POSITIVE PSYCHOLOGY

Every boy is strong in something. The key issue is many do not actually realise what it is they are strong in. The Positive Psychology unit will allow students to explore and identify their key signature strengths. Using this information they will then be guided through ways that these strengths can be used in a positive way to influence many aspects of their lives and well being.

Kindness and generosity

• Try to always be nice and make sure everyone is alright at all times and be generous for example if someone forgot their lunch and I had money and had lunch give them some money.