

Flourishing Kids : Practical Strategies for Teachers

活出正能量的孩子：教師實用技巧

教育局訓育及輔導組

家校「正向」同行：孩子與「我」研討會 (28.04.2017)

Lecture Notes for Teachers

Introducing a New Theory of Well-being

PERMA :

1. **Positive Emotions** - Self-regulation of negative emotions, increase positive mood
2. **Engagement** - Find your Top 5 character strengths, use them!
 - take the VIA Character Strengths Survey online (有兒童 / 中文版)
 - <https://www.authentichappiness.sas.upenn.edu> (Go to <Questionnaires>)

Wisdom & Knowledge 智慧 / 知識	Courage 勇氣	Humanity 仁愛
Creativity (創意) Curiosity (好奇心) Open-Mindedness (思想開明) Love of Learning (熱愛學習) Wisdom (智慧)	Bravery (勇敢) Persistence (堅持) Integrity (誠實) Vitality (動力)	Love (愛心) Kindness (慈祥) Social Intelligence (社交能力)
Justice 公平	Temperance 節制	Transcendence 超越
Citizenship (公民感) Fairness (平等) Leadership (領導)	Forgiveness & Mercy (原諒) Humility & Modesty (謙虛) Prudence (慎重) Self-Regulation (自控)	Appreciation of Beauty & Excellence (欣賞美事) Gratitude (感恩) Hope (盼望) Humor (幽默) Spirituality (Purpose, faith) (靈性)

3. **Positive Relationships** - Build meaningful relationships, problem solving, collaborate
4. **Meaning** - Serving a cause “Bigger than Self”, altruism
5. **Accomplishment** - Create goals – achieve, hope, master a skill

***** Goal = Human Flourishing ! *****

Toolbox for Positive Life Education

People Skill Box
<ul style="list-style-type: none"> ✓ Listening ✓ Positive Feedback ✓ Appreciate Individual Differences ✓ Open & Inviting - Foster critical thinking ✓ Accept - Everyone has a story

Fun Box
<ul style="list-style-type: none"> ✓ Relevant ✓ Action ✓ Real World Homework ✓ Journal Reflection ✓ Sharing ✓ Self-discovery ✓ Multi-media ✓ Interactive ✓ Discussion ✓ Competition ✓ Role Play ✓ Experimental ✓ Research

Activity (1): Three Blessings 三件好東西

小活動：

1. 寫下昨天發生的三件好的事情
 <例：晚飯有我喜愛的叉燒炒蛋>

2. 你做了甚麼使這些事情發生？
 <例：我前一晚請求媽媽煮的>

Homework

1. 在這兩個星期，每晚安排睡前10分鐘。
2. 在「好東西日記」記錄：

日期	三件好東西	點解會發生？我做了甚麼？
1.		
2.		
3.		

3. 早上班會頭5分鐘，大家分享

Activity (2): Expressing Emotions 表達情緒

表達規則

- (1) 不傷害別人
- (2) 不傷害自己
- (3) 不毀壞物件



Activity (3): Sunshine Thinking 陽光思想變變變

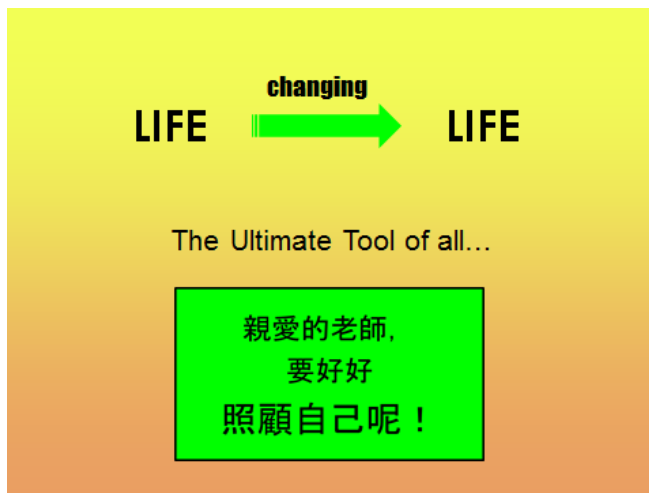
陽光思想變變變

- 留心「黑雲思想」突襲
- 挑戰「黑雲思想」：
 - (1) 誇大可能性？
 - (2) 誇大嚴重性？
 - (3) 有沒有幫助？
- 用創意變出「陽光思想」
- 對自己說出有幫助、鼓勵性的說話

More Considerations

- Moral Decision vs. Moral Reasoning
- Teacher's Role...Carer? Model? Mentor? Coach?
- Topic/Activity – Developmentally appropriate
- Power of Many Brains – Do Share Fun Tools !
- Embedding themes to school curriculum
- Positive School Culture





**Happy
Teaching.**

**Thank
You !**

Further Readings

Flourish: A Visionary New Understanding of Happiness and Well-being (Atria Books, 2012). Martin E. P. Seligman.

Grit: The Power of Passion and Perseverance (Scribner, 2016). Angela Duckworth.

The Optimistic Child: A Proven Program to Safeguard Children Against Depression and Build Lifelong Resilience
(Mariner Books, 2007). Martin E. P. Seligman.

Character Strengths and Virtues: A Handbook and Classification (Oxford University Press, 2004). Christopher Peterson.

Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment (Atria Books,
2004). Martin E. P. Seligman.

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