

**Relationships + empathy: FAMILY AND FRIENDS / POWER OF CONNECTION**

*Fabulous First Five Minutes* – ask students to explore a time they have shown the strength kindness in their lives.

The *PERMAH Learning Intention* is for students to: *Middle* – analyse the feel good brain chemicals and warm emotions when they are with family and friends in person. Explain that they are hard wired to be at their best when cooperating with others, particularly, family and friends, to accomplish things. *Senior* – assess the power of being connected to family, friends and teachers as an effective way to grow their state of wellbeing. Explain that they are evolutionary tribal, meaning that they are hard wired to be at their best when in the company of other people; others are the best tonics to assist with nearly all issues.

*PERMAH Reflection*: Ask students to explore the two questions and the Resilience Skill.

*Success Criteria*: students will be able to: *Explain* – what feelings they experience when with family and friends. *Do* – choose to spend more quality time with their loved ones.

*PERMAH Reinforcement*: Ask students to explore these activities: *Middle* – Character Strengths, Mindful Colouring In, What Went Well, Wellbeing Tip & How Did You Feel? *Senior* – Big Four Check In, Respectful Me: I share, What Went Well & Study Tip. Acknowledgement: Diener & Biswas-Diener

**MIDDLE PLANNER**

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*Relationships + empathy*



**FAMILY AND FRIENDS**

**WHY:** by accepting that positively focused families and friends share advice honestly and look for *what is right* about what they are doing, you will be able to enjoy achieving what you set out to do together.

**HOW:** when talking, aim for five positives for every negative, accept advice as a pathway to personal and academic growth, give of yourself to be kind and forgiving and keep your emotions and impulses under control.

Acknowledgement: Diener & Biswas-Diener

**DO:** what are ways your family and friends support you?

.....  
 .....

What are ways that you can give back to your family and friends?

.....  
 .....

*How could the resilience skill, Empathy, help you to do this? (pg 135)*

*Mindful Colouring In*



*What went well this week?*

1 .....  
 2 .....  
 3 .....

*Character strength*

Use **PERSPECTIVE** to do **STRENGTHS BOOSTER RELATIONSHIP STRENGTHS** on page 138.



**SENIOR PLANNER**

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*Relationships + empathy*



**POWER OF CONNECTION**

**WHY?:** by accepting that one of the most effective ways to ensure positive personal and academic growth is a healthy feeling of social connectedness, you will relate better to your family, friends, teachers and peer groups.

**HOW:** you and other people matter, and showing empathy and kindness to each other builds your resilience to adversity. When you are struggling, even though you don't feel like it, go out of your way to be with others; your feeling of connection and sense of belonging will generate positive emotions in you to restore your normal functioning level.

Acknowledgement: Diener & Biswas-Diener

**DO:** when you are worried about issues you have, who are three champions you could seek out?

.....  
 .....

What different peer groups do you feel connected to?

.....  
 .....

*How could the resilience skill, Empathy, help you to do this? (page 119)*

*Respectful Me: I share*

You possess your own mix of character strengths. What are two strengths which would help you to cope with the demands of study? What are two strengths you look for in friends?

Coping strengths

1 .....  
 2 .....

Friends' strengths

1 .....  
 2 .....

*What went well this week?*

1 .....  
 2 .....  
 3 .....

*Study Tip*

Explain and share your notes in small groups to reinforce your understanding.



**25 MONDAY**

**OCTOBER 2021**

**TERM:** \_\_\_\_\_ **WEEK:** \_\_\_\_\_ **DAY:** \_\_\_\_\_

**Staff Wellbeing: *Creating the type of life you want***  
 What are you looking forward to most this week?

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**Consider:** How effective are your bedtime *sleeping routines* in inducing a deep and uninterrupted sleep and avoiding screen light from devices an hour before bed?

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| PRIORITIES / MEETINGS | DONE ✓ |
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*Find a higher purpose in your life, a belief.*

| PREPARATION AND FOLLOW-UP: | CLASS |
|----------------------------|-------|
|                            | 1     |
|                            | 2     |
|                            | 3     |
|                            | 4     |
|                            | 5     |
|                            | 6     |

*"No one ever hurt their eyesight by looking at the bright side of life." Saying*

| NOVEMBER 2021 | M | T | W | T | F | S | S | M | T  | W  | T  | F  | S  | S  | M  | T  | W  | T  | F  | S  | S  | M  | T  |    |    |    |    |    |    |
|---------------|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1             | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |