



[professionals]

## Positive Psychology: PERMA in a group session/classroom

### Positive Emotions Activity: What Went Well (WWW)?

WWW is a great tool that you can start using with your classes to get them into the habit of focusing on the positives of their school day. You can also use it as a teacher as a professional development tool to reflect on positive learning outcomes for the day.

#### Where to begin?

Draw **WWW** in the middle of the board and brainstorm with your class all the positives you can think of that have happened in the last few weeks at school. It might be difficult at first but persist until you have a fairly substantial list.

The situations or experiences that some students classify as a positive, may have some negative connotations for other students. Discuss this fact with the class/group and explain that you are going to accept all students/participants suggestions for the class list. Once the class/group list is formulated ask students/participants to identify and record their own WWW map that highlights their individual positives. The more you do this as a class the easier it becomes.

#### Making it a habit

Build in the **WWW activity** at the end of each lesson. Get students/participants to record in their workbooks 2 - 3 things that went well for them during the lesson. This list can then be used as a reflection tool that students can go back to if they find themselves struggling with an activity or feeling flat about a certain activity. Looking back at what has worked previously might give them some ideas on how they can tackle this activity to get results!

#### What are the benefits?

Exercises like **WWW** build on what has been called the neuroplasticity of the brain, ie its ability to grow and change into old age. Every positive thought creates a channel in the brain. Lots of positive thoughts create deeper, stronger channels that consequently make positive thought easier. The same is true, of course, of negative thought. The aim of promoting positive self talk is to build positive pathways in the brain