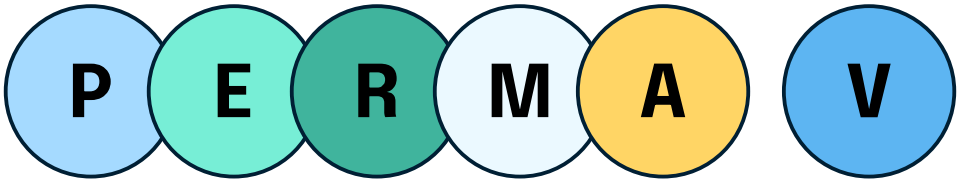
komodo

Understanding the fundamentals of wellbeing with the PERMA V model

PERMA V: A holistic model for wellbeing in schools

Positive psychology, a branch of psychology that focuses on fostering wellbeing and happiness, has paved the way for various strength-based models, one of which is PERMA V. This framework was created to help people flourish in their lives by emphasizing five core elements: **P**ositive Emotions, **E**ngagement, **R**elationships, **M**eaning, **A**ccomplishment, and **V**itality.



The PERMA model was developed by Psychologist Dr Martin Seligman in 2012, and suggests five building blocks of wellbeing that contribute to human flourishing. Emiliya Zhivotovskaya added the "V" building block thus creating the updated PERMA V model for wellbeing. By addressing positive emotions, engagement, relationships, meaning, accomplishment, and vitality, educators and parents can foster a positive learning and living environments that nurture the holistic development of young people. Through various activities, we can facilitate the growth of well-rounded individuals who are equipped with resilience, coping skills, and a sense of purpose, setting them on a path towards a flourishing future.

Why use PERMA V in schools?

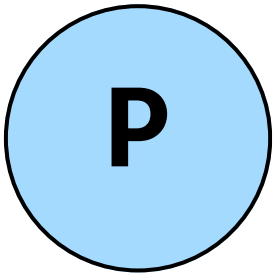
Childhood and adolescence are critical periods for identity formation and personal growth (both physically, cognitively and socio-emotionally). PERMA V addresses various dimensions of wellbeing, ensuring a more comprehensive and balanced approach to development. Research repeatedly shows that when students feel happier, engaged, and connected, they are more likely to excel academically and socially. By weaving in these positive wellbeing habits and skills during a young person's school journey, schools can contribute to the long-term wellbeing and happiness of their students, setting them on a path to lead fulfilling lives.

As a teacher, incorporating PERMA V into your classroom practices can create a positive and nurturing learning environment. By understanding and integrating these elements into your teaching strategies, you can help your students flourish academically, emotionally, and socially. We know that each student is unique, so being attentive to their individual needs and interests is key to effectively applying the PERMA V model in your classroom.

We know from the journeys of our Komodo schools as well as through research that fostering student wellbeing can lead to more engaged and successful learners who are better equipped to face life's challenges with resilience and positivity. Time given to wellbeing now comes back to you as an investment for both the students and the entire school community. As students flourish and develop essential life skills, the benefits ripple throughout the school.

This guide breaks down some practical applications for the home and classroom environment that can be used by both students and educators.

Positive emotions:



This is all about experiencing feelings of joy, happiness, and gratitude. In other words, the pleasant emotion spectrum. Encouraging students to engage in activities that bring joy, fostering a positive and uplifting classroom atmosphere.

Activity	Classroom application	Home application
Gratitude practice	Start a gratitude journal or jar, somewhere students are encouraged to document things they are grateful for in the school week.	Start a 'Three good things' ritual at the dinner table where everyone shares three things that went well that day.
Positive reframing	When a challenge or setback occurs, encourage your students (and yourself) to ask: "What's one thing I can learn from this?" or "What's the yet?" (e.g., "I can't do it yet").	Teach optimistic self-talk by modeling how to turn a negative thought ("This is too hard") into a positive/growth-mindset thought ("I'll try a different strategy").
Moment of joy	Start a class with a 'Moment of joy', this could be teacher or student-led. Simply sharing something that made you feel joyful. Read a short, funny anecdote, share an interesting picture or an inspiring quote etc.	Dedicate time to engage in activities that fill up your cup, Watch or listen to inspirational stories, funny videos, or uplifting music.

Engagement:

Engaging students in activities that capture their interest and challenge them can lead to a sense of fulfilment and growth.

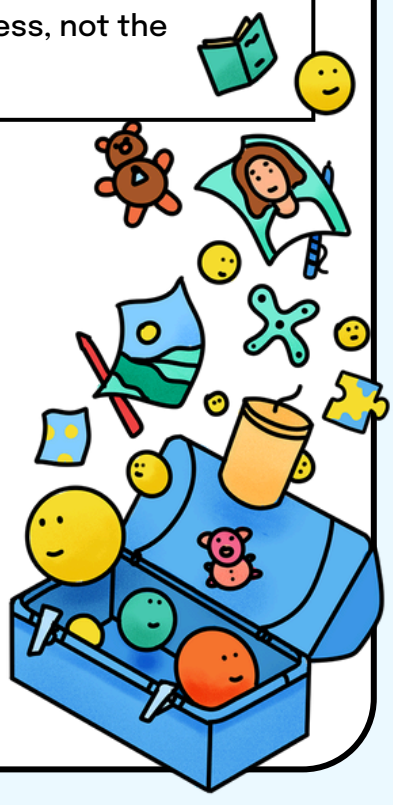
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Providing opportunities for hands-on learning, creative projects, and meaningful discussions can enhance their engagement in the learning process and allow them to explore skills and talents.

Activity	Classroom application	Home application
Mindful focus exercise	Use a brief 'Focus-In' transition (e.g., 60 seconds of complete silence, a square breathing exercise) before starting a complex task.	Practice a mindful activity like a sensory walk or a focused attention game to increase present-moment awareness.
Strength spotting	This activity involves using paper, stickers, or post-it notes. Write different strengths on separate papers and display them on classroom walls. Define each strength, then have students mark their top three strengths with stickers. Finally, reflect as a class to identify the group's collective strengths.	Take an online VIA Character Strengths Survey and reflect upon or discuss how your top strengths were used that week.
Creating time for interests	Incorporate passion projects into learning allowing students extended time to explore a topic of deep personal interest.	Set aside uninterrupted time for a hobby where the focus is on the process, not the outcome.

Engaged students experience a stronger sense of belonging & connection to their school community which leads to better wellbeing & learning outcomes overall.

(Allen, Kern, Vella-Brodick, & Waters, 2016; Wagle et al., 2018)



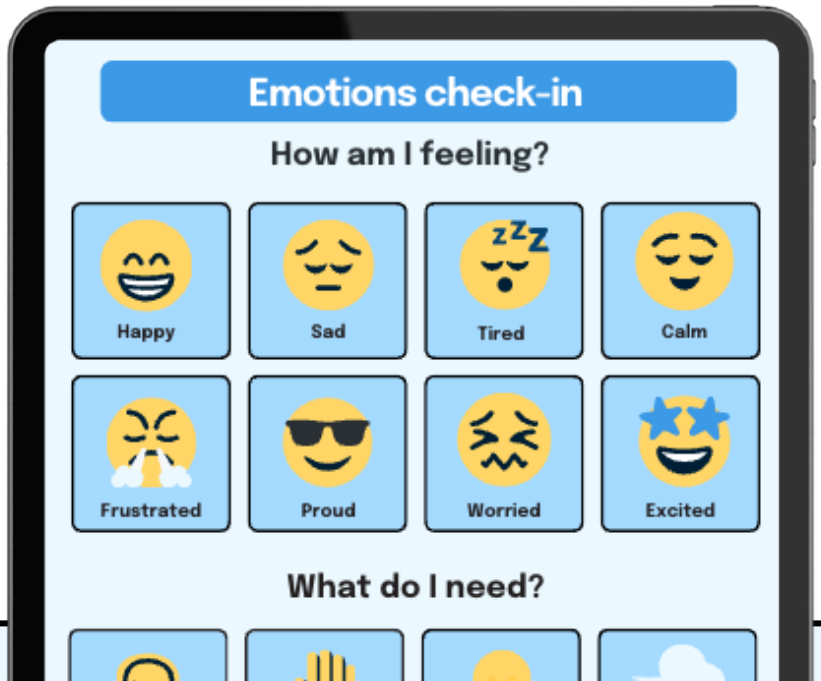
Relationships:

Positive relationships are crucial in the classroom environment. Building a supportive and inclusive community where students feel connected and valued can have a significant impact on their wellbeing and academic success.

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This includes positive relationships with family, friends, and peers. Encouraging kindness and empathy can help students build strong and supportive connections with others.

Activity	Classroom application	Home application
Uninterrupted connection opportunities	Begin the week with a few icebreakers that encourage students to share non-academic information and genuinely connect.	Schedule purposeful tech-free time and use it to connect with friends, family or partners.
Emotional literacy	Use 'Feeling check-ins' at the start of the day or an activity (e.g., "On a scale of 1-5, where are your energy and mood?") to normalise emotional awareness.	Reinforce and model emotion recognition by naming and acknowledging your feelings.
Active listening	Model active listening and emotional literacy by validating student emotions and asking gentle prompting questions to make them feel seen and understood.	When someone shares good news, practice enthusiastic and genuine listening (asking open-ended follow-up questions instead of steering the conversation back to yourself).



Click here to download our Emotions check-in poster resource!

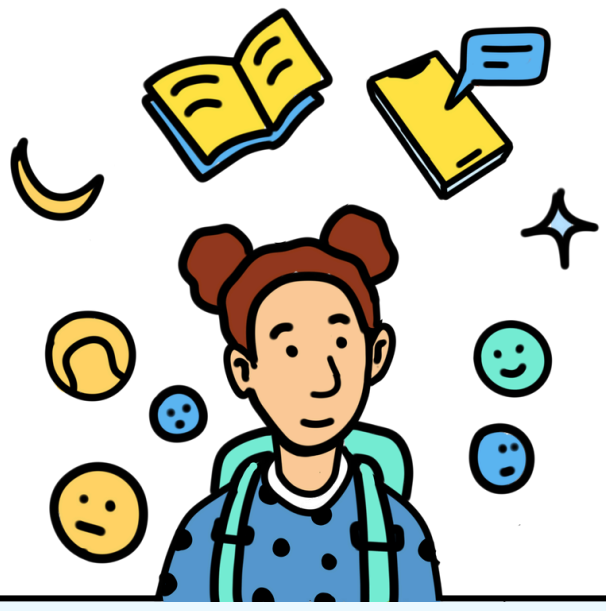
Meaning

Helping students find meaning and purpose in their learning can make a big difference. Relating classroom topics to real-life situations, encouraging reflection on the relevance of their studies, and demonstrating how their learning can contribute to a better world can foster a sense of purpose.

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This can also involve exploring students' passions, interests, and values, and helping them to understand how their actions can make a positive impact.

Activity	Classroom application	Home application
Community support	Run a classroom/school community project (e.g., organising a donation day, tutoring younger students) and discuss the positive impact the students are having.	Engage in a community or service activity (e.g., volunteering, collecting food, writing letters to seniors) to connect actions to impact.
Purpose statement	As a class, draft a class mission statement that defines their collective purpose and how they will treat one another.	Reflect on the value you bring to your connections and environments; draft a short personal purpose statement ("I use x strength to help x achieve goal").
Impact thinking	Use reflection prompts that connect learning to the real world: "How could this skill or knowledge help improve the lives of others?"	Ask, "What is one thing you want to be remembered for?" and discuss how today's efforts contribute to that long-term vision.



Students who directly help to make changes for themselves & their peers, report an increased sense of purpose & belonging within the school community, which positively impacts feelings of Psychological Safety.

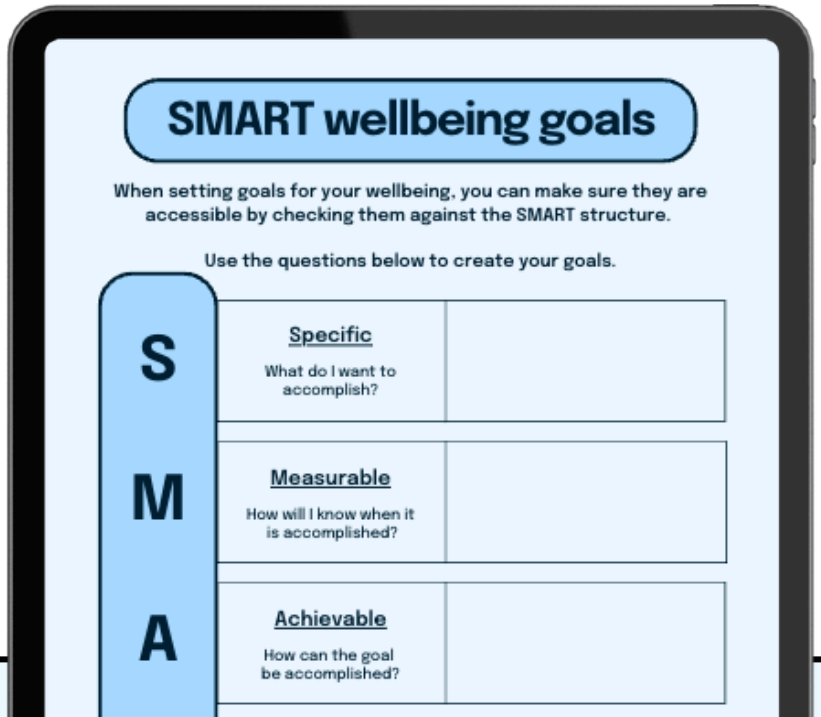
(Conner, Posner, & Nsowaa, 2022)

Accomplishment

Recognising and celebrating students' achievements, no matter how small, can boost their confidence and motivation. Setting achievable goals and providing constructive feedback can encourage them to strive for success. Sense of accomplishment comes from celebrating the process not just the outcome. Acknowledging achievement in turn builds confidence and motivation and is known to be closely linked to higher levels of self-esteem.

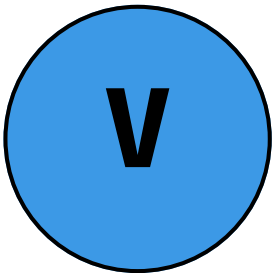
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Activity	Classroom application	Home application
SMART goal setting	Teach and practice the SMART goal framework for academic, behaviour, or personal goals, using our SMART Goals planning sheet.	Set Specific, Measurable, Achievable, Relevant, and Time-bound goals (e.g., "I will read 2 chapters after dinner on 3 nights this week").
Focus on the effort	Give growth-oriented feedback that specifically references the student's process and strategy: "The way you organised your notes shows great planning."	Use language that praises effort, strategy, and perseverance over innate ability (e.g., "Your persistence paid off!" instead of "You're so smart").
Tracking progress	Use visual progress trackers for long-term goals or projects (e.g., colouring in a thermometer for a class reading challenge) to highlight momentum.	Maintain a 'Done list' or habit tracker to visually see all the things accomplished in a day or week.



Click here to download our SMART wellbeing goals worksheet!

Vitality



This aspect focuses on students' mind-body connection. Vitality requires regular physical activity, varied nutrition and regular food intake, hydration and physical and mental health awareness and management.

Incorporating mindfulness exercises and promoting a balanced approach to studies and extracurricular activities are all ways to support students' overall vitality.

Activity	Classroom application	Home application
Movement breaks	Integrate short movement breaks between lessons to increase energy, focus, and blood flow to the brain.	Take a 'Brain break' that involves movement (e.g., a 10-minute dance party, a quick walk, or jumping jacks/star jumps).
Sleep routine	Discuss the importance of sleep for memory, learning, and mood, and make 'getting enough sleep' a class goal.	Establish and stick to a consistent bedtime and wake-up time, even on weekends, and ensure the bedroom is device-free.
Nature time	Conduct a lesson, reading time, or small group discussion outside whenever weather permits.	Spend at least 20 minutes outside–just sitting, walking, or observing nature to recharge the senses.

