

PRIMARY PARENT NEWSLETTER ARTICLE

PERMAH+ Lessons: Lower – THE RIGHT THING TO DO

Upper – THE RIGHT THING TO DO

Wellbeing Element: MEANING + PURPOSE

WHY: by wanting to live a happy and good life that matters, their challenge is to listen to what their minds and hearts tell them is the right thing for them to do, and then do it.

To quote Howard Gardner from his book *Five Minds*, “*I have nothing against excellence, but at the end of the day, the world doesn’t need more of the brightest and the best, but more of those of good character.*” Yet, for over a decade, teachers and school leaders have been forced into the relentless pursuit of standardised testing, at the expense of building students’ social-emotional resilience, wellbeing, ethical mindsets and the capacity to nurture respectful relationships. This has seen a huge escalation in student mental health. When we get our students and teachers right, the data looks after itself.

Teaching students about what living ethically looks like, sounds like and feels like, will strengthen their characters. These include acting in ways which they know will benefit their and others’ wellbeing because they matter, and making choices based on what their minds and hearts tell them is the right thing for them to do. Also, not doing something for personal, material or prestige gain at the expense of others, being grateful for good things that happen and using their top strengths in their every thought, word and action to do good to feel good.

Acknowledgement: Kabat Zinn & Sinik

Living and Learning Growth Activities:

Lower

When have you listened to what your mind and heart told you was right for you to do?

Activity: Drawing – Practise drawing shapes by following the dotted lines.

Enjoy joining the dots and colouring in.

Upper

Mindfulness Maze: enjoy the challenge of finding your way through the maze.

Respectful Relationships: What are two kind things that you and your friends can do to help a new student to your school to feel a sense of belonging and be accepted?

Wellbeing Growth Tip: Try to discover good things that your classmates are doing.

Character Strength: brainstorm how they can use *Self-Regulation* to build their living and learning growth and wellbeing.

Parent Wellbeing: a key ability to develop in yourself, which will enable you to be resilient to respond well to challenges, is being able to solve your social problems. This is particularly so in the fast paced 21st century, where social media activities are causing unacceptable pressures on your children, which you in turn have to support them with. The strength social-intelligence is effective to use to assist you. How well do you respond to challenges?

Acknowledgement: Rievich & Shatte