

Positive Psychology Wellbeing Model POSITIVE EDUCATION	DOE The Wellbeing Framework For Schools
<b>P – Positive Emotions</b>	Enjoyment, or <i>the presence of positive emotion, can increase a student’s wellbeing.</i> Learning occurs more effectively in the context of positive emotions.
<b>E – ENGAGEMENT</b>	When students have choice and <b>opportunities to engage in activities that are of interest and value to them, their wellbeing is enhanced.</b>
<b>R - RELATIONSHIPS</b>	<b>Positive relationships foster connectedness and feelings of belonging and are essential for wellbeing;</b> help us to build social and emotional skills and in turn nurture other positive, caring and respectful relationships
<b>M – MEANING</b>	<b>Development contributes to social competence, self-esteem and a student’s sense of meaning and purpose.</b>
<b>A - ACHEVEMENT</b>	<b>Achievement contributes positively to a student’s wellbeing, and can contribute to a student’s confidence and self-esteem.</b> Achievement fosters positive emotions which can build further engagement and effort.
<b>H – HEALTH</b>	<b>Feeling physically safe and being in good physical health contributes to wellbeing.</b> Environments that provide for safety, and support good health, optimise learning experiences.