

## Align Activities & Strengths Within PERMAH Pillars

### With Examples

Copy for Your Adaptation

Positive Emotions	Engagement	Relationships	Meaning	Achievement	Health
Facilitating student multinational small groups - Perspective & Zest	Weekly photo taking walks with friends to explore the city - Appreciation of Beauty & Excellence & Curiosity	Working with your multinational grade level teaching team - Perspective & Honesty	Volunteering to teach life skills at local orphanage - Love & Hope	Becoming team leader - Self-Regulation & Perseverance	Playing weekly ultimate frisbee with expatriates & locals - Teamwork & Gratitude
Rating:					