**Positive Psychology**

**Resource Pack:**

**Information for Teachers**



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**Positive Psychology Resource Pack:**

**Information for Teachers**

**What is Positive Psychology?**

Positive psychology is the study of what makes life worth living, how people flourish and become successful. This can mean many things to different people. It could mean performing at your best, being happy, finding meaning in what you do, being engaged in the task at hand, improved well-being, bringing out the best in others or reaching your full potential.

**Why is it important to Teach Positive Psychology?**

By practising the principles within Positive Psychology, research shows that children and young people improve their academic performance and attitude. They also engage in more positive behaviours (and fewer negative ones). It also:

* Increases success when it comes to forming friendships; increases ability to manage conflict with peers
* Enables them to manage negative emotions
* Enables them to have better concentration, which means performing better academically
* Prevents health problems
* Creates more stable and satisfying relationships with adults
* Makes them more resilient and optimistic.

**Who is the Resource Intended for?**

The resource is intended for teachers to deliver to pupils between the years of Primary 6 and S2.

Suggested materials and activities are provided within the resource which should be revised accordingly to meet the needs of the learners in your class.

The resource will capture elements of second and third level experiences and outcomes in the broad general education curriculum. These E’s and O’s are mapped to each lesson.

**How to use the Resource**

This resource pack has been designed for teachers to deliver as a series of lessons.

This pack includes a suggested lesson format for each topic area which can be used as a structure to guide your teaching; there are a range of materials and activities, and an accompanying PowerPoint for each lesson which can be used to support the delivery of the resource.

This pack is designed to provide useful information and materials on the subject of positive psychology with the aim of promoting activity and thinking in this important area.

It is important to be mindful of pupils who may struggle to think positively, e.g. some pupils may struggle to find positive things to say about themselves. Therefore, it is important to support, and scaffold pupils thinking using positive language and approaches such growth mindset to help encourage and motivate pupils to think and feel more positively about themselves.

Please note that the materials are a suggested guide only and should be revised accordingly to meet the needs of the learners in your class.

**What topics are covered in the resource?**

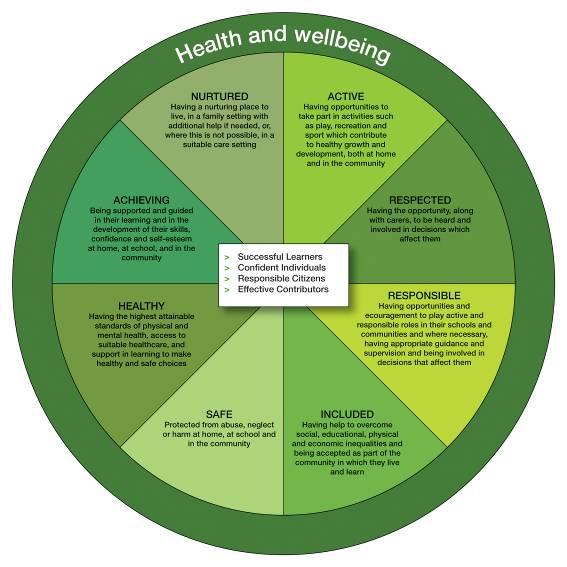
This resource pack includes lessons on the following topic areas:

* Resilience
* Self-Esteem
* Gratitude
* Happiness
* Managing Anxiety
* Discovering my Strengths
* Optimism
* Mindfulness

**Curriculum for Excellence**

As mentioned, the resource will capture second and third level experiences and outcomes in the broad general education curriculum.

These e’s and o’s will mainly target **health and wellbeing**; however, some literacy, numeracy and other areas of the curriculum will potentially be captured depending on the of the resource.

*Learning through health and wellbeing promotes confidence, independent thinking and positive attitudes and dispositions. Because of this, it is the responsibility of every teacher to contribute to learning and development in this area.*

*Learning in health and wellbeing ensures that children and young people develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing now and in the future.*

*Building the Curriculum 1*

**A close up of a logo

Description automatically generatedHealth and Wellbeing E’s and O’s captured include:**

|  |
| --- |
| I am aware of and able to express my feelings and am developing the ability to talk about them. **HWB 2-01a / HWB 3-01a** |
| I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them. **HWB 2-02a / HWB 3-02a** |
| I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances. **HWB 2-03a / HWB 3-03a** |
| I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave. **HWB 2-04a / HWB 3-04a** |
| I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others. **HWB 2-05a / HWB 3-05a** |
| I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available. **HWB 2-06a / HWB 3-06a** |
| I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. **HWB 2-07a / HWB 3-07a** |
| I recognise that each individual has a unique blend of abilities and needs. I contribute to making my school community one which values individuals equally and is a welcoming place for all. **HWB 2-10a / HWB 3-10a** |
| Through contributing my views, time and talents, I play a part in bringing about positive change in my school and wider community. **HWB 2-13a / HWB 3-13a /** |
| I am aware that positive friendships and relationships can promote health and the health and wellbeing of others. **HWB 2-44b** |

**For Further Information or Support**



Please do not hesitate to contact us:

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