



At the Wellbeing 360 online conference, organized by the [TecnileniInstitute of Wellbeing and Happiness Sciences](#), positive education experts from around the world shared trends in this area.

The specialists included Angela Duckworth, a renowned researcher in positive psychology and CEO of the Character Lab; John Ratey, a renowned author and psychiatrist from Harvard; and María Elena Garassini, a positive psychologist.

[CONECTA](#) shares these 5 positive education trends for parents and teachers from Wellbeing 360:



## 1.- Develop a context which encourages growth and challenges

For **Angela Duckworth**, author of the famous book ***GRIT: The Power of Passion and Perseverance***, character is a crucial element in an individual's development.

In her positive education lecture “**How and Why to Develop Character**”, the specialist applied this to children and students.

Duckworth pointed out that what builds character is a combination of:

- ***Developing intelligence and mindset***
- ***Mastery of learned skills***
- ***Doing everything within a context that encourages growth***

Contrary to what many think, intelligence and mindset can be developed, said Duckworth, who is also a psychologist from the University of Pennsylvania.

As regards context, this should be one in which the child or student is challenged and invited to strive to overcome those challenges using tenacity and persistence.



## 2.- Teach children and young people to set their own goals

For specialist **Caroline Adams Miller**, it is important to teach “goal setting” from childhood .

She explained that if we teach children how to develop meaningful goals and pursue them, we are giving them the tools to create happiness, confidence, and self-esteem.

Adams Miller added two further key points:

- ***We must let children and students dream*** (not imposing our own goals, but rather teaching them to create their own).
- ***Children and students must be taught to divide big goals into smaller objectives, and to celebrate these small achievements.***

### **3.- Develop emotional regulation from character strengths**

**Iván Guerrero**, a specialist from the **Tecmilenio Institute of Wellbeing and Happiness Sciences**, gave the workshop “Emotional Regulation and Wellbeing in the Classroom” at Wellbeing 360.

Guerrero explained how research by the so-called father of Positive Psychology, Martin Seligman –who was also at Wellbeing 360– identified 24 character strengths that we all may have.

In this regard, Guerrero recommended the following for wellness education:

- ***Identify children’s or young people’s character strengths***
- ***Encourage positive emotions through the use of those strengths***
- ***Orient emotions towards the fulfillment of positive goals***

### **4.- Know and understand stages to guide through wellbeing**

In the workshop “**21st Century Challenges for Training Parents in Positive Education**”, the Venezuelan specialist **María Elena Garassini** gave practical advice.

She shared the following 3 conditions necessary for parents to provide positive education:

1. **Know your own strengths, and also understand which stages your children are at.**
2. **Offer security and containment so they feel protected and guided.**
3. **Choose to resolve conflicts in a positive way.**

She presented 4 essential parental skills: 1) protection, 2) bonding, 3) teaching, and 4) reflection and self-evaluation.

And she listed these four specific examples of good practice:

- ***Love and firmness in equal proportions***
- ***Time in quality and quantity***
- ***Constructive messages***
- ***Active listening***

## 5.- Consider our “inner child”

This year, **princesses of Jordan Sara and Noor bint Asem** –alongside their sister Yasmine– started the Kyan Foundation, which seeks to promote wellbeing throughout the Middle East.

Presenting at their first international forum with the Essence-Led Parenting talk, and in an interview with CONECTA, they shared the vision they seek to promote and that they consider serves both Western and Middle Eastern culture, as they were raised in both:

- ***Working towards wellbeing and self-development***
- ***Refocusing children’s challenges to turn them into opportunities***
- ***Stopping, observing, and redirecting behavior using empathic connection and communication***

*“Let’s not forget to laugh, to let that inner child play, to get out of that armor that our parents put on us and which it is hard for us to be inside,”* they shared.

*“Parenting requires effort and dedication, but it can be fun, it doesn’t have to be serious and heavy. Being positive and having an open mind opens up possibilities.”*

## A bonus tip: physical exercise helps mental development

**Harvard psychiatry professor and renowned author John Ratey** presented interesting results on exercise and education in his talk ***“Exercise and COVID – Time to Boost your Immunity and Wellbeing”***.

He pointed out that, contrary to what many think, **exercise is also closely linked to learning** and mental development

He stressed that there are documented cases of schools which really encourage physical exercise, and this has **also made them excel in areas such as Science and Mathematics**

**He explained that studies have shown that no other activity uses as many brain cells as physical exercise does.**



Every student at Madison Junior High completes a computer-based fitness test



Students spend one day a week in the school's state-of-the-art fitness center.



### California Department of Education 2001 Study

33% of freshmen in California were overweight or obese.

### Naperville – District 203 – 2002 Study

3% of freshmen were overweight or obese. 19,000 children in the district.

### TIMSS – Trends in International Mathematics / Science.

An international benchmarking test comparing the achievement of eighth-grade students . In 1999, Naperville District 203 scored #1 in science and #6 in math. An amazing 94.1% of Naperville parents were satisfied with the PE curriculum.

## What is Wellbeing 360?

The Wellbeing 360 conference, organized by [Tecnilenio](#) and previously called **Foro Felicidad 360 (Happiness 360 Conference)**, seeks to provide **tools** to maintain a positive emotional state.

**David Garza**, Rector and Executive President of [Tecnológico de Monterrey](#), highlighted that in the current situation, **individual wellbeing** is key to tackling new educational, employment, and social **challenges**.

*“Tecnilenio makes **practical tools** available to the international community for the **integrated wellbeing** of everyone.”*

*“At Wellbeing 360, we want to provide people with the tools they need to be able to grow during this time of so many challenges,”* explained Rosalinda Ballesteros, Director of the [Tecnilenio Institute of Wellbeing and Happiness Sciences](#).

**ALSO READ:**

