

VISIBLE WELLBEING™ APPROACH

Students | Staff | Families



Caulfield
grammar school



- **Designed by internationally recognised research psychologist, Professor Lea Waters (PhD), Visible Wellbeing combines the science of wellbeing with the science of learning.**
- **Visible Wellbeing is integrated with all aspects of school life – teaching and learning, broad and balanced experiences, leadership and school services. The approach aims to make wellbeing more visible through the practice of SEE, HEAR and FEEL, and build evidence-based pathways that lead to positive functioning.**

Students, staff and families are supported to:

- identify, build and celebrate character strengths;
- understand the connection between thoughts, feelings and behaviours;
- build greater awareness of self, others and the environment;
- strengthen relationships and maintain positive connections;
- develop resilience to cope with challenges and changes; and
- form healthy habits and strive towards meaningful goals.

