

## SECONDARY PARENT NEWSLETTER ARTICLE

*This is Creativity Week, when students, their classes and families are encouraged to notice creative things that they or others did. Download the Creativity sheet from Character Strengths in the Individual Resources section of [www.learningcurve.com.au](http://www.learningcurve.com.au)*

**PERMAH+ Lessons: Middle – SELF-KINDNESS**  
**Senior – SELF-COMPASSION**

**Wellbeing Element: Health + strengths**

**WHY:** for students to understand that the most important relationship that they have is the one with themselves, and to always treat themselves with kindness because they are worth it.

Good questions to ask yourself and students are, “do you treat yourself as well as you treat other people?” and, “when you say ‘yes’ to other people, are you really saying ‘no’ to yourself?” Being kind to yourself isn’t being selfish, it’s valuing your greatest asset, you. Research has shown that showing self-kindness and self-compassion results in optimism and hope for the future, better problem solving and critical and creative thinking abilities and less anxiety.

Strategies to share to build their willingness to be self-kind include:

- write down achievements that they are proud of, how they felt and the strengths they used.
- use JOMO to give social media a rest often.
- write a positive mantra to live by each week, eg. I will do five kind acts for others today.
- use encouraging self-talk and bin the unhelpful self-put down thoughts.
- journal what they are looking forward to and what they are grateful for.
- exercise daily, eat healthy, sleep for at least 9 hours, drink over a litre of water and look on the bright side of life.
- spend quality time with positive people and nature every day.
- Write down their goals every term.

Acknowledgement: Neff, McGehee & Ford

### Living and Learning Growth Activities:

#### Middle

*Creativity Week*

*Wellbeing Growth Tip:* You have the power over screens to shape your life; not vice versa.

#### Senior

*Creativity Week*

*Academic Growth Tip:* Challenge yourself to design a study timetable, which is your contract with yourself.

*Character Strength:* brainstorm how they can use *Creativity* to build their living and learning growth and wellbeing.

*Parent Wellbeing:* one valuable thing that COVID19 has taught everyone, is the importance of being there for, playing with and enjoying the outdoors with our children. Prior to the pandemic, the 21st century was becoming a time where many parents fell into the trap of just occupying their children with ipads and screen games. Playing outside in nature is a wonderful of building your whole family’s wellbeing. How often are you enjoying the outdoors with your children?

Acknowledgement: Fredrickson