



UNIVERSITY OF  
BIRMINGHAM



The Jubilee Centre  
for Character  
& Virtues



WELLINGTON  
COLLEGE

# The **RIPPLE** Approach to Character and Wellbeing in Schools *Concise Version*

The RIPPLE Approach to Character and Wellbeing in Schools provides a tool through which school leaders and teachers can structure, think through, and reflect on the integration of character education and wellbeing in practice. The approach encourages attention to various constituent and necessary elements of an integrated approach to wellbeing and character, namely: for students to be able to **R**ecognise, to **I**nquire, to **P**ractise, to **P**artner, to **L**ead, and to **E**mbed and flourish. Woven into the Approach are various enabling teaching and learning strategies, including: role-modelling, learning from stories, learning from moral exemplars, developing positive relationships with others – including through social action, drama/role-playing, reflection, and dialogue.



RIPPLE Stage	Example Virues (Practical wisdom runs throughout)	Example of Teaching Activity
<b>Recognising</b> my own wellbeing strengths and goals	<p><b>Honesty</b> – undertaking truthful reflection on personal character and wellbeing strengths and areas for development.</p> <p><b>Humility</b> – being open to growth and reducing concerns about comparison.</p>	<p><b>Character Strengths Assessment and Reflection</b> Students complete the Adolescent VIA Survey and the Human Flourishing Measure to formatively assess their character strengths, flourishing, and areas for growth. These assessments and reflections will guide personal development plans and support targeted wellbeing interventions.</p>
<b>Inquiring</b> deeply into how I ought to live a meaningful and purposeful life	<p><b>Curiosity</b> – being open-minded to doing things differently.</p> <p><b>Purpose</b> – following a path to character driven wellbeing.</p>	<p><b>Digital Wisdom Course</b> Deliver the Cultivating Digital Wisdom course, designed to build student capacity in digital literacy, ethical reasoning, intrinsic motivation, and reflective self-regulation - core competencies for navigating digital life with integrity and wellbeing.</p>
<b>Practicing</b> the virtues that benefit myself and others	<p><b>Gratitude</b> – shifting the focus from what’s lacking to what’s present.</p> <p><b>Forgiveness</b> – reducing resentment and emotional burden.</p> <p><b>Courage</b> – facing fears, going beyond comfort zones, building confidence and emotional resilience.</p>	<p><b>Gratitude and Forgiveness Practices</b> Implement structured Gratitude Journal and REACH Forgiveness Workbook activities to develop emotional resilience, perspective, and constructive conflict resolution.</p>

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<b>Partnering</b> with others to enhance character development and mutual wellbeing	<p><b>Service</b> – experiencing the double benefit of personal gain through giving to others.</p> <p><b>Compassion</b> – fostering meaningful connections, a sense of belonging and reduces isolation.</p>	<p><b>Service-Learning Programme</b> Facilitate a service-learning experience that connects students to community engagement opportunities, promoting compassion, civic responsibility, and purpose through meaningful, character-aligned action.</p>
<b>Leading</b> efforts that foster community, character and collective wellbeing	<p><b>Hope</b> – encouraging optimism and persistence to tackle challenges.</p> <p><b>Justice</b> – building trust, fairness and equity to reduce harm and boost morale.</p>	<p><b>Character-Informed Leadership Projects</b> Encourage students to lead a character-enhanced wellbeing project as part of a leadership initiative, applying their strengths to improve school culture, peer relationships, and collective wellbeing.</p>
<b>Embedding</b> the promotion of wellbeing into everyday habits, relationships, and life goals	<p><b>Awe</b> – enabling a sense of connectedness by shifting focus away from ourselves and toward something greater.</p> <p><b>Integrity</b> – building inner peace and external respect.</p> <p><b>Perseverance</b> – sticking at daily practices to turn them into life habits.</p>	<p><b>Experiential Learning Beyond the Classroom</b> Organise school trips and enrichment experiences that challenge students to step beyond their comfort zones, encounter diverse perspectives, experience awe and cultivate courage, curiosity, and humility.</p>