

Wellbeing Builder:

Middle – FAMILY, FRIENDS AND GRATITUDE

Senior – GRATITUDE: FAMILY AND FRIENDS

Wellbeing Element:

RELATIONSHIPS AND OPTIMISM

Character Strength:

LOVE

Strengths Booster:

LEARNING STRENGTHS

Wellbeing Reflection Activities:

Middle – FAMILY, FRIENDS AND GRATITUDE,
Senior – GRATITUDE: FAMILY AND FRIENDS (see website)

Parent Wellbeing:

The shadow side of a strength is when you underuse, misuse or overuse it. For three of your strengths describe a time you used them on the shadow side.

When students enjoy honest and caring relationships with their families and friends, they are happy in themselves and able to look for the good things they are doing. This puts them in a position to make the most of teamwork and feel socially connected with a sense of belonging.

Well-functioning families and friendship groups look for what they are doing well. A great exercise to support this, is to do the free Character Strengths Survey at www.viacharacter.org Then each person will know their top strengths, which will enable conversations of how they can use their strengths together to achieve what they set out to. Doing this creates growth mindsets to become their best possible selves.

Receiving and accepting developmental, non judgemental feedback from family and friends on how they are travelling enables students to use their strengths to self-assess and then set process self-expectations to live by.

The adolescent brain is a turbulent place, with the good decision making-centre, the pre-frontal cortex, not completely wired up. As such, while they can create emotions just like adults, they don't yet have the capabilities to consistently control them, which often leads to any feedback being seen by students as criticism.