1. What do you think each PERMA element means? (For instance, what does ‘engagement’ mean?)

- Positivity: ______________________________________________________
- Engagement: ______________________________________________________
- Positive Relationships: _____________________________________________
- Meaning: __________________________________________________________
- Accomplishments: ____________________________________________________

2. How can people incorporate these elements into their lives?

3. Do you think it is easy to incorporate these elements in their lives? Or do you think it might be difficult?

4. Can you imagine which attitudes or activities people can do to show they are living with the PERMA elements in their lives?

When you are finished answering these questions, I encourage you to share your thoughts with the rest of the class.