Examples of PERMA activities

P – Positive Emotions
- Gratitude journals (Emmons & McCullough, 2003)
- "Good things that happened" at lesson start
- Compliment Wall
- Short playful "brain breaks"

E – Engagement
- Strength-based assignments (Seligman et al., 2009)
- Choice in tasks
- Flow activities (Csikszentmihalyi, 1990)
- Gamification strategies

R – Relationships
- Buddy system
- Empathy exercises (CASEL, 2020)
- Class strength map
- Collaborative projects

M – Meaning
- Personal goal setting (Yeager & Bundick, 2009)
- Connect learning to real-world issues
- Service learning projects
- Future aspirations reflection

A – Accomplishment
- Goal tree in the classroom
- Celebrate progress
- Feedback that promotes growth (Dweck, 2006)
- Reflection logs

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PERMA tools

Other examples of how to work with PERMA:

- Strength Cards – Identify and reflect on personal strengths
- Mindfulness – Enhance focus and emotional regulation
- Strength Tree – Visualize and celebrate strengths
- Gratitude Tree – Foster appreciation and positive relationships
- Gratitude Jar – Daily practice of gratitude
- Gratitude Flower – Creative expression of thankfulness
- Strength Flower – Highlight individual and group strength

Learn more:

Sandholm, D., Simonsen, J., Ström, K., & Fagerlund, Å. (2023). Teachers' experiences with positive education. Cambridge Journal of education, 53(2), 237-255.

Vuorinen, K., Erikivi, A., & Uusitalo-Malmivaara, L. (2019). Strength-based education and whole school approach: A Finnish case. International Journal of Wellbeing, 9(1), 1–21.

Hongell-Ekholm, N., Londen, M., & Fagerlund, Å. (2024). Supporting adolescents' personal growth and well-being through the Study with Strength intervention. Cogent Education, 11(1), 2298596.

Londen, M., Fält-Weckman, S., Fagerlund, Å., Jakobsson, P., & Hongell-Ekholm, N. (2025). I Feel Like a Superhero. Enhancing Student Well-Being and Peer Connection. In Well-Being and its Promotion in Educational Contexts: Global Perspectives and Local Challenges (pp. 217-240). Cham: Springer Nature Switzerland.

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