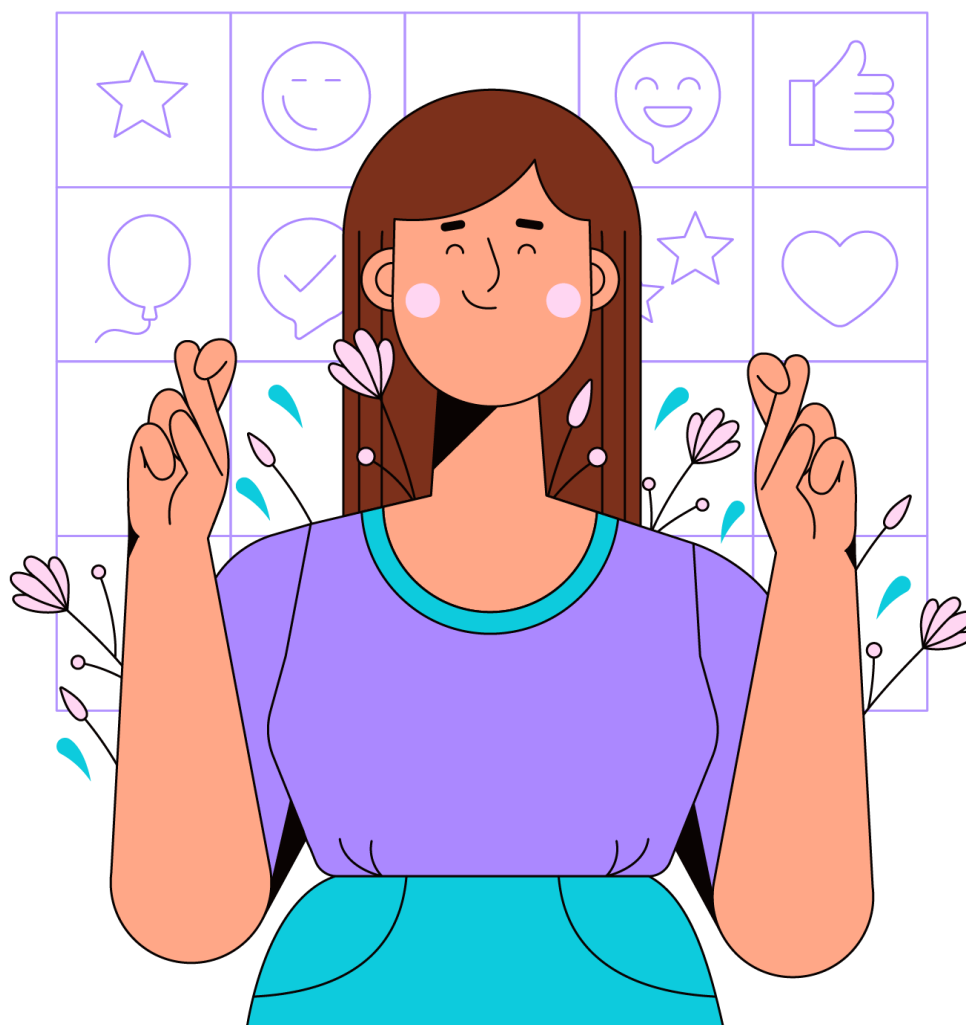


# :PERMA:DIGITAL

## WP3: Training and Capacity Building Development Module 3 - Unit 3.2

### *PERMA-Digital Scenario List*



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## PERMA-Digital Scenario List

### Scenario 1: Gamification for engagement and positive emotion

Maria, an English teacher, turns a grammar review into a class competition. She uses Kahoot! to quiz her students in teams, rewarding accuracy and effort rather than speed. Students laugh, cheer, and celebrate small wins together. After the game, Maria leads a short reflection: *“How did teamwork help you stay focused?”*. Through this activity, students experience positive emotion (fun, connection) and engagement (focus through play), while reinforcing learning goals.

### Scenario 2: Project-Based Learning for meaning and accomplishment

Andreas, a Science teacher, guides his students in designing Canva posters to raise awareness about responsible energy use. Working in groups, they research local data, brainstorm slogans, and present their digital designs to the community on the school’s website. The project encourages a sense of meaning (learning linked to real-world impact) and accomplishment (seeing their work published and valued).

### Scenario 3: Digital Storytelling for meaning and relationships

Eleni, a History teacher, uses StoryJumper for a digital storytelling task. Students create short illustrated e-books titled *“Stories of Courage”*, connecting historical events to modern examples of bravery. In small groups, they share their stories, discuss what inspired them, and provide kind feedback. This approach strengthens meaning (connecting personal and historical narratives) and relationships (empathy, peer appreciation).

### Scenario 4: Collaborative Learning for relationships and engagement

Dimitris, a Primary teacher, introduces a group research project using Padlet. Each group explores a topic about online safety and posts their findings to a shared Padlet board. Students comment respectfully on each other’s posts, practising digital citizenship. The activity builds relationships (trust and inclusion) and engagement (active contribution and shared ownership).

### Scenario 5: Mindfulness and reflection for positive emotion and balance

Sofia, a Computer Science teacher, begins each lesson with a one-minute “check-in” using Mentimeter. Students choose an emoji or phrase that describes their current mood and reflect on what helps them focus during class. This quick practice builds emotional awareness and signals that well-being matters. It cultivates positive Emotion and supports engagement by helping students manage their attention intentionally.

### Scenario 6: Goal Tracking for accomplishment

Before starting a month-long creative writing project, Christos introduces Trello as a task board. Students break their goals into smaller milestones—planning, drafting, revising, publishing—and move their cards as they progress. This simple system visualises success, helping learners celebrate each achievement and stay motivated. The focus here is on accomplishment and self-efficacy, vital aspects of digital well-being.

