

Tom Gillson

Strickers - a collectible sticker album

My product is Strickers - a collectible sticker album (similar to a football sticker album) based on the 24 VIA character strengths, which would allow schools to build a cost effective Positive Psychology approach into their school culture. 'Strickers' have the added value of placing no extra workload on teachers, as their utilisation is primarily self-directed by students.

The sticker album consists of a page for each of the 24 character strengths. Each strength has seven stickers to collect. One sticker features an avatar of the character strength; the other six are composed of six 'MPPIs' (Mini Positive Psychology Interventions designed to take no longer than the typical school break time to complete). The 6 MPPIs for each character strength exercise a variety of reflective, fun and interactive exercises that aim to aid the development of character strengths and relationships. One MPPI is mindfulness based, one is based on mentoring, one makes use of a specified location around the school, one is based at home, one invites the participant to think of a paragon of that strength and give reasons why they exhibit this strength so well and one sticker asks the participant to design their own MPPI to exercise that strength.

I am aiming to reach primary / elementary schools, educational institutions and children with this product. I see it as an enjoyable and free approach to introducing PP practices and habits of wellbeing to young children in a natural and playful manner. This approach also aims to incorporate multiple aspects of the children's lives under a coherent and positive perspective.

I would be looking to present the product using prototype materials for potential clients to engage with as well as a tool for initiating conversation with myself and others.

As of yet the product is still in the theoretical stage although I have approached various designers and hope to have a tangible product available at the time of the conference. At least I hope to be able to display completed designs for perusal.

Tom Gillson, Graduate (with distinction) of the IMAPP at ARU. My professional background is in teaching where I have worked with students as diverse as Primary students in Hong Kong, young adults with severe and complex special needs in London and adults in long term unemployment in Luton.