

Supporting children at home- The PERMA Model of wellbeing

Introduction

COVID-19 has given rise to increased levels of uncertainty and time spent at home. Positive Psychology focuses on strengths and people's ability to thrive. The PERMA acronym highlights 5 key areas for wellbeing that focus on strengths rather than difficulties. These are: **P**ositive emotion, **E**ngagement, **R**elationships, **M**eaning, **A**ccomplishment. The guide below outlines each area with ideas about how to explore these with children at home. The examples can be adapted based on your child and what they enjoy.

Wellbeing area

Ideas

Inspiration

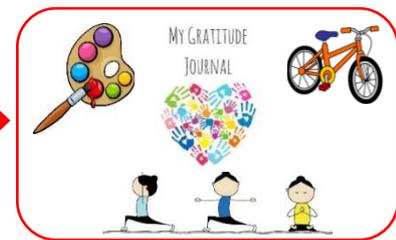
Positive emotion

Spending time on positive experiences that can help with; happiness, self-esteem, feelings of satisfaction & gratefulness.

Enjoyment: Hobbies

Relaxation: Calming activities

Gratefulness: Gratitude jar



Engagement

Applying your strengths to a task and allowing yourself to become immersed.

Character based: being organised, being kind

Skill based: sport, playing an instrument, craft



Relationships

Positive connections with others; in person or virtually.

Spread positivity: Acts of kindness for someone else

Virtual: Zoom/skype call, quiz, games night



Meaning

Finding a purpose. An action contributing to a larger goal or something outside of yourself e.g. community, family, friends.

Community: helping with shopping, speak to a neighbour

Family: playing with a sibling, helping at home



Achievement

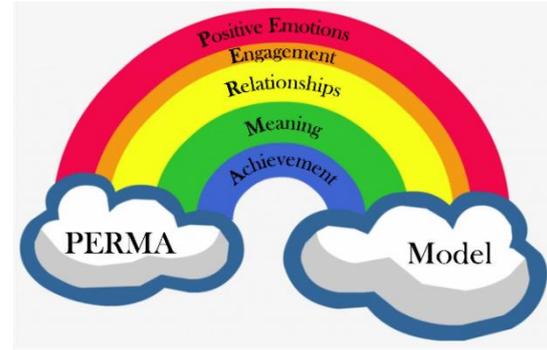
Experiencing a sense of accomplishment and managing setbacks. Achieving goals, no matter how small.

Small steps: Making creations using Lego or playdoh, exercise, reading a story



Resources

Rainbows have been used as a symbol of hope throughout the current pandemic. In line with this, we have linked each area of wellbeing to a different colour of the rainbow. The image can be used as a visual reminder of the 5 areas of wellbeing. We have also provided a selection of free resources below.



Positive emotions

- ✚ **Cbeebies**
Simple relaxation and [mindfulness activities](#) to do together with your children.
- ✚ **NHS Children's self-care kit**
Ideas for [self-care for children](#), including mindful colouring, laughing out loud & breathing exercises.
- ✚ **Cosmic kids yoga**
[Youtube channel](#) offering kids yoga, mindfulness and relaxation.
- ✚ **Gratitude Jar**
Activity sheet including [printable sentence starters](#) to help children think of ideas.
- ✚ **Emotion wheel**
By identifying an image, children can convey their [current feelings](#) and explore these with an adult.

Engagement

- ✚ **Sport activity programme**
Fun '[Wellbeing Through Sport](#)' activities to do at home.
- ✚ **ELSA activity calendar**
A [14-day calendar of activities](#), including mindfulness, crafts and positive thinking.
- ✚ **Joanna Basford colouring**
Collection of free [colouring pages](#).
- ✚ **Joe Wicks Fitness**
9am weekdays [live fitness](#) for adults & children.

Relationships

- ✚ **Power of kindness calendar**
The [calendar](#) helps children and young people learn about and carry out kind acts.
- ✚ **Blue Peter Badges**
Children could earn a blue [badge](#) by writing a letter telling Blue Peter about their hobbies and interests.

Meaning

- ✚ **30 indoor activities**
Examples of [indoor activities](#) with limited resources needed.

Achievement

- ✚ **Origami** Easy [origami instructions](#).

References: Seligman, M. (2011). *Flourish: A New Understanding of Happiness and Wellbeing – and How to Achieve Them*. London: Nicholas Brealey Publishing. Seligman, M., & Csikszentmihalyi, M. (2000). Positive psychology: An introduction. *American Psychologist*, 16, 126–127. PERMA resources: <http://www.adamspsychologyservices.co.uk/coronavirus.html>