



POSITIVE EDUCATION

PREPARING STUDENTS FOR THE

TESTS OF LIFE

NOT JUST A LIFE OF TESTS

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Lucy Hone's beloved 12-year-old daughter Abi was killed in 2013 in a devastating car accident in Canterbury that also claimed the lives of Abi's friend Ella and Ella's mother, Sally.

Lucy works in the field of resilience psychology, helping ordinary people exposed to real-life traumatic situations. When faced with the incomprehensible fact of Abi's tragic death, Lucy knew that she was fighting for the survival of her sanity and her family unit.

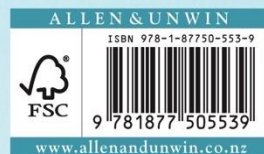
She used her practice to develop ways to support her family in their darkest days, and to find a new way of living without Abi.

In *What Abi Taught Us* Lucy shares her story and research so that others can work to regain some sense of control and take action in the face of helpless situations.

Dr Lucy Hone lives in Christchurch and is a research academic in the field of resilience/wellbeing psychology at Auckland University of Technology.

Cover design: Seven
Cover photographs: Lucy Hone

MEMOIR



WHAT ABI TAUGHT US LUCY HONE



WHAT ABI TAUGHT US

A MOTHER'S STRUGGLE TO COME TO TERMS WITH HER DAUGHTER'S DEATH



LUCY HONE

INCLUDES PRACTICAL STRATEGIES FOR RESILIENT GRIEVING



i p e n

INTERNATIONAL POSITIVE
EDUCATION NETWORK

**We have a
compelling body
of evidence...**



**We have a road
map...**

**We just need
policy makers to
get behind it**

“When I went to school, they asked me what I wanted to be when I grew up. I wrote down ‘happy.’ They told me I didn’t understand the assignment, and I told them they didn’t understand life.”

Johanna
Jo



What do we know?



- Grit is a greater predictor of success than IQ or talent (Duckworth et al., 2007)
- Intentional activities are a far greater predictor of happiness than external circumstances (Lyubomirsky et al., 2006)
- Strengths use is a greater predictor of psychological wellbeing than income, job satisfaction, physical health or work-life balance (Hone et al., 2015)
 - Income = 2x
 - Job satisfaction = 5x
 - Health = 8x
 - Work-life balance = 10x
 - Strengths use = 18x
- Happier people are 3x less likely to get flu even when they're infected (Cohen et al., 2006)
- Positive mood broadens attention (Fredrickson, 1998) and reverses the physical effects of stress (Fredrickson, 2000)

Evidence-based components of sustainable wellbeing - “feeling good & functioning well”



- Positive to Negative emotion ratio
- Engagement/continued learning
- Relationships
- Meaning/Purpose
- Accomplishments/competence
- Optimism
- Vitality (Eat, sleep, move)
- Resilience
- Emotional stability
- Self esteem

Source: Huppert & So,
2009/2011



M
a

**Positive
emotion**

Engagement

Relationships

Meaning & purpose

**Vitality
eat, sleep,
move**

Achievements

Components of wellbeing

PERMA-V

(Adapted from Seligman, 2011)

RESILIENCE



- Emotional stability
- Impulse control
- Accurate thinking
- Explanatory style
- Flexible thinking
- Benefit finding
- Relationships
- Having a stress plan

Reivich, Upenn (2008-16)



World's largest database on character strengths research www.viacharacter.org



ВІА ІНСТІТУТ НА ЧАРАКТЕР



VIA SURVEY

CHARACTER STRENGTHS ▾

REPORTS

COURSES

PROFESSIONALS ▾

RESOURCES

RESEARCH ▾

ABOUT ▾

Research shows that VIA character strengths can be used to address a variety of life challenges and achieve positive personal and professional outcomes. Use your VIA character strengths to help you:



BE HAPPIER



STRENGTHEN RELATIONSHIPS



MANAGE PROBLEMS



BOOST CONFIDENCE



REDUCE STRESS



ACCOMPLISH GOALS

Fairness

Enthusiasm

Gratitude

Friendship

Curiosity

Kindness

Teamwork

Humour

**Courage/
Bravery**

Hope

Love

Spirituality

Forgiveness

Persistence

Self-control

Honesty

Creativity

Greater awareness & use of character strengths is associated with:



- Improved school performance
- Engaged learning
- Increased happiness
- Greater odds of having higher levels of wellbeing
 - Strengths awareness increased odds of thriving by 9 x
 - Strengths use increased odds of thriving by 19 x
- Stronger relationships
- Improved physical health
- Greater goal achievement

Studies using the VIA strengths show that...



ПРОЕКТ

- Middle school students' academic achievement is significantly influenced by:
 - Perseverance
 - Fairness
 - Love
 - Gratitude
 - Honesty
 - Hope
 - Perspective
- These strengths are more predictive of academic success than intelligence.

Circle the character strengths you see most often in your child from the list below.



Write a short paragraph about your child at their best, and how/when you've seen them using their character strengths.

If you need a more in-depth description of the Character Strengths then click on this link below.

www.viacharacter.org

Bravery
Curiosity
Creativity
Teamwork
Kindness
Honesty
Love
Perserverance
Spirituality



- 1. Character strengths programme**
 - All staff identified strengths profile using VIA survey
 - Yr 7/8 taken VIA Youth
 - Familiarise Yr 0-6 with the language/value of strengths
 - Emphasise strengths across whole school environment
 - Assemblies exploring various strengths
 - Strengths spotting & exploration (via literature)
 - “Me at my best” speech
- 2. Situation Analysis: how SEL aligns with ERO wellbeing indicators**
- 3. Growth mindset (belief that talent & intelligence can be grown with effort)**
- 4. Staff wellbeing survey across all 5 schools**
 - Learn it, live it, teach it, Embed it” Geelong Grammar School
- 5. Student wellbeing survey (in line with ERO wellbeing indicators)**
- 6. Wellbeing/strengths items included on student assessments**
- 7. Softly, softly approach – co-creation, making it fit with school culture, continued PD for personal/professional use**

**10-11
MARCH
2017**

**Positive Education
New Zealand**

VISIT

positiveeducation.nz

Mathew White (Director of Positive Education, St Peter's, Adelaide)

Dr Paula Robinson, Positivity Institute (Positive Education on a budget)

Dr Jillian Darwish, President, Mayerson Academy/VIA (Character Ed in 50 US schools)

*Measurement, ERO indicators, Mindfulness, Wellbeing Frameworks, Character Education
& Case Studies*



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