



Positive Emotion

Children can build positive emotions by:

- Taking time to find things they are grateful for in their lives and reflect on what is going well and how they contributed to those situations
 - Spending time with people that they care about...
 - Doing activities that children enjoy, such as hobbies or pastimes...
- our research has found that kids love to be outdoors, to swing, to jump, plant things, make camp fires, free play in the forest, pretend play, bake cakes and eating them, anything that explodes!
- Interacting with nature and animals
 - Listening to uplifting music that they love
 - Exercising. It can help raise levels of positive emotions, as well as keep children healthy
 - Optimism is a form of positive emotion and is critical to building resilience.



Engagement

Children can build engagement by:

- Engaging in activities that they really love, where they lose track of time
- Learning mindfulness techniques, such as meditation, yoga or tai chi
- Taking the time to savour every moment
- Appreciating being in the 'now' and be aware of how they use their time; this can be done through managing their own work plans and timetables
- Spending time in nature, watching, listening, and observing what happens around them
- Identifying and learning about their own character strengths



Relationships

Children can build relationships through:

- Making new friends and understanding how to resolve conflicts
- Asking questions of the people they don't know well to find out more about them, their family, interests, hobbies etc.
- Engaging in 'circle time' activities to strengthen social cohesion in the group
- Supporting each other with their work
- Mixed age groups
- Engaging with visitors, guests, community members
- Involving their family with their learning



Meaning

Children can engage with meaning through:

- Becoming involved in a cause or organisation that matters to them; serving others....
- Spending time with people they really care about
- Review their strengths. What are they really good at or really passionate about?
- Think about how they could apply these strengths to their lives
- Be authentic – embrace the real 'you'
- Engage in their community and real world activities



Accomplishment

Children can build accomplishment by:

- Setting themselves achievable goals through managing their work, project work, and timetables
- Goals don't have to be big. Learning how to do a Sudoku puzzle could be enough!
- Reflecting on strengths they have used to succeed in the past... Can they help again?
- Look for ways to celebrate achievements - with themselves as well as others.
- If at first they don't succeed, try again; not being afraid of failure...

