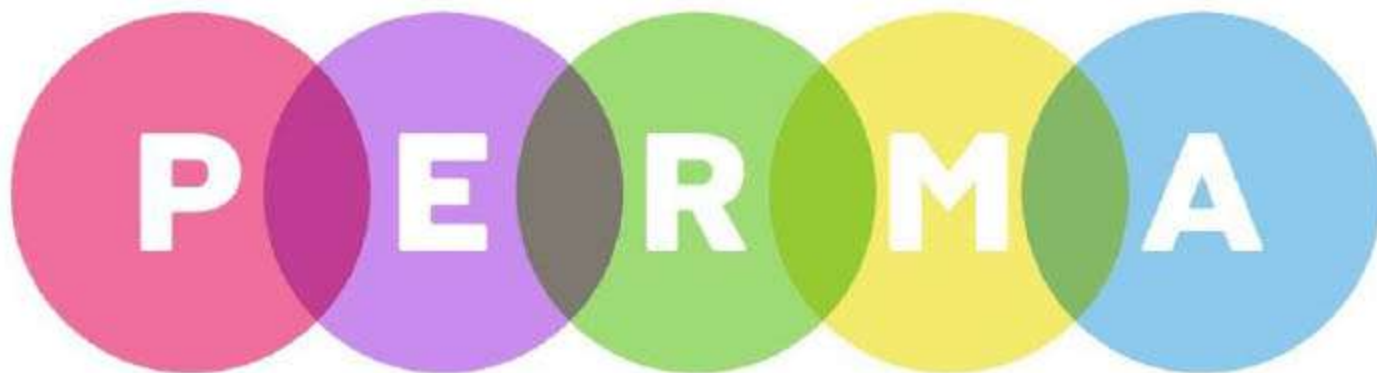


Understanding the Key Concepts of Positive Psychology and its role in Values Education

Lyndsey Martin

Yuen Long Merchants Association
Secondary School

Theory of Well-Being



**Positive
Emotions**

Engagement

**Positive
Relationships**

Meaning

Accomplishment

MARTIN SELIGMAN - PERMA MODEL

Aims & Objectives

Out-of-class – Promoting Positive Psychology through English-rich Environments

- **appeal to students' interests**
- **personal & relatable; create ownership**
- **provide a purpose to express themselves**
- **a means to share and reflect on experiences**
- **build trust and form bonds**
- **personal growth and a sense of achievement**



Examples

CROSS-CURRICULAR
IN-HOUSE PROJECTS



English Panel Project — Words of Wisdom



Cross-Curricular Project — A Portrait of an Athlete



Aims & Objectives

In-class English Lessons

- **personal & relatable**
- **form connections**
- **provide a purpose to express themselves**
- **a means to share and reflect on experiences**
- **build trust and form bonds**
- **personal reflection and appreciation**



Example 1

S.6

SPEAKING & WRITING

PROVERBS



Planning Stages

- authentic materials
- culturally relatable
- adaptable
- share personal experiences

Check out Humans of Hong Kong, our newest video series focused on telling Hong Kong stories!

SUBSCRIBE

localiiz
MY LIFE IN HONG KONG

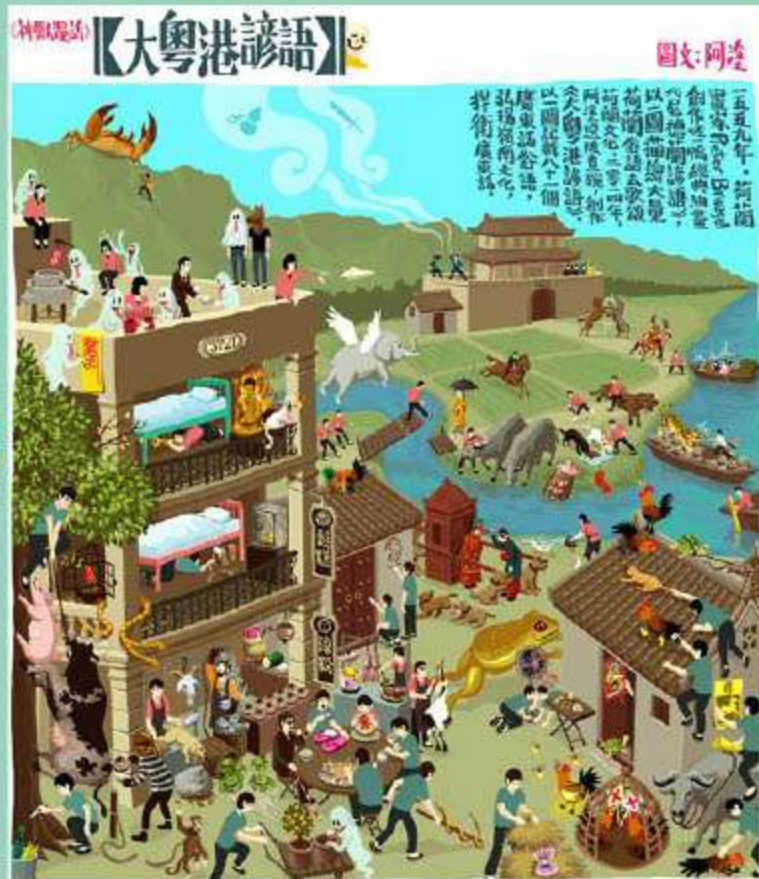
WHAT'S ON ▾ FOOD & DRINK ▾ CULTURE ▾ TRAVEL ▾ FAMILY ▾ EDUCATION ▾ LIVING ▾ OFFERS & COMPETITIONS ▾ VIDEOS ▾

Do You Know Your Cantonese Proverbs?

BY LOCALIIZ
3 MARCH 2014

SHARE    

March 3rd 2014 Creative minds always find the most unique ways to express complex ideas. Graphic Designer [\[Ah To\]](#) has created this intricate artwork entitled 'The Great Canton and Hong Kong Proverbs', depicting 81 Cantonese proverbs in one crowded frame. How many do you recognise?



版權所有，轉載請註明出處

由 Ah To 繪製

【大粵港諺語】

圖文:阿凌



三正九年，荷地開
書院，Mr. B. B. B.
創作此幅粵語諺語，
以圖畫帶出大皇
荷蘭帝皇入歌城
新編之「粵語」
詞彙，以圖畫帶出
大皇「港語」
以圖畫帶出
廣東話俗語，
以圖畫帶出
以圖畫帶出
以圖畫帶出

1. 呃鬼食豆腐
2. 扮鬼扮馬
3. 飛象過河
4. 老貓燒鬚
5. 甩繩馬騮

WS A

To lure then trick someone - expressing disbelief "You're kidding me?"

to play a part in deceiving someone

breaking a rule

making a mistake in something they are experts at

a naughty child - no longer under control

WS B

to slur your words

a man who is supported by a woman (financially)

making money in many different ways

somebody benefits by their wrongdoing, while another person gets the blame

you can't force someone to do something that they don't want to do

Scaffolding Tasks

English Proverbs

- *Still waters run deep.*
- *Don't put all your eggs in one basket.*
- *A watched pot never boils.*
- *Look before you leap.*
- *The early bird gets the worm.*
- *Where there's a will, there's a way.*
- *When it rains, it pours.*
- *A friend in need is a friend indeed.*
- *Actions speak louder than words.*
- *Don't judge a book by its cover.*
- *Practice makes perfect.*
- *What doesn't kill you makes you stronger.*

Example of worksheets (4 in total) →

D. Write the meanings on your worksheet.

1. A person who says little, but who might in fact know a lot.	7. One bad thing happens, followed by a lot of other bad things that make a bad situation worse.
2. One should not concentrate all efforts and resources in one area as one could lose everything.	8. A friend who helps you when you really need help is a true friend.
3. Time seems to drag endlessly (goes slow) when you're waiting for something to happen.	9. What you do is more important and shows your intentions and feelings more clearly than what you say.
4. It is sensible to think about the possible dangers or difficulties of something before doing it.	10. We can't simply judge people only by their appearances.
5. The person who arrives first is the one who is successful.	11. If you continue to do something many times, you will learn to do it very well.
6. If you are determined enough, you can find a way to achieve what you want, even if it is very difficult.	12. You can grow and learn from even the most negative experiences.

A. Read the three English proverbs below. Complete each proverb by writing the correct ending in the first column.

Proverb Beginning	Proverb End	What do you think it means?	The actual meaning
10. Don't judge a book <i>by its cover.</i>	makes perfect.	<i>Don't judge anything or anyone without knowing deeply. Don't judge others by first impression.</i>	<i>We can't simply judge people only by their appearance.</i>
11. Practice <i>makes perfect.</i>	kill you makes you stronger.	<i>Practice at the time can keep improving yourself.</i>	<i>If you continue to do sth. many times, you will learn to do sth. very well.</i>
12. What doesn't <i>kill you makes you stronger.</i>	by its cover.	<i>Sth. can't beat you is to improve yourself.</i>	<i>You can grow and learn from even the most negative experiences.</i>

B. Read each one to your partner and discuss the possible meanings.

C. Write what you think it means in the third column.

D. Write the actual meaning in the last column.

The Writing Process

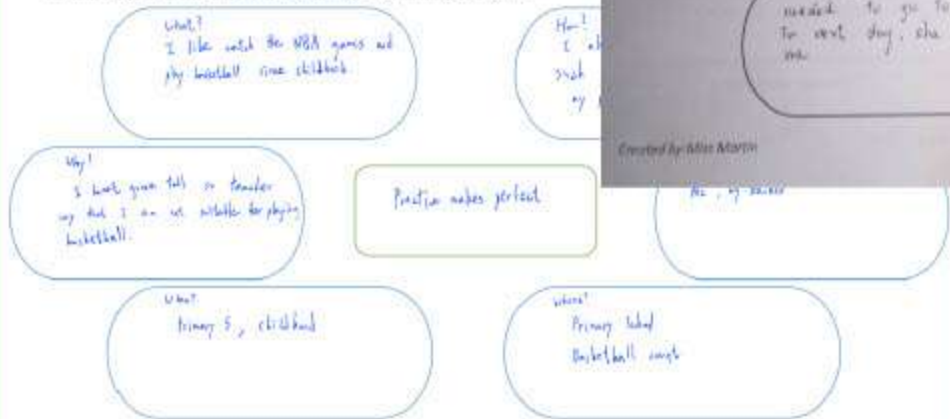
Writing Task: Choose one of the proverbs from worksheet 1.2 (12/11 lesson).

Write a personal story about what the idiom means to you. You may refer to the examples.

You may think about:

- A personal experience/ story you have had that relates to the idiom
- How the idiom relates to the way you live your life/ could live your life
- Use examples in your writing

Planning: Use the mind map to plan your writing. Think about 5W1H. You will have 6 minutes.



8 A friend who helps you when you really need help is a true friend.

Writing Task: Choose one of the proverbs from the first page. Write a personal story about what the idiom means to you.

You may think about:

- A personal experience/ story you have had that relates to the idiom
- How the idiom relates to the way you live your life/ could live your life
- Use examples in your writing

Writing Task Word Length: 140-180 words

Planning: Use the mind map to plan your writing. Think about 5W1H. You will have 6 minutes.

In the past
sit on the chair

A friend who helps you when you need help is a true friend

It is I am in the morning she was sleeping and I called her to come out.

I cry in the street cause of the academic performance

My friend - Gloria come to find me immediately

Despite she was sick and needed to go to school early. To next day, she come to thank me.

I realize that she is the true friends in my life forever.

Created by Alice Martin

**Feed-forward feedback:
posing questions to
encourage reflection →**

Private comments



Lyndsey MARTIN
Nov 23, 9:21 AM

Hi May, some great ideas. I like how you have chosen to write about your friendship. What is your proverb? This should appear in the center square. Did Gloria give you any advice during this experience? How did that make you feel? You can add such ideas to your writing. :)

We will complete the writing task today in class. I look forward to reading your piece.



Example 2

S.5

READING & SPEAKING

WORLD MENTAL HEALTH DAY

(SOCIAL ISSUES)



Exploring a Taboo Topic



WORLD
MENTAL
HEALTH
DAY
OCTOBER 10

World Mental Health Day is a day to **raise awareness** of the effects mental illness has on millions of people's lives across the world, and to help educate and inform us all.

PART ONE

Setting the Context

Pair Discussion

- Have you felt this way before?
- Do you know someone who has?
- Share your experience(s)



The screenshot shows a Dailymotion video player. The video title is "I Had a Black Dog" by Nidokidos. The video content shows a man sitting on a bench with a shadow that looks like a black dog. The video player interface includes a play button, volume control, and a share icon. To the right of the video player, the video title "I had a black dog his name was depression" is displayed, along with the user name "Nidokidos" and a "Follow" button. There are also icons for heart, clock, location, and camera.



Reading – Jigsaw-style Interaction

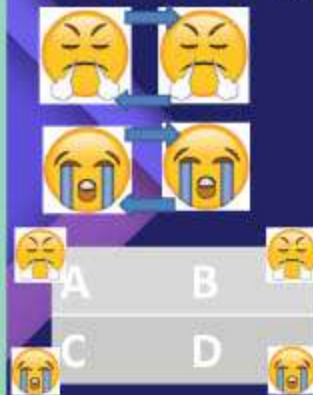
- 4 groups of 4 (x 2 for large classes)
- Each group had a different section of the article to read
- Students read and then later exchanged information, verbally

Example of readings →

(C) Title:	(D) Title:
<p>1) How can exercise help with your mental well-being?</p> <p>a. It can't – exercising is only good for improving fitness</p> <p>b. It can help you deal with anxiety and depression</p> <p>2) What else can help reduce stress and feel more relaxed?</p> <p>a. Drinking coffee</p> <p>b. Walking around Mong Kok at night</p> <p>c. Walking in nature such as in the countryside or in a park</p> <p>3) What could motivate you to do more exercise?</p> <p>a. Getting up early</p> <p>b. Joining a local sports team</p> <p>c. Watching sport videos on YouTube</p>	<p>1) What are the benefits of creating an environment which supports good mental health at school?</p> <p>a. There may be less students absent</p> <p>b. Students will achieve higher exam results</p> <p>2) What can schools do to help support students?</p> <p>a. Encourage students to seek support from social workers</p> <p>b. Teach students how to have a work-life balance by suggesting they join ECs such as sport or art classes to help reduce their stress</p> <p>c. All of the above</p> <p>3) What is the most important thing?</p> <p>a. Students get high marks in exams</p> <p>b. Students feel supported</p> <p>c. Students attend school when they feel stressed or depressed</p>

← Catering for learner diversity →

Pair-up and Exchange



- Find the person with the same emoji as you
- Ask them which part of the article they read
- Listen to them share the main points then write the information in the **CORRECT BOX**
- Read out your information while they write notes in the correct box

(C)
Of course, we also need to look after our own mental health. Most people know that exercise is good for your body, but did you also know how good it is for your mental health? Regular exercise can really help you deal with anxiety and depression. Spending time in nature can also make people more relaxed and reduce stress. So why not get your exercise by going for a walk in a park or the countryside? You could also join a local sports team which could motivate you to do more exercise.

(D)
Schools should create an environment which supports good mental health. This also helps to reduce the number of days students take off school. Teachers should help students to achieve a good work-life balance by encouraging them to join EC classes that may help reduce stress such as art or sport classes. Students should also feel that they can talk to their teachers or a school-based social worker when they are feeling down or stressed. The most important thing is that students feel supported.

(C)	(D)
—	—
—	—
—	—
—	—
—	—



Reading – Jigsaw-style Interaction

Home Group Task

Class: _____ Group Number: _____ Student Numbers: _____

Use the information you have collected. Work with your group to answer the questions below.

(A) Title: 1.) How does diet effect your mental health? 2.) What may happen if you don't eat enough fruit & vegetables? 3.) What should we drink more of and why?	(B) Title: 1.) What could you do if you feel lonely? 2.) Why is volunteering a good idea? 3.) What can help with reducing the stigma of mental illness?
(C) Title: 1.) How can exercise help with your mental well-being? 2.) What can help reduce stress and feel more relaxed? 3.) What could help motivate you to do more exercise?	(D) Title: 1.) What are the benefits of creating an environment which supports good mental health at school? 2.) What can schools do to help support students? 3.) What is the most important thing?

Mingle Task

Name: _____ [] Class: _____ Group Number: _____

1. Make notes from you reading by paraphrasing the information.
2. Speak to a member from the other group and write what they tell you below.
3. Go back to your group and write the information collected by your group members.

(A) — — — — — — — — — —	(B) — — — — — — — — — —
(C) — — — — — — — — — —	(D) — — — — — — — — — —

Speaking - Pre-lesson Task

Homework Example:

"I don't have any close friends in my class. People don't include me when they are having class discussions.

Sometimes I feel jealous when others are having fun together.

I often feel lonely."

1. The problem(s)/situation



1. How it makes you feel

Date:
 Friday

saved in Drive

QUESTIONS RESPONSES Total points: 0

Problems and Solutions

Paragraph

In our next lesson we will discuss **problems and solutions**.

Please **share details about any problems you have** or have had before.

Nobody will know that it is your problem – you will **remain anonymous**.



PART TWO

Group Discussion

- authentic situations
- purpose to communicate
- relatable circumstances/experiences
- provide real advice to real problems
- using English
- develop empathy and understanding

1. My parents divorced when I was in 15. I remember before they would always argue and wake me up at night. I was younger then and felt so sad when my father moved to live somewhere else. I always think about this and feel so sad I don't have a close relationship with my father. I think about this a lot these days and can't concentrate.	4. My friends ask me to go out with them on the weekend, but I stay at home and try to study. They call me boring and don't want to be my friend anymore. I have no time to hang out with them and enjoy life as I have a lot of homework this year. I miss spending time on my interests and hobbies and having fun with friends.	7. I am form 5 now and my school life has changed. There is more pressure with the DSE exams, and I get very nervous when I think about the exams. We have too many exams at school and I need to study for longer. I get good results from my classwork and homework, but I get nervous before exams and almost fail when I sit the exams. I don't know how to get good results and stop worrying.
2. I have a lot of homework every night and I can't finish everything on time. I will start one subject then I get tired and try to finish a different subject. I can never finish everything. I only finish 50% of each subject homework. My teachers get angry with me and think I am lazy but they don't know I try very hard. I feel exhausted.	5. I received very bad results in my exams and my parents punish me for not working hard enough. I work very hard and I don't know why my results were so bad. My mother makes me stay home on the weekend and study more. I am trying my best but I feel like a failure.	8. I used to have a good relationship with my brother, but we had a big argument a few months ago and now we don't speak to each other. We avoid each other at home and the atmosphere around the house is very bad. I miss speaking with him but I don't know what to do. I think he doesn't care about me anymore.
3. I need to look after my younger brothers after school every day and have no time to complete my homework. I need to take them for dinner or cook dinner for them and put them to bed before 10pm every night. I am so tired after taking care of them and can't finish all my schoolwork at night. My parents work so late, and I don't know how to tell them that I feel stressed because they work to help our family.	6. I don't understand a lot of the content in the Mathematics lessons. I try to follow the lesson but I can't concentrate and feel stressed at the end of the day because I can't finish the homework correctly. I feel like I have the lowest marks in my class and worry about this all the time.	9. I don't have enough money for lunch. My friends at school will go out for lunch but I avoid joining them because I don't have money to buy food. I feel embarrassed because they think I don't want to spend time with them, but I don't want to tell them the truth as it is shameful. My parents used to give me enough money, but they stopped giving me so much money this year.

Modal Verbs: Advice Review

and their model

SHOULD
 present You should eat lots of vegetables.
 past You should have brought an umbrella.

OUGHT TO
 You ought to be nicer to your sister.
 * sometimes implies moral obligation
 * usually not used in the negative

HAD BETTER
 You'd better pay back the money you owe.
 * often implies some sort of consequence

Target Language →

Name: _____ Class: _____ Group Number: _____

Giving Advice

Read aloud the student problems with your group. Take it in turns to give advice for each one. Use the text below and the information from the group activity to help you.

Homework

Choose one of the problems your group has discussed. Write your advice below. These may be shared with the class next time.

ATTACH THE PROBLEM HERE

Write your advice here:





Current Project

S.4

PUBLIC SPEAKING

THE 24 CHARACTER STRENGTHS



Aims & Objectives

In-house English Morning Sharing Speeches

- **provide a platform for public-speaking**
- **create an opportunity to share personal experiences**
- **relate to experiences shared and reflect on them**
- **promote key aspects of positive psychology**



transcendence

APPRECIATION OF BEAUTY & EXCELLENCE

Appreciating beauty, excellence, and/or skilled performance in various domains of life

SPIRITUALITY

Having coherent beliefs about the higher purpose, the meaning of life and the meaning of the universe

GRATITUDE

Being aware of and thankful of the good things that happen; taking time to express thanks

HOPE

Expecting the best in the future and working to achieve it

HUMOUR

Liking to laugh and tease; bringing smiles to other people; seeing the light side

temperance

FORGIVENESS & MERCY

Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful

HUMILITY & MODESTY

Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is

PRUDENCE

Being a careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted

SELF-REGULATION

Regulating what one feels and does; being disciplined; controlling one's appetites and emotions

The 24 Character Strengths

From *Character Strengths and Virtues: A Handbook and Classification*
by Prof Chris Peterson and Prof Martin Seligman

These are strengths we all possess. Which of them are strongest in you?

justice

CITIZENSHIP

Working well as a member of a group or team; being loyal to the group

FAIRNESS

Treating all people the same according to notions of fairness and justice; not letting personal feelings bias decisions about others

LEADERSHIP

Encouraging a group of which one is a member to get things done and at the same time maintain good relations within the group

humanity

LOVE

Valuing close relations with others, in particular those in which sharing and caring are reciprocated

KINDNESS

Doing favours and good deeds for others

SOCIAL INTELLIGENCE

Being aware of the motives and feelings of other people and oneself

wisdom

CREATIVITY

Thinking of novel and productive ways to conceptualize and to do things

CURIOSITY

Taking an interest in ongoing experiences for its own sake; exploring and discovering

OPEN-MINDEDNESS

Thinking things through and examining them from all sides; weighing all evidence fairly

LOVE OF LEARNING

Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally

PERSPECTIVE

Being able to provide wise counsel to others; having ways of looking at the world that makes sense to oneself and to others

courage

BRAVERY

Not shrinking from threat, challenge, difficulty or pain; acting on convictions even if unpopular

PERSISTENCE

Finishing what one starts; persisting in a course of action in spite of obstacles

INTEGRITY

Presenting oneself in a genuine way; taking responsibility for one's feeling and actions

VITALITY

Approaching life with excitement and energy; feeling alive and activated



- peer learning; pair work
- **communicate and develop ideas**
- improve speech-writing and public-speaking skills
- **develop problem-solving skills**
- understand how the 24 Character Strengths relate to you
- **how they can be used to improve our daily lives**
- promote a growth mindset and spread positivity 😊

Implementation – English Association

transcendence

APPRECIATION OF BEAUTY & EXCELLENCE
Appreciating beauty, excellence, and/or skilled performance in various domains of life

SPIRITUALITY
Having coherent beliefs about the higher purpose, the meaning of life and the meaning of the universe

GRATITUDE
Being aware of and thankful for the good things that happen; being slow to express thanks

HOPE
Expecting the best in the future and working to achieve it

HUMOUR
Liking to laugh and tease; bringing smiles to other people; seeing the light side

temperance

FORGIVENESS & MERCY
Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful

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Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is

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Encouraging a group of which one is a member to get things done and at the same time maintain good relations within the group

humanity

LOVE
Valuing close relations with others, in particular those in which sharing and caring are reciprocated

KINDNESS
Doing favours and good deeds for others

SOCIAL INTELLIGENCE
Being aware of the motives and feelings of other people and oneself

courage

BRAVERY
Not shrinking from threat, challenge, difficulty or pain; acting on convictions even if unpopular

PERSISTENCE
Pushing what one starts; persisting in a course of action in spite of obstacles

INTEGRITY
Preserving oneself in a genuine way; taking responsibility for one's feelings and actions

VITALITY
Approaching life with excitement and energy; feeling alive and activated

wisdom

CREATIVITY
Thinking of novel and productive ways to conceptualize and do things

CURIOSITY
Taking an interest in ongoing experiences for its own sake; exploring and discovering

OPEN-MINDEDNESS
Thinking things through and examining them from all sides; weighing all evidence fairly

LOVE OF LEARNING
Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally

PERSPECTIVE
Being able to provide wise counsel to others; having ways of looking at the world that makes sense to oneself and to others

MARTIN Lynchey · 10/27 5:00 PM · liked

IMPORTANT!

Morning Sharing Topics - First-come, first-served! :D

The following topics cover the 24 Character Strengths, promoting Positive Values. These topics will be the focus of our morning sharing this year.

Please choose TWO topics of the topics that you are most interested in, and respond to this post with your preferences. You may then be given a short script-writing task that covers the topics for your morning sharing. 🙏

1. COURAGE
2. WISDOM
3. HUMANITY
4. JUSTICE
5. TEMPERANCE
6. TRANSCENDENCE

See less

- Collapse all

- 3 and 5
- 3, 5
- 1, 3
- 3, 6
- 1, 4
- 1, 6
- 3, 5
- 1, 2
- 1, 2
- 1, 5
- 1, 5





Morning Sharing - Persistence

Claire & Max 😊 →

No.2 English Association Morning Sharing (24 Character Strengths)

1. Persistence

Date: _____

Students: _____

Add _____:	Good morning respected principal, vice principal, teachers, and fellow students.
A _____:	I'm _____ and this is _____, and we are members of the English Association. Every few weeks we will be discussing how the 24 Character Strengths can help us reflect, think, and take action to improve our daily lives.
B _____:	So, exam week is finally over and we have returned to normal classes. Many of us breathe a sigh of relief that it is over, but we may also be thinking that we could have worked harder, prepared more, and revised for longer. You may also feel that you didn't get the scores that you wished for, which may make you feel like you're not good enough. You may not think it but many of us feel the way at times - feeling frustrated and disappointed is natural, but you shouldn't dwell on the past, we must all focus on what we can do here and now to prepare and create a better future.
A _____:	Today we are going to talk about the importance of embracing our and placing trust in ourselves. Primarily we are talking about persistence. The act of continuing in a course of action despite difficulty or opposition, quite simply, being your team and pushing yourself to move forward and do better in life.

B _____:

A _____:

B _____:

A _____:

AND _____:

Persistence takes courage, to be fearless and not feel defeated by failure. Let's use video games as an example. Imagine you are a character in a video game. You start at level one and then progress on by eliminating the bad guys, collecting points, and obtaining new weapons to add to your arsenal.

You will encounter many scary challenges along your path, some levels may be more challenging than others, many of which will need a lot of skill and courage to overcome.

After failing to pass a level many times, you may feel like you want to give up, but you must think of what you have already accomplished to get to this place. Think of all the positive things you have achieved to be where you are. This wouldn't have been possible without persistence. You will need to use new tools and new moves to conquer your enemies, you will sometimes fall and feel defeated, but you must always remind yourself of the trophy at the end of the game.

So, remember, we all have different strengths and weaknesses. We are a lot stronger than we think and we are capable of achieving great things in our lives, as long as we embrace failure, see our mistakes as valuable lessons, and practice persistence to help us in achieving our personal goals.

Discover, inspire, and have fun learning English. Have a great day!





What will you do?



LYNDSEY MARTIN

CONTACT.MSMARTIN@GMAIL.COM