



PosEd Day 2023, June 9th

Secondary School Presentation

Date here



#PESA

**Colour Your Threads!
For Pos Ed - June 9, 2023**

Introduction to Positive Education!

Positive Education is a cutting-edge approach to education that combines the science of wellbeing with traditional education.

It helps students learn how to be happier, healthier and more successful, both in and out of the classroom.



The Benefits of Positive Education

Studies have shown that Positive Education can lead to improved academic performance, increased wellbeing, and a greater sense of purpose and meaning in life. By participating in Positive Education activities, you can develop important skills like resilience, mindfulness and gratitude, which can help you thrive in all areas of life.



What is PosEd Day about?

Is a day to celebrate wellbeing and make it more visible in our schools! On PosEd day we ask schools to join us in our annual fundraiser campaign "Colour my Threads for PosEd" by wearing colourful clothes to school. Schools can also take part in lots of other fun and creative activities to help us raise awareness of PosEd and funds for our Positive Education organisation (PESA).



How Can You Get Involved?

There are lots of ways you can get involved in the Colour my Threads fundraiser. You could organise a wellbeing walk-a-thon, hold a mindful-movements challenge, donate goods to a gratitude sale, or simply make a donation! The possibilities are endless! Find a list of positive activity ideas on our PosEd Day page:



Let's Make a Difference!

By participating in the Colour my Threads fundraiser, you can help make a positive difference in the world and support Positive Education.

Let's spread positivity, raise awareness and raise money for a great cause!





Thank you!

More info: <https://mailchi.mp/pesa/posedday2023>