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