

Lucy Airs

Pre-school Applications – ScholaVie

Many positive education programmes and activities are designed for primary school and beyond. A number of games, programmes and tools can nevertheless be adapted to preschool-aged children. Let's Play Strengths and My Goodness, a PAT are examples of such adaptations. Let's Play Strengths (ScholaVie, 2018) is a game and activity for younger children (from age 3) to explore character strengths, both in themselves and in other people. The cards have been adapted from the VIA Strengths classification, using words and activities in line with that age group. They are designed for use at home or at school. My Goodness, a PAT (Lucy Airs & Evie Rosset, 2016) is a prosocial awareness tool (PAT) aimed at 2 to 5 year olds in group and school settings. This evidence-based activity aims to awaken the awareness of good in people – oneself and others – to counter both the negativity bias natural to humans and any environmental negative assumptions. It also has the potential to initiate a premise to gratitude from a very young age. Finally, this activity is designed to be implementable by all at next-to-no cost and with materials that can be adapted for younger children. The preschool applications Intervention Fair booth will invite participants to actively experience these two tools and creatively adapt existing tools they know.