



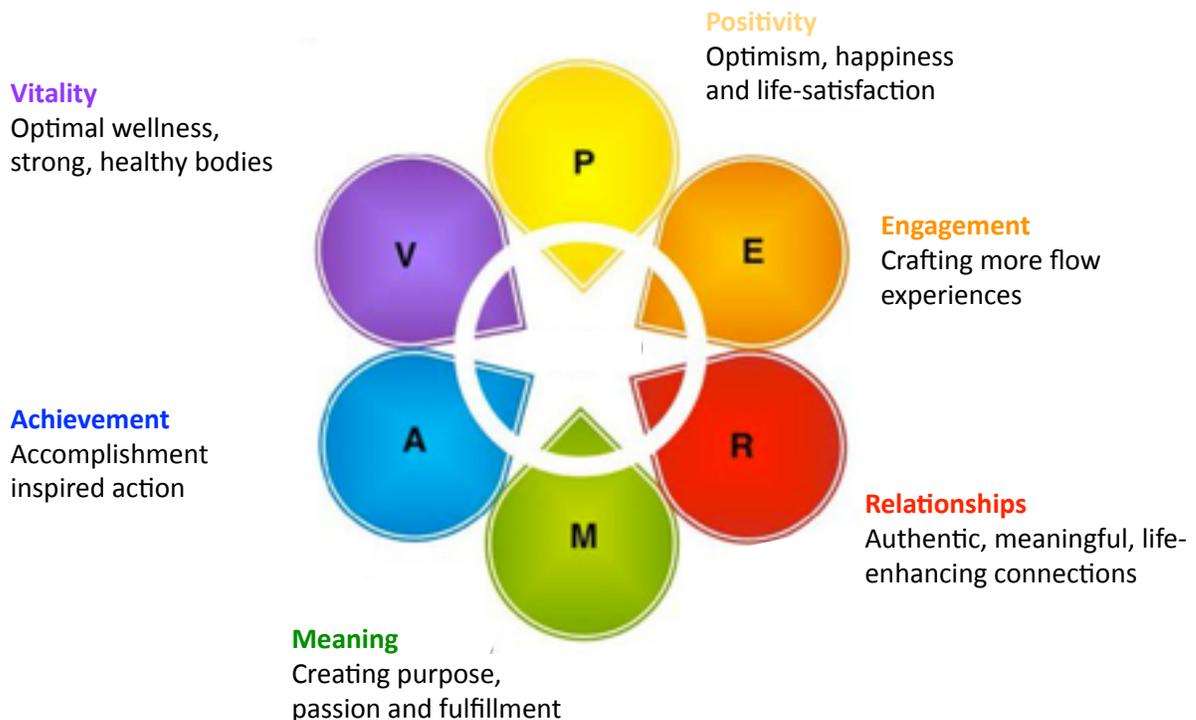
Introduction to Positive Psychology and Positive Education

Positive Psychology is the scientific study of the strengths that enable individuals and communities to thrive. The field is founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work, and play. - *Martin Seligman, Ph.D. (Founder of Applied Positive Psychology)*

Positive Psychology also incorporates studies of resilience with an eye to improve personal and professional well-being. - *Dr. Christopher Peterson defines resilience as "struggling well."*

Positive Psychology offers tools for coping with negative events, enhancing positive experiences and flexibility while moving through the spectrum of human emotions. - *Dr. Tai Ben Shalar (2006)*

PERMA-V is an updated model from the original PERMA model of flourishing designed by Martin Seligman, which now includes tools for visibility to enhance well-being and flourishing. The V for Vitality (Physical Health and Wellness) was added by Emiliya Zhivotovskaya and Louis Alloro, founders of the Flourishing Center and Certified Program in Applied Positive Psychology.



Positive Education in our school district typically involves focusing on student strengths, tendencies, and goals to prepare them to leave school with the ability to regulate their emotions, use and develop their strengths, emerging socially and emotionally balanced.

Positive Education trains the heart and the mind.

