**POSITIVE PSYCHOLGY FOR WELL-BEING, FLOURISHING**

**AND EXCELLENCE: THE PERMA MODEL AT SCHOOL**

2021-23, POP - ERASMUS

**LIST OF ACTIVITIES**

1. **Wellbeing & Positive emotions**

**Title: Ice Breaking Activity „Find Someone Who....”**

**Overview:** *a short summary of the activity*

**Goal:** to make the students get to know each other and to set the theme of the meeting. The questions are done to elicit a sense of confidence and to remind positive moments.

**Age group:** 16-18

**Instruction:** give a leaflet of the questions to each participant and a pen. They will walk around interviewing people and collecting info. Collect after 10 minutes or when people start to slow down.

**Discussion:**no discussion, maybe a quick review on which activities are more common and which are stranger. Also, some activities might be more connected to one country than others.

**Subjective remarks:** the students must be willing to move around, smile, address strangers and communicate. Usually this is not a problem

**On the next page there is a copy of the questionnaire**

Find Someone Who…….

|  |  |  |  |
| --- | --- | --- | --- |
|  | Name | Country | Where?, When, Why?How often? |
| Sings in the shower |  |  |  |
| Likes walking under the rain |  |  |  |
| Talks with his dog/cat |  |  |  |
| Dances when he/ she is alone  |  |  |  |
| Enjoys summer sunbathing |  |  |  |
| Sleeps with his dog |  |  |  |
| Shares his snacks with friends |  |  |  |
| Makes cakes for friends |  |  |  |
| Loves relaxing on the grass |  |  |  |
| Enjoys a good mountain walk |  |  |  |
| Is mad about travelling |  |  |  |
| Loves staying in the water |  |  |  |