

P: POSITIVE EMOTION

JOY, GRATITUDE, OPTIMISM

IB Profile: Balanced, Supportive

ATLs: Self-Management (Mindfulness, Emotional Regulation)

Character Strengths: Gratitude, Hope, Enthusiasm, Kindness

ISP Life Competencies: Self-Leadership: Well-Being, Confidence

Socio-Emotional Learning: Self-Management: Focus, Organization, Determination, Persistence, Responsibility

E: ENGAGEMENT

FLOW, CURIOSITY, DEEP LEARNING

IB Profile: Researchers, Thinkers, Courageous

ATLs: Thinking (critical, creative), Research

Character Strengths: Curiosity, Creativity, Love of Learning, Perseverance

ISP Life Competencies: Cognitive: Creativity, Curiosity, Critical Thinking

Socio-Emotional Learning: Openness to New Ideas: Curiosity, Creative Imagination, Aesthetic Sensitivity

R: RELATIONSHIPS

CONNECTION, EMPATHY, TEAMWORK

IB Profile: Communicators, Supportive, Open-Minded

ATLs: Social, Communication

Character Strengths: Kindness, Teamwork, Social Intelligence, Love

ISP Life Competencies: Interpersonal: Collaboration, Communication, Social-Emotional

Social-Emotional Learning: Emotional Modulation: Fear Modulation, Anger Modulation, Sadness Modulation

PERMA

BEM-ESTAR



PART OF

iSP
International
Schools
Partnership

M: MEANING

PURPOSE, VALUES, CONTRIBUTION

IB Profile: Integrity, Open-Minded, Knowledgeable

ATLs: Reflection, Research & Transfer

Character Strengths: Perspective, Leadership, Spirituality

ISP Life Competencies: Global: Citizenship, Intercultural Understanding, Action

Social-Emotional Learning: Engagement with Others: Social Initiative, Assertiveness, Enthusiasm

A: ACCOMPLISHMENT

CONQUEST, PROGRESS, DOMINION

IB Profile: Reflective, Courageous

ATLs: Goal Setting, Organization, Metacognition

Character Strengths: Perseverance, Self-Regulation, Prudence

ISP Life Competencies: Self-Leadership: Learning to Learn, Confidence; Digital: Innovation, Literacy

Social-Emotional Learning: Kindness: Empathy, Respect, Trust

Positive Psychology and Flourishing: The Link Between Them All

Positive Psychology aims to achieve **Flourishing**:

The concept of Well-Being is at the center of everything, connecting all the branches of this fundamental pillar that underpins our Culture of Positive Education.