

The Theory Of Wellbeing: P.E.R.M.A.

Positive Psychology/Education has at its core The Theory of Wellbeing. The theory explains that we need to address each aspect to create an optimistic and flourishing life. Attending to each aspect of this framework gives us the greatest possible chance to function at our best. The framework is known as **P.E.R.M.A** and is explained here:

P	The Pleasant Life	Positive Emotion Feeling Well	Positive emotions increase our ability to think, manage and do.
E	The Engaged Life	Positive Character Strengths	Exploring our character strengths and using them to promote wellbeing and resilience
R	The Relational Life	Other People Matter Building Relationships	We need relationships to promote growth socially and emotionally.
M	The Meaningful Life	Motivations, Purpose, Meaning	Life has more meaning when what you do is based on what you value
A	The Accomplished Life	Strive to Achieve	Dreams turn into possibilities when we set goals and note accomplishments along the way

Each week in our Positive Education sessions our students are exploring the framework of PERMA. All grades, from Prep to Year 9 are learning how to move towards creating better wellbeing for themselves. The language may be different in each grade as it is made relevant to the student's level, however, the aim is the same; to encourage and develop resilient, optimistic students who are better equipped to deal with challenges and move towards a more flourishing life.

