Contents

1	Introduction and Overview Margaret L. Kern and Michael L. Wehmeyer	1
Par	t I Perspectives on and Approaches to Positive Education	
2	Approaches to Positive Education Suzy Green, Clive Leach, and Daniela Falecki	21
3	Positive Education in Practice Ricardo Arguís-Rey	49
4	Positive Youth Development in Education Daniel Romer and David Hansen	75
5	Systems Informed Positive Education Margaret L. Kern and Jessica A. Taylor	109
6	Positive Education Pedagogy: Shifting Teacher Mindsets, Practice, and Language to Make Wellbeing Visible in Classrooms Lea Waters	137
7	Positive Professional Practice: A Strength-Based Reflective Practice Teaching Model Mathew A. White	165

8	Trauma-Aware Practice and Positive Education Tom Brunzell	205
9	Self-Determination in Positive Education Michael L. Wehmeyer, Sung Hyeon Cheon, Youngsun Lee, and Matthew Silver	225
10	Life Design for an Inclusive and Sustainable Future Ilaria Di Maggio, Maria Cristina Ginevra, Sara Santilli, Laura Nota, and Salvatore Soresi	251
Par	t II Core Capabilities in Positive Education	
11	Wellbeing and Flourishing Covadonga Chaves	273
12	Assessing Wellbeing in School Communities Aaron Jarden, Rebecca Jarden, Tan-Chyuan Chin, and Margaret L. Kern	297
13	Wellbeing Literacy and Positive Education Lindsay G. Oades, Lisa M. Baker, Jacqueline J. Francis, and Jessica A. Taylor	325
14	The Role of Coping Skills for Developing Resilience Among Children and Adolescents Tammie Ronen	345
15	Developing Coping Skills in the Early Years: A Positive Educational Approach Erica Frydenberg, Jan Deans, and Rachel Liang	369
16	Character Strengths Interventions in Education Systems Jillian Coppley and Ryan M. Niemiec	395
17	Building Positive Emotions and Playfulness Louise Tidmand	421
18	Engaging Education: The Foundation for Wellbeing and Academic Achievement Mette Marie Ledertoug and Nanna Paarup	441
19	Creative Learning in Education Ronald A. Beghetto	473
20	Shifting Mindsets: Transforming Self, School, and Society Ash Buchanan and Jack Greig	493

		Contents	vii
21	School Belonging: The Importance of Student and Teacher Relationships Kelly-Ann Allen, Christopher D. Slaten, Gökmen Arslan, Sue Roffey, Heather Craig, and Dianne A. Vella-Brodrick	•	525
22	Helping Students Find Their Way to Meaning: Mea and Purpose in Education Michael F. Steger, Maeve B. O'Donnell, and Jessica L. M.		551
23	Positive Spirituality Theo D. McCall		581
24	Mindfulness in Education: Insights Towards an Integrative Paradigm Nimrod Sheinman and Pninit Russo-Netzer		609
Par	t III Diversifying Positive Education		
25	Positive Education with Disadvantaged Students Sue Roffey and Denise Quinlan		645
26	Four Fundamental Distinctions in Conceptions of Wellbeing Across Cultures Mohsen Joshanloo, Evert Van de Vliert, and Paul E. Jose		675
27	Implementation of Positive Education Projects in H Kong Sylvia Kwok	ong	705
28	Teacher and Staff Wellbeing: Understanding the Experiences of School Staff Faye McCallum		715
29	Applications of Positive Organizational Scholarship in Institutions of Higher Education Kim Cameron		741
Part	IV Conclusion		
30	Conclusion Margaret L. Kern and Michael L. Wehmeyer		769
Index			773