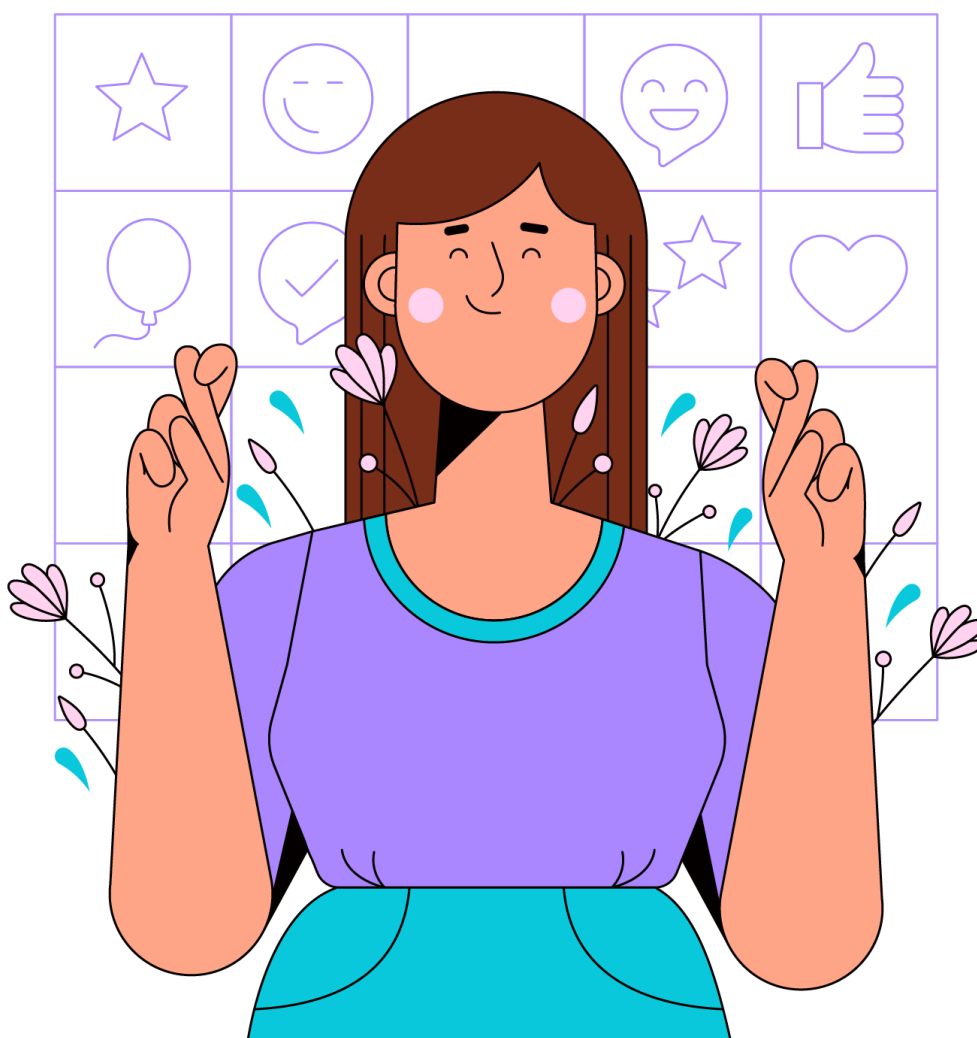


PERMA Values Mapping Sheet



Template 1: PERMA Values Mapping Sheet

Instructions for Facilitators:

- Print **one copy per group** (3–4 people).
- Provide **sticky notes + markers**.
- Encourage participants to brainstorm freely, then cluster ideas together.

School: _____ Date: _____

Current School Values / Practices

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
-

PERMA × School Values Mapping

POSITIVE EMOTIONS

How technology supports joy, curiosity, hope, gratitude.

Our school values that connect:

- _____
 - _____
 - _____
-

ENGAGEMENT

How technology supports flow, motivation, deep learning.

Our school values that connect:

- _____
 - _____
 - _____
-

RELATIONSHIPS

How technology fosters connection, belonging, empathy, and support.

Our school values that connect:



- _____
- _____
- _____

MEANING

How technology gives purpose and connects students to something larger.

Our school values that connect:

- _____
- _____
- _____

ACHIEVEMENT

How technology helps students progress, succeed, and grow.

Our school values that connect:

- _____
- _____
- _____

Reflection Prompts

1. Which technologies currently best support student well-being?

1. What gaps do we notice between our school values and our technology use?

1. Where do we see the most “red flags” or negative impacts, and why?



Template 2: Vision Statement Builder

As a group, complete the framework:

At [SCHOOL NAME], technology serves as _____

that enables our students to:

- **Experience** _____
(joy, curiosity, hope, gratitude)
- **Engage deeply in** _____
(meaningful learning, flow states, intrinsic motivation)
- **Build** _____
(authentic relationships, belonging, community connections)
- **Find** _____
(purpose, significance, contribution to causes they care about)
- **Achieve** _____
(accomplishment, mastery, personal growth)

Our digital practices reflect our core values of:

- _____
- _____
- _____

We commit to using technology in ways that _____

rather than _____.

This vision guides our decisions about _____

Vision Testing Checklist

- Would students recognize our school's values in this vision?
 - Does it give clear guidance for technology decisions?
 - Is it specific enough to be actionable?
 - Does it reflect authentic integration of PERMA + values?
 - Can we measure progress toward this vision?
-

Template 3: From Vision to Action (optional template for long-term planning)

Our Final Vision Statement:

Immediate Actions (Next 30 Days)

1. _____
2. _____
3. _____

Short-Term Goals (Next 3 Months)

- **Policy / Guidelines:** _____
- **Professional Development:** _____
- **Student / Parent Communication:** _____
- **Technology Audit / Changes:** _____

Measurement Strategies

- **Student indicators:** _____
- **Staff indicators:** _____
- **Parent / Community indicators:** _____

Review Schedule

- Monthly check-ins on _____
- Quarterly review scheduled for _____
- Annual vision revision: _____



SMART Digital Well-being Objectives (Activity worksheet)

Phase 1: Key Commitments

We will know this is working when...

1. _____
2. _____
3. _____
4. _____

Phase 2: SMART Objectives

- **Specific:** By [date], [who] will [specific action/behavior] using [tools] to support [PERMA element].
- **Measurable:** Success shown by [quantitative] + [qualitative indicators].
- **Achievable:** Builds on [strength] and requires [resources/support].
- **Relevant:** Supports [school value] and addresses [student need].
- **Time-bound:** First evidence by [milestone date], full implementation by [final date].

Write Your SMART Objectives Here:

1. _____
2. _____
3. _____

Feedback Prompt	Notes/Comments
Is this specific enough to guide daily decisions?	
Can you actually measure what matters here?	
Does this feel achievable given typical school resources?	
How does this connect to what your school already values?	
Is the timeline realistic for meaningful change?	