

# Helping Students Stay Positive

**Positive Psychology** – Focuses on cultivating happiness, strengths, self-esteem, and optimism.

Happier and more positive students and teachers are more successful.

Both teachers and students can change to a more positive lens by working on

Optimism, Gratitude, Mindfulness, Exercise, Breath work – longer exhale breath

**The Suzuki Method** - Lessons we can learn from *Shinichi Suzuki – Every Child Can*

Teach with love, be grateful, model constantly, and have high expectations.

**Training Grit with Optimism and Gratitude**

*Grit* by Angela Duckworth and *Win Forever* by Pete Carroll- Practice is Everything.

Create a team. Build a culture of excellence.

Failure is an option. We fail, we learn, we grow. *Fall 7 times, stand up 8.*

Praise effort not talent. Replace ‘I am afraid’ with ‘I am excited’

Wynton Marsalis on expert practice - <https://vimeo.com/263171561>

**The Power of Tiny Habits**

Make habits so small it is almost impossible to fail. Perhaps you can JUST SHOW UP.

Atomic Habits – *James Clear*

**Training Optimism with a Growth Mindset** - *Carol Dweck*

Growth Mindset lessons at The Learner Lab *Trevor Regan* [thelearnerlab.com](http://thelearnerlab.com)

Funny and growth mindset posters available at [TeachingPositivity.com/resources](http://TeachingPositivity.com/resources)

*The Power of Yet* with Elmo & Janelle Monae <https://www.youtube.com/watch?v=XLeUvZvuvAs>

**The Pygmalion Effect** – our labels can become self-fulfilling prophecies

<https://thelearnerlab.com/portfolio/growth-mindset-leadership-the-pygmalion-effect/>

High expectations will lead to improved performance.

Attach the label learner to everyone. “It’s the best word.” *Robert Rosenthal*

**Connection before Content**

*Love 2.0* – Barbara Fredrickson

*How to Win Friends and Influence People* – Dale Carnegie

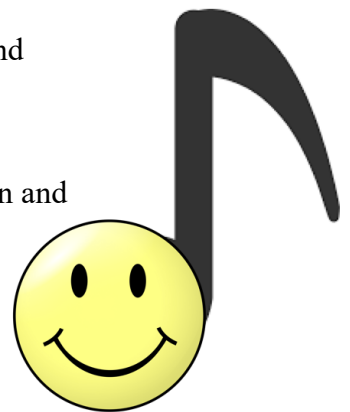
“Remember that a person’s name is to that person the sweetest sound  
and most important sound in any language”

**Brian Johnson and [optimize.me](http://optimize.me)** - Home of free Philosopher Notes.

Readable and enjoyable summaries of many important books on self-actualization and positive psychology.

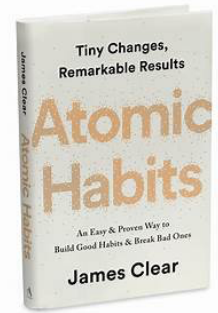
**Love, Love, Love** - The real answer to how we become master teachers

*Love yourself. Love your students. Love our profession.*



# Installing One Very Tiny Habit for Teachers

## Inspired by James Clear, Dale Carnegie, and Angela Duckworth

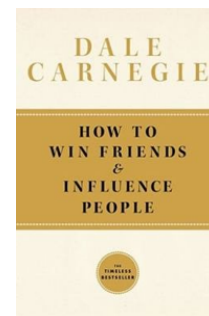


What kind of teacher would you like to be?

Which area below, if improved, would make a difference in the quality of your teaching at this time?

Vitality Optimism Gratitude Calm Connection Organization Humor Other \_\_\_\_\_

- What is one little daily habit you could install to help you in this area?
- Is there a way to take that little habit and make it any smaller?
- Now make your new habit ridiculously small. So small that you cannot fail. Perhaps you can JUST SHOW UP ☺
- Try not to miss two days in a row.
- What time of day is easiest for you to perform your tiny habit and what day would you like to start?
- To make it as easy as possible, attach it to an existing habit.  
Here are some tiny habits attached to an existing habit
  - *When I brush my teeth or go to bed, I will be grateful for one thing*
  - *When my students walk in the room, I will call one student by name (the most important word in any language)*
  - *When I take a shower or bath, I will do a breathing meditation for 10 seconds*
  - *When I watch the news at night, I will SHOW UP on my exercise mat*
  - *When I go to bed, I will meditate for 10 seconds.*
  - *When I walk into the school hallway, I will genuinely smile at one student (remember these are tiny habits!)*
- What reward can you give yourself for performing your tiny habit. It can be something as simple as putting a check on a habit tracker or just smiling at yourself and saying, “that’s like me!”  
Congratulate yourself daily on your new habit.



WE ARE  
WHAT WE  
REPEATEDLY DO.  
EXCELLENCE,  
THEN, IS NOT  
AN ACT, BUT  
A HABIT.

*Alc. 15/11/16*



***YOU just made your habit so small that it is almost impossible to fail!***

***And remember, we are all human so....  
when you do fail, say “Oh Well” and simply start again.***

Remind yourself daily of the teacher that you want to be  
and know your new habit will support you

