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
 <p>Accomplishment</p>	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
 <p>Health</p>	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p>

SPREAD

PERMA+ Snapshot

How's your community's wellbeing? Find out by spreading the PERMA+ Snapshot to others.



“[In our research, we found] that, in social networks, happiness can be contagious up to three degrees of separation from its initial source (you!)”

— Drs. Nicholas Christakis & James Fowler —

For Your Family

Wellbeing Wednesdays

- Create a family PERMA+ Snapshot journal, notebook, or poster. Keep your PERMA+ Snapshot tracking system somewhere central in your home, like your kitchen or entryway. Each Wednesday, make time to come together as a family to discuss your PERMA+ Snapshot scores. Look for opportunities to savor the high points or boost your score when it is low by visiting your PERMA+ Snapshot Blueprint. If Wednesdays don't work for you, choose another day that is convenient for your family. See page 3.

PERMA+ Element Spotlight

- For each of the next six weeks, choose one PERMA+ element for your family to focus on. You can go in order, choose which one seems good that week, or make a game out of it by drawing them at random out of a jar or hat. Each week, have your family members share what they do to boost each element and decide on an activity to do together that focuses on your spotlight element of the week. Use the PERMA+ Spotlight Activity Sheet to brainstorm some activities related to each element. See pages 4–6.

For Your School

Meeting Check-In

- Using the PERMA+ Snapshot is a great way to kick off a meeting and contribute to a team culture where wellbeing wins! Print copies of the PERMA+ Snapshot and distribute them to your team members. Give everyone a chance to take the PERMA+ Snapshot and a few minutes to reflect and discuss. Guidance and additional considerations are provided in the printable resource. See pages 7 and 8.

SPREAD PERMA+ Snapshot *(continued)*

PERMA+ Snapshot Newsletter

- The PERMA+ Snapshot makes a great addition to a school newsletter or parent update email. We have provided some framing text to help explain the activity to your group but feel free to edit it to meet your needs. Download the PERMA+ Snapshot as an image so you can add it to your newsletter, email update or class webpage. See page 9.

For Your Community

Community PERMA+ Board

- At a library, coffee shop, or some other public place, create a bulletin board for people to take the PERMA+ Snapshot and share what each of the elements looks like for them. Create a column for each element and provide pens and post-its for people to add their examples. It may help to leave a couple of examples for people to follow. View our PERMA+ bulletin board printable resource. See pages 10 and 11. *Please Note: Bulletin Board sample on page 10 is sized to 36 x 24".*

Book Club or Movie Night

- If you have a fiction or biography book club with friends, you can integrate PERMA+ into your discussions. Take the PERMA+ framework and apply it to some of the characters. Are they strong in a particular area? Do they completely neglect other areas? In what ways do the PERMA+ elements contribute to the plot or character development? Hosting a movie night is another great option, especially for kids and teens. After the movie, have them give recommendations to each of the characters to improve their PERMA+ elements. If you wrote a PERMA+ Snapshot Blueprint for the characters, what would you include? Applying the PERMA+ framework to a fictional character or historical figure can be a good first step to discussing each of the elements. See page 12.

Wellbeing Wednesdays

Make this PERMA+ Snapshot poster visible to your family wherever they come together. You may find it helpful to give each family member a post-it or face picture within each element that they can move around. Each Wednesday, take time to discuss your PERMA+ Snapshot scores. If Wednesdays don't work for you, choose another day that is convenient for your family.



POSITIVE EMOTIONS: How much joy, gratitude, serenity, or love have you felt lately?

0

10



ENGAGEMENT: How much time are you spending on things that interest you?

0

10



RELATIONSHIPS: How good are your relationships with the people in your life?

0

10



MATTERING: How connected do you feel to something larger than yourself?

0

10



ACCOMPLISHMENT: How are you feeling about the goals you have set in your life?

0

10



+HEALTH: How are you feeling — getting enough sleep, healthy food, and movement?

0

10

PERMA+ Spotlight Activities

For each of the next six weeks, choose one PERMA+ element for your family to focus on. You can go in order, choose which one seems good that week, or make a game out of it by drawing them at random out of a jar or hat. Each week, have your family members share what they do to boost each element and decide on an activity to do together that focuses on your spotlight element of the week. Use this worksheet for activity ideas and add your own!



Positive Emotions

Game Night: Play a board game or other activity as a family that you know will get people laughing and smiling. Give yourself permission to be silly!

Get Outdoors: Does your family enjoy spending time outside? Plan a hike or walk in nature with the intention of inducing positive emotions like awe, serenity, inspiration, gratitude, and joy. Stop to notice and appreciate the little things you see, smell, hear or touch.

Add Your Own Here: _____



Engagement

Family Reading & Craft Night: Spend an evening together where everyone does their favorite craft or quiet activity. Not everyone has to do the same activity. Activities can include reading a favorite book, scrapbooking, drawing, making decorations for an upcoming holiday, puzzles, or anything else that each member of your family would enjoy.

Engagement Tracker: Throughout the week, use a whiteboard or post-its in a shared space for everyone to share moments during the week that they were truly absorbed and engaged in a situation or task that leveraged their skills, strengths, and full attention. Think about times during the week that brought you happiness where you lost track of time. For some people this time looks like pursuing a hobby, working on an engaging project at work or school or getting lost in a good book.

Add Your Own Here: _____



Relationships

Memory Album: As a family, look at pictures of past vacations, holidays, or special occasions. Reflect on what made that shared time special and how you may be able to bring some of those elements into your weekly routines.

Support Brainstorm: Great relationships celebrate wins, boost our positive emotions and support us during hard times. As a family, brainstorm what support can look like for each of you during good times and challenging times. Support can look like quality time spent together, engaging in a favorite activity, offering a listening ear or adjusting responsibilities during overwhelming times.

Add Your Own Here: _____



Mattering

Volunteering: Choose a cause or mission that is aligned with your family values. This could be in the area of religion/spirituality, politics, environmental issues, or a social cause. Find an organization aligned with that cause and seek out ways to get involved with them. Not sure where to begin? A google search of the cause and the name of your city could point you in the right direction. Many mission-driven organizations offer ways to get involved on their website.

Levels of Community: As a family, brainstorm and discuss what “community” means to each you. For some, it simply means a geographic area like your neighborhood. For others, community means sharing time with others that share similar interests, needs, or identities. For individuals with higher support needs, asking them where and when they feel their happiest can often point to a sense of community that fits them best. After sharing, find ways for each family member to spend time engaged with the community (or communities) where they feel their best.

Add Your Own Here: _____



Accomplishment

Team Project: Tackle a task around the house as a family. Think of a project that would take 30-60 minutes to complete as a family. This can be organizing a junk drawer, decluttering the family room, cleaning the yard, etc. Put on some music and assign tasks for each individual's skill level. At the end, share what you accomplished together!

Award Show: Host your own family award show! Choose an accomplishment from the past few months that deserves to be celebrated for each family member. These can be big (like a promotion at work) or small (learning a new skill or tackling a not-so-fun task). During a dinner of favorite foods or shared family time that feels special, give each person a certificate celebrating their accomplishment. You can print certificates online or purchase some write-in certificates from a dollar store.

Add Your Own Here: _____



+Health

Family Walk or Field Day: As a family, go on a walk around the neighborhood or at a park. Feeling more active? Choose 2 or 3 favorite sports or picnic games and have a family field day!

Bedtime/Quiet Time Alarm: Agree on a time and set an alarm as a signal for your family to transition to their bedtime routine or a quiet activity. Some people like to dim the lights in their home and/or turn off screens after this time.

Cooking Together: Cook a nutritious meal or two as a family. This is a good opportunity for special 1:1 time between a parent and child (e.g. Mom and Son cook on Tuesday, Dad and Daughter cook on Friday). Be sure to incorporate your favorite vegetables or other wholesome ingredients your family enjoys.

Add Your Own Here: _____

PERMA+ Snapshot for Meetings

At the start of your meeting, take two minutes to have people complete their PERMA+ Snapshot below or electronically by scanning the QR Code. Have individuals privately reflect on their scores and track their snapshot over the next four weeks. If you choose to invite people to share their results, focus on the good by only sharing top scoring elements. While some people may be comfortable sharing their lower scoring elements, it is best to not request that people share this information in front of a group. At your next gathering, people can share their wins, greatest improvements, or what they learned during the four week period. If you're not gathering in-person, these can be shared in a group text, digital whiteboard (like Jamboard), or email thread.



Mobile
PERMA+ Snapshot

Baseline

Week 2

PERMA+ Snapshot

 How much joy, gratitude, serenity, or love have you felt lately?

0 **10**

 How much time are you spending on things that interest you?

0 **10**

 How good are your relationships with the people in your life?

0 **10**

 How connected do you feel to something larger than yourself?

0 **10**

 How are you feeling about the goals you have set in your life?

0 **10**

 How are you physically? Getting enough sleep, nutritious food, and movement?

0 **10**

PERMA+ Snapshot

 How much joy, gratitude, serenity, or love have you felt lately?

0 **10**

 How much time are you spending on things that interest you?

0 **10**

 How good are your relationships with the people in your life?

0 **10**

 How connected do you feel to something larger than yourself?

0 **10**

 How are you feeling about the goals you have set in your life?

0 **10**

 How are you physically? Getting enough sleep, nutritious food, and movement?

0 **10**

over >

PERMA+ Snapshot



How much joy, gratitude, serenity, or love have you felt lately?

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
0 10



How much time are you spending on things that interest you?

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
0 10



How good are your relationships with the people in your life?

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
0 10



How connected do you feel to something larger than yourself?

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
0 10



How are you feeling about the goals you have set in your life?

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
0 10



How are you physically? Getting enough sleep, nutritious food, and movement?

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
0 10

PERMA+ Snapshot



How much joy, gratitude, serenity, or love have you felt lately?

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
0 10



How much time are you spending on things that interest you?

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
0 10



How good are your relationships with the people in your life?

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
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0 10



How are you feeling about the goals you have set in your life?

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
0 10



How are you physically? Getting enough sleep, nutritious food, and movement?

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
0 10

PERMA+ Snapshot Newsletter

Hello School Community!

We are thrilled to share that we have recently committed to enhancing our school community's wellbeing through an effort to spread the science and skills of happiness. Positive Education is a focus at the intersection of wellbeing science and education. Wellbeing science tells us that there are six elements critical to human thriving and happiness. Those six elements make up The PERMA+ Theory of Wellbeing. PERMA+ stands for the elements essential to wellbeing — Positive Emotions, Engagement, Relationships, Mattering, Accomplishment, and Health. Together, we hope to help you, our students, and our staff achieve improved wellbeing outcomes by learning skills that boost each element of PERMA+. As we get started on this critical mission, we want each community member to take a moment and reflect on their own wellbeing using the PERMA+ Snapshot.

PERMA+ Snapshot

 How much joy, gratitude, serenity, or love have you felt lately?

0 **10**

 How much time are you spending on things that interest you?

0 **10**

 How good are your relationships with the people in your life?

0 **10**

 How connected do you feel to something larger than yourself?

0 **10**

 How are you feeling about the goals you have set in your life?

0 **10**

 How are you physically? Getting enough sleep, nutritious food, and movement?

0 **10**

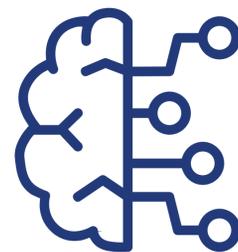
Creating a World Where **WELLBEING WINS!**



represents the critical elements to human thriving!



Positive Emotions



Engagement



Relationships



Mattering



Accomplishment



+Health

Wellbeing BOOST!

Today I got a boost to my wellbeing by:

Circle the element ...

P E R M A +

Wellbeing BOOST!

Today I got a boost to my wellbeing by:

Circle the element ...

P E R M A +

Wellbeing BOOST!

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Circle the element ...

P E R M A +

PERMA+ Snapshot Blueprint

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<p>Positive Emotions</p>  <p>Examples: Listen to my favorite comedian, watch my favorite feel-good movie</p>	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
<p>Engagement</p>  <p>Examples: Spend an evening crafting, read professional development articles</p>	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
<p>Relationships</p>  <p>Examples: Send a text checking in with a friend I haven't heard from in a while, be silly with the kids before a meal</p>	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
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<p>+Health</p>  <p>Examples: Five minute dance party to get moving, do three of my favorite yoga stretches</p>	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p>