



INSTITUTE OF
**POSITIVE
EDUCATION**



Positive Education
Enhanced Curriculum

Positive Education Enhanced Curriculum (PEEC)

PEEC is an online, research-based, explicit Positive Education curriculum that has been developmentally sequenced from 4-18 years of age. The curriculum is written by teachers for teachers, in consultation with world-renowned experts in the field of Positive Psychology.

Why do schools need an explicit Positive Education curriculum?

PEEC supports schools that want to teach students key wellbeing skills and knowledge to help them live healthy, happy, and fulfilling lives. By developing a comprehensive understanding of the factors that help them flourish, students are better equipped to nurture their wellbeing in the short and long-term. Our hope is that PEEC will help to shape well-rounded young adults who are well-equipped to face life's challenges.

'live healthy and fulfilling lives'

Context

Research shows that Positive Education can foster individual strengths, increases resilience and motivation, and has a positive impact on academic performance. In the long-term, students who study wellbeing skills are better equipped to improve their own wellbeing, and experience less anxiety and fewer depressive symptoms.



Vision for Institute

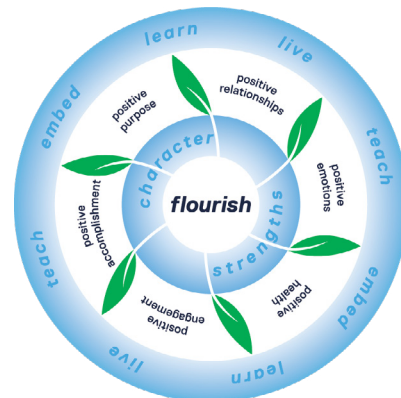
The Institute of Positive Education (IPE) is a ground-breaking initiative, dedicated to improving student and teacher wellbeing. The IPE seeks to assist the growth of Positive Education throughout Australia and the world.

Based on Science

Our curriculum content is firmly founded on the wellbeing science, underpinned by research in the fields of Positive Psychology, Cognitive Behavioural Sciences and Neuroscience.

Developmentally Appropriate

PEEC helps to teach developmentally appropriate concepts to aid the social and emotional development of children at different ages and stages.



Curriculum Mapping

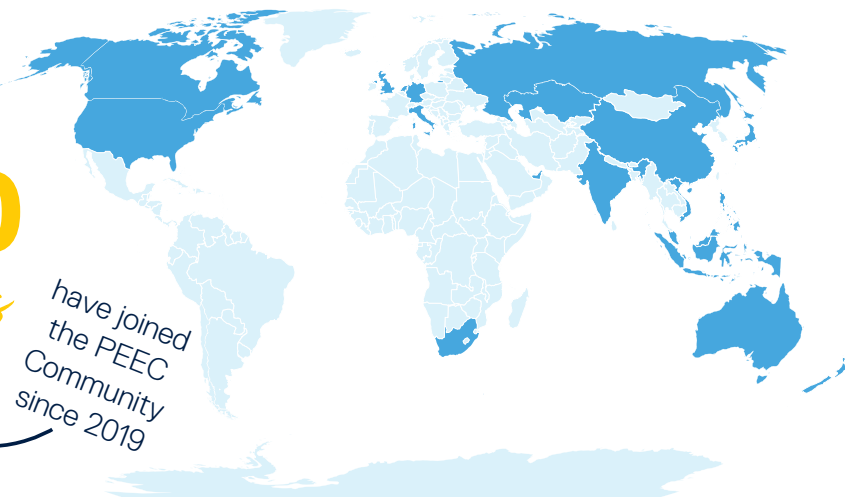
Our curriculum aligns with the IB programme (PYP, MYP and DP), Early Years Learning Framework, Social and Emotional Learning and the Australian Curriculum. This means these frameworks complement our curriculum, rather than compete with it.

Over
300
schools

have joined
the PEEC
Community
since 2019

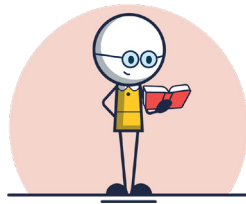
PEEC has
been used in
over

24
countries



Scientific Summaries

Need to refresh your understanding of 'Resilience' or 'Flow'? Our summaries condense key research into an easy-to-read guide so you can feel well-equipped to teach the content with confidence.



Bonus Material

Although our curriculum is hands-on and interactive in nature, we also provide printable worksheets and scaffolds that can be used as part of your lessons.



Flexible Lessons

Tailor your lessons based on your students' needs by using our Teaching Tools to easily change, omit or extend the activities.

Extra Content

Use our 'Boost It!'™ option to expand the lesson so that, in combination with using all the activities provided, each lesson easily becomes two!

BOOST IT!

Save Time

Equivalent of over 580 lessons



Extra Resources

Need a great picture book on the topic of 'Mindsets'? Our Appendix includes a number of helpful resources, including an extensive list of children's literature.

Assessment Opportunities

Use the included assessment opportunities to gauge students' understanding through formative and summative assessments.

Supplementary Resources

Want to explore the benefits of mindfulness, yoga or Brain Breaks with your class? PEEC provides access to a range of additional resources for use with your students. Our 'Resources' section also contains journal articles, research summaries and four free Professional Learning videos about PEEC itself.



Flexible Topics

Use our Suggested Sequence to order these topics, or teach them in an order that's tailored to your school context.

POSITIVE RELATIONSHIPS	POSITIVE EMOTIONS	POSITIVE HEALTH	POSITIVE ENGAGEMENT	POSITIVE ACCOMPLISHMENT	POSITIVE PURPOSE
Empathy and Compassion	Emotional Intelligence	Mind-Body Connection	Creativity	Decision Making	Caregiving
Forgiveness	Gratitude	Physical Wellbeing	Curiosity and Interest	Goal Orientation	Character Development
Leadership and Teamwork	Positivity	Self-Knowledge	Flow	Grit and Persistence	Core Values
Kindness and Connections	Self-Control	Resilience	Motivation	Mindsets	Sense of Meaning

For more information please contact institute@curriculum@ggs.vic.edu.au.
Visit www.teachpeec.com to view our free sample lessons and resources.