



PERMA

This strategy underpins all of the BrainWaves lessons. You can find out more about the role of PERMA in the development of the BrainWaves Wellbeing Curriculum [here](#).

About the strategy

Building on his research into positive psychology and what makes people happy, Martin Seligman (a psychologist and professor at the University of Pennsylvania) developed the PERMA model - an acronymic framework outlining five core elements essential for psychological flourishing and sustainable wellbeing:

- **Positive Emotion:** Experiencing emotions such as gratitude, joy, hope, and contentment in everyday activities.
- **Engagement:** Becoming fully immersed and absorbed in tasks, often referred to as experiencing a state of "flow."
- **Relationships:** Developing strong, supportive, and authentic connections with peers, family, and community.
- **Meaning:** Feeling connected to something larger than oneself and understanding one's personal values and purpose.
- **Accomplishment:** Setting meaningful goals, striving toward them, and celebrating personal progress and mastery.

For young people, incorporating the PERMA strategy into daily life can specifically enable them to process stress more effectively, deepen social connections, and build long-term emotional resilience.

The scientific evidence behind the strategy

Psychometric studies and practical interventions confirm that PERMA accurately captures youth well-being and serves as a reliable framework for positive youth development:

- Fernandes, I., et al. (2024). *PERMA-Profiler for adolescents: validity evidence based on internal structure and related constructs*. Front Psychol. 2024 Jul 12;15:1415084.
- Kern, M. L., et al. (2015). *A multidimensional approach to measuring well-being in students: Application of the PERMA framework*. The Journal of Positive Psychology, 10(3), 262–271. <https://doi.org/10.1080/17439760.2014.936962>

Further reading

You can access free resources and information about PERMA and positive psychology at the Authentic Happiness website, a University of Pennsylvania website developed by the Positive Psychology Centre, where Martin Seligman is the Director):

<https://www.authentichappiness.sas.upenn.edu/>