

HACKATHON

Prime the Day, the PERMAH Way

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CENTENARY SHS



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Why wellbeing struggles to stick

PERMAH Primers

MEET THE HACK



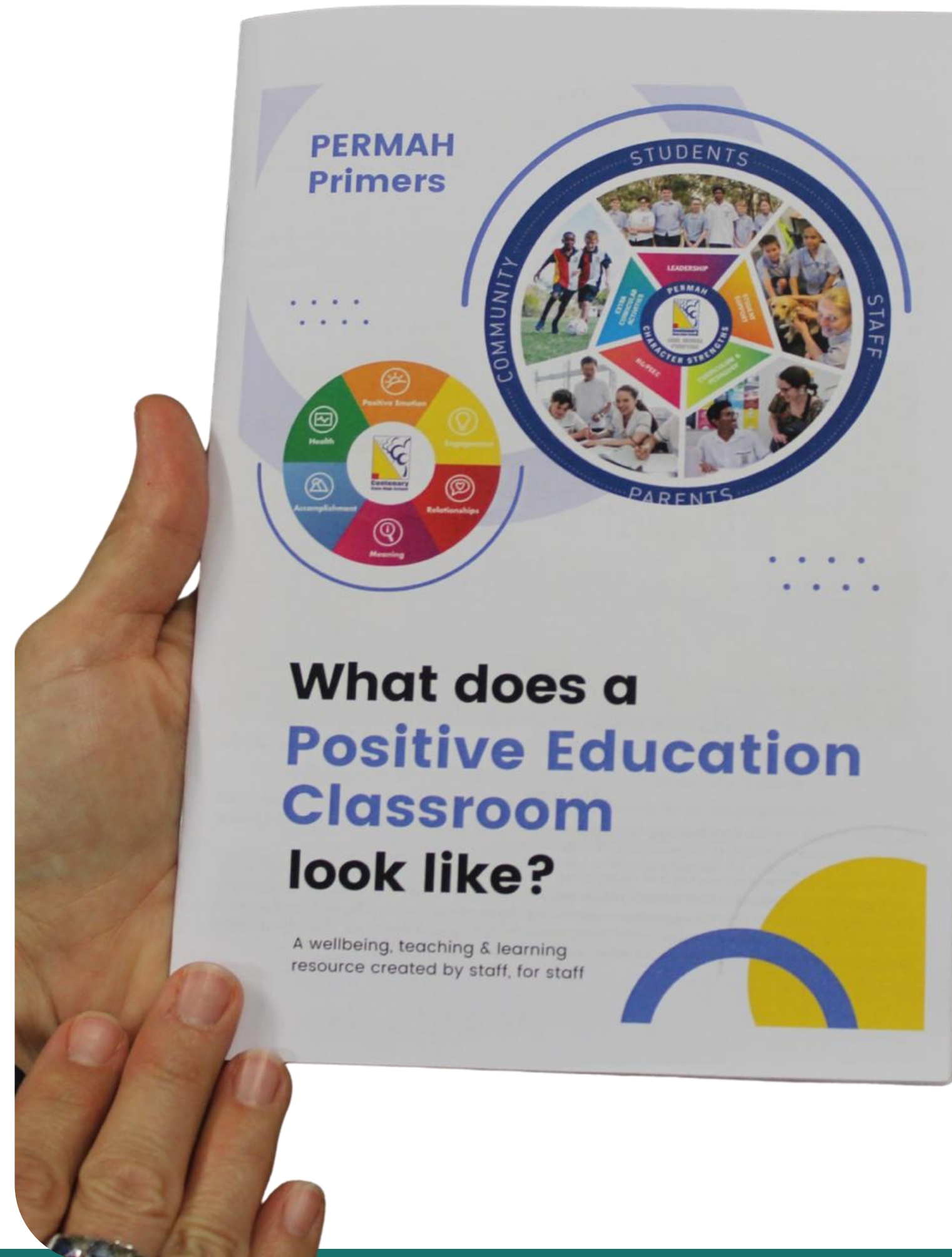
Quick and ready to
use



Aligned to PERMAH



Flexible
application



Inside the Hack

Positive Emotions

"Positivity is a choice. A choice we all need to make again and again." - Fredrickson

Experiencing positive emotions, like joy, gratitude, interest, hope, have been found to benefit mental and physical health, social relationships (King & Diener, 2005). Studies have shown that positive emotions respond to opportunities and challenges (McQuaid and Kern, 2020).



Inspiration – Engaged, uplifted and motivated by something

- **Students teach the class** – Allowing students to teach the class something they are passionate about.
- **Pride – feeling good of what we do, pleasure in an achievement**
- **Email home** – Email parent/student when achieving something.
- **Expressing genuine interest in students and their hobbies, goals and lives.** (Positive Psychology)

Relationship Focused

- **Positive start** – Hook students into learning by including a "word of the day" in your best moments.
- **Reflect on your best self** – Ask two friends to help you look for your best moments.
- **Collaborative classroom** – Build a sentence by asking students to add to content. Write this down to see what they come up with.



Engagement

"Enjoyment appears at the boundary between boredom and anxiety. It is that feeling of being in the zone, or of being at one with the moment - to stop, and you lose all sense of awareness. In these moments you are learning, growing, improving and advancing."



Getting to know you...

- **Warm welcome** – welcome students at the door by using student names.
- **Acknowledge** – acknowledge other people's feelings and show unconditional positive regard.
- **Be available** – make time for people, close your laptop, listen attentively.
- **Connections** – make connections with students through discussions, interests and hobbies. Follow up so they know they were listened to.
- **Active Constructive Listening** – in pairs, one person tells of a time they felt joy – give questions to find out about their interests. Follow up so they know they were listened to. Their partner listens actively – eye contact if appropriate, open body language. Once time is up, the listener starts asking their partner more questions. Swap over.

Relationships

"Our relationships with other people matter, and matter more than anything else in the world." - Vaillant

Relationships refer to feeling supported, loved, and valued by others. Building positive relationships makes us feel happier and more connected and provides us with a sense of belonging.



Definition

- **Define meaning** – Spend 5 minutes writing about the things that you are willing to do for a cause. Are you willing to risk failure? Put your ego aside and truly show up? How can you be successful?
- **Write it down** – Write down a task that feels meaningless/mundane: draw an arrow. What is the purpose of this task? "What will it accomplish?" Write down your answer until you see the bigger value of a little task.

Meaning

"The single strongest predictor of meaningfulness is the belief that our actions make a positive difference to others" - Professor Adam Grant

Your purpose is the driving force behind who you are; it's the internal compass that motivates you to head in the direction of how you want to live your life. It involves tapping into your deepest desires and contributing to something bigger than yourself. Without purpose, you can't live life aimlessly. But with it, students have found you will be more motivated to accomplish the goals most to you and be resilient in the face of challenges (McQuaid, 2022).

Accomplishment

"Grit is living life like it's a marathon rather than a sprint" - Professor Angela Duckworth

People with a growth mindset believe that while you are born with a certain amount of talent and intelligence, with learning and effort you can always improve – and neuroscience validates this belief. As a result, people who practice a growth mindset have the confidence to take on new challenges and are able to achieve increasingly higher levels of success as their skills improve as a result of these experiences (McQuaid, 2022).



Defining Success

- **Success stories exploration** – by getting students to explore success stories and consider successful. This activity highlights various examples.
- **Success visions boards** – by getting students to create definitions of success and their goals.
- **Success scavenger hunt** – by getting students to find success around the school or community.

Health

"Small choices about the way you eat, move, and sleep have a big impact" - Tom Brinkley

Having good physical and mental health is integral to our wellbeing. Our ability to eat well, exercise regularly and sleep deeply has a significant impact on all other elements of wellbeing. Maintaining good health is essential for building resilience and bouncing forward from life's adversities.

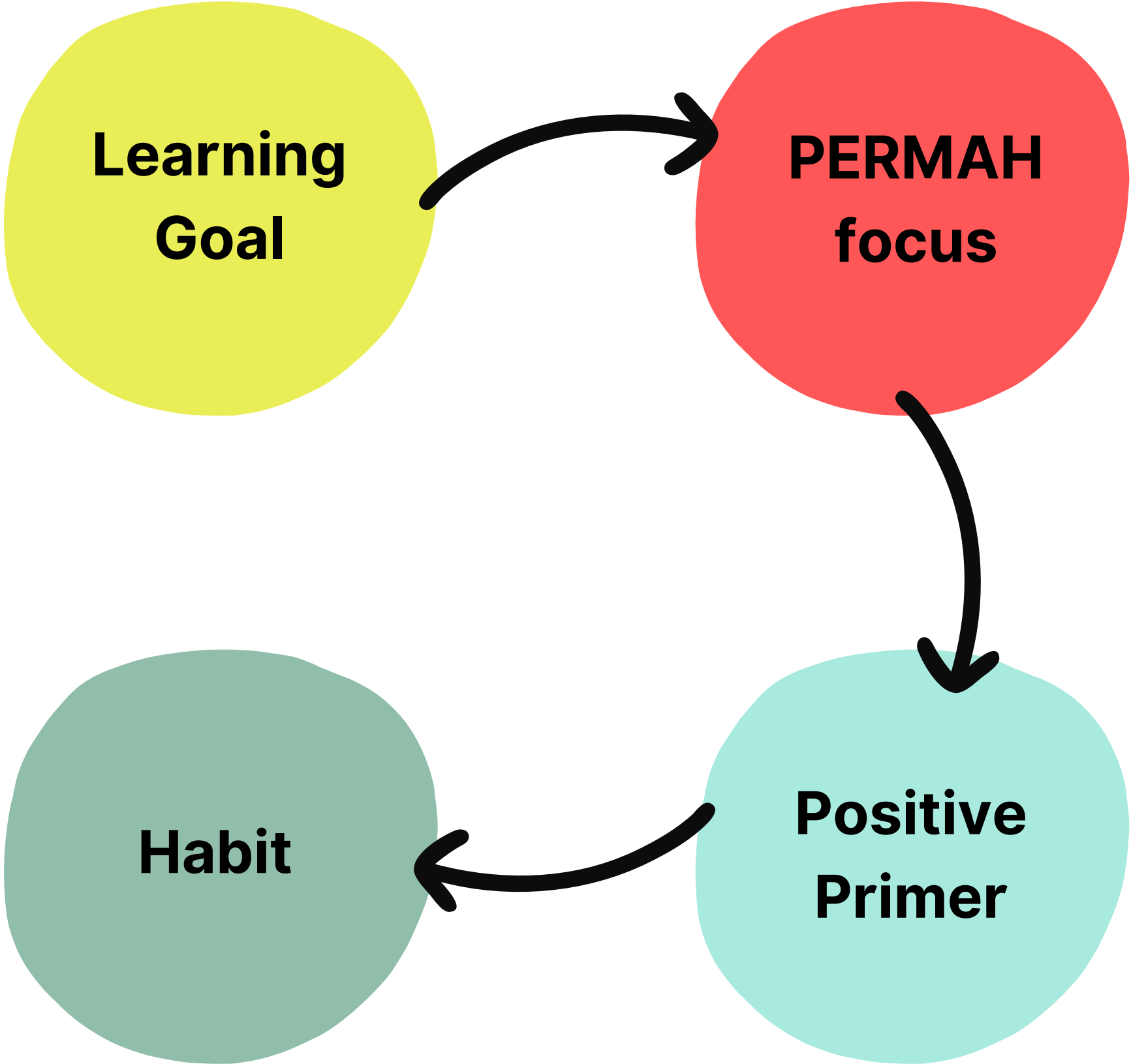


Physical Wellbeing

- **It's Fri-Yay!** – by getting students to celebrate the end of the week with a Friday afternoon 2.50pm dancing session.
- **Physicality** – by getting students to engage in short and fun physical activity to boost energy and improve physical health. Brain breaks are a great resource.
- **Yoga/chair yoga** – by getting students to participate in a beginner-friendly yoga session to improve flexibility and reduce stress.

Embed Wellbeing, Easily

HOW IT WORKS



Why it Matters



Student Testimonials



"Positive primers make learning more enjoyable"

Year 9 Student



"Positive primers help me get ready for learning"

Year 7 Student



"They boost my mood and reduce stress"



Year 10 Student



"I enjoy attending classes when my teacher regularly uses positive primers"



Year 11 Student

Try it tomorrow!

CHALLENGE





**The first
5 minutes
can shape the
next 60 ...**