Educational Psychology Overview Guide

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PERMA

The PERMA model was originally developed by Martin Seligman in 2011; a 5-strand model for happiness and well-being which can be applied to help us thrive and flourish. It allows adults working with young people to support wellbeing by focussing on strengths rather than difficulties.

PERMA stands for

- Positive emotion. Positive emotion refers to a wide range of positive emotions and it is a good indicator for overall resilience and wellbeing.
- Engagement. Engagement is when a person is finds enjoyment and is immersed in an activity.
- Relationships. This refers to a variety of relationships in the young persons life including family, friends, school staff and the wider community and the importance of positive connections.
- Meaning. Meaning is when a person feels like they have a purpose and in turn increases our sense of belonging.
- Accomplishments. Accomplishments refers to setting and being able to achieve goals.

How to increase PERMA?

- Positive emotion can be increased for a young person by using a gratitude jar, spending time with people they care about and doing activities they enjoy.
- Engagement. To support more engagement a young person could do/join activities including sports clubs, music clubs, art clubs or a creative activity.
- Relationships. To support more positive connections a young person could access group interventions, supported social times, and acts of kindness.
- Meaning. To increase meaning in schools and the community, a young person could have a special job in school, be involved in a project or help plan a community event.
- Accomplishments. To increase a child's sense of accomplishment this could include having an achievement book, taking part in a school performance or reading a book etc.

More information about PERMA can be found here:
https://www.ghll.org.uk/Supporting%20at%20Home%20%20-%20The%20Perma%20Model%20of%20Well%20Being.pdf
https://www.youtube.com/watch?v=mnI1ZUgFPIM

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