

The Power of Positive Teaching

POSITIVE PSYCHOLOGY

If you want to be more effective at work, raise your happiness level by changing the lens you look through.

The happy secret to better work - *Shawn Achor*

http://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work

ANGELA DUCKWORTH AND GRIT

Teach grit by raising optimism levels for both teachers and students.

Raise optimism levels with gratitude and growth mindset work.

THE SUZUKI METHOD - Lessons we can learn from Shinichi Suzuki

Teach with love, think of everyone as a learner, model constantly, and have high expectations

PYGMALION EFFECT – Research by Robert Rosenthal suggests that if we can train ourselves to think of all our students as learners with a vast potential for growth, our students will achieve more.

Trevor Regan: Growth Mindset and the Pygmalion Effect

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

GROWTH MINDSET AND FAILURE IS AN OPTION

Growth Mindset interventions at The Learner Lab with Trevor Regan

thelearnerlab.com

Growth mindset posters and funny posters available at

TeachingPositivity.com/resources

The Power of Yet with Janelle Monae

<https://www.youtube.com/watch?v=XLeUvZnuvAs>

“The way to succeed is to double your failure rate”

Thomas J. Watson, the founder of IBM

PRACTICE - Practice is everything.

Expert Practice Video with Wynton Marsalis <https://vimeo.com/263171561>

Encourage a tiny practice habit and build from there.

Talk less, play more so students are allowed to practice

Praise effort not talent – Carol Dweck

Replace I am nervous with I am excited

CONNECT - “Create micro moments of positive resonance” Barbara Fredrickson from *Love 2.0*.

“Every minute spent outside of class time is worth 10 hours of class time” Dave Burgess from *P is for Pirate*

LAUGHTER MAKES US HAPPIER - and allows more access to various parts of our brain.

YOU CANNOT SERVE FROM AN EMPTY VESSEL

Put your oxygen mask on first.

Tie your own shoelaces.

Self-care is not a luxury; it is a necessity

CHANGE TO A MORE POSITIVE LENS THROUGH:

- Exercise
- Gratitude Practice
- Mindfulness Practice
- Journaling
- Connecting
- Breathing - The 4-7-8 Relaxation Breath - *Dr. Andrew Weil*

"To different minds, the same world is a hell, and a heaven" Emerson
Our thoughts affect our actions and our reality.

TINY HABITS and the JUST SHOW UP PLAN

“Successfully creating an atomic habit makes you happy. Dopamine gets created when you are happy. Dopamine makes your brain more malleable, so your brain strengthens new habit neural pathways”. Allyson Mackey PHD

Make your new habit so small that it is almost impossible to fail.

Just show up.

LOVE, LOVE, LOVE

The real answer to how we can become master teachers

Love yourself, Love your students, Love our profession

WEBSITES

characterlab.org **Angela Duckworth** - Posters and material on Character Education. They run an inspiring and free Symposium every summer in Philadelphia. Consider signing up for their email list.

viacharacter.org **VIA Institute on Character** - A collection of character education materials and ideas. Free character strength quiz for adults and children from 12 - 18.

goodthinkinc.com **Shawn Achor** - The science of happiness. Training and inspiration.

positivecoach.org **Positive Coaching Alliance (PCA)** develops both better athletes and better people through resources for youth and high school sports coaches, parents, administrators, and student-athletes.

mindsetworks.com **Carol Dweck** - Materials on nurturing a growth mindset

thelearnerlab.com **Trevor Ragan** - Beautifully produced and engaging Growth Mindset and training videos and materials for students and teachers.

optimize.me **Brian Johnson** - Home of free Philosopher Notes. Readable and enjoyable summaries of many important books on self-actualization and positive psychology.

[Coursera course – The Science of Well-Being](#) – Dr. Laurie Santos – Yale
Incredible Ivy League class available for free!
Her podcast, *The Happiness Lab*, is great too.

EDUCATION BOOKS

Shinichi Suzuki – Nurtured by Love
Dave Burgess – Teach Like a Pirate
Dr. Tim Lautzenheiser – The Art of Successful Teaching



POSITIVE PSYCHOLOGY BOOKS

Shawn Achor – The Happiness Advantage
Sonja Lyubomirsky – The How of Happiness

SELF-IMPROVEMENT BOOKS

Viktor Frankl – Man's Search for Meaning
Dale Carnegie – How to Win Friends and Influence People
Stephen Covey – The 7 Habits of Highly Effective People
Don Jose Ruiz – The Four Agreements
Shawn Achor - The Happiness Advantage
Pete Carroll - Win Forever
Mark Hanson - The Master Motivator
Marie Kondo – The Life-changing Magic of Tidying Up
Gabrielle Oettington - Rethinking Positive Thinking
Masaru Emoto – The Hidden Messages in Water

VIDEOS

Trevor Regan: Growth Mindset Leadership and the Pygmalion Effect
<https://thelearnerlab.com/portfolio/growth-mindset-leadership-the-pygmalion-effect/>

Dr. Andrew Weil: The 4-7-8 Breathing Technique
<http://www.drweil.com/drw/u/VDR00112/The-4-7-8-Breath-Benefits-and-Demonstration.html>

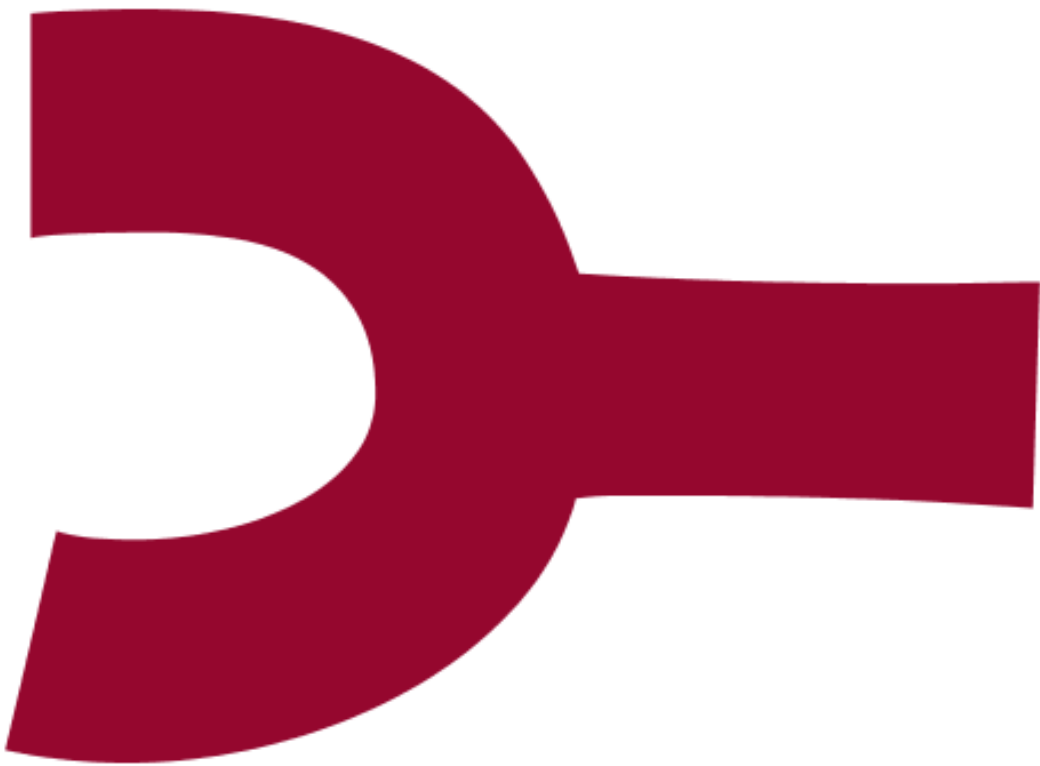
Deepak Chopra: Intro to Meditation
<https://www.youtube.com/watch?v=q-jpqsq9ewA>

Wynton Marsalis – Expert Practice from Character Lab
<https://vimeo.com/263171561>

**PRESENTATIONS, HANDOUTS, POSTERS AND TEACHER
RESOURCES ARE AVAILABLE AT**

TeachingPositivity.com








JUST SHOW UP

Practice Chart

you only need to
practice
on the days that
you eat.


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



- Place a Check on every day that you practice. It is not necessary to put how long you practiced, just get your instrument out and sit with it every day.
- At first *Just Show Up* then work to practice for a longer period of time.
- Work to *Show Up* every day.
- Try not to miss two days in a row.
- The longer you practice, the better you will be 😊



Savage Chickens

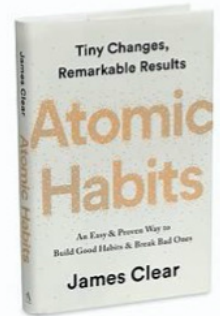
by Doug Savage



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www.savagechickens.com

Installing One Very Small Positive Habit Inspired by James Clear and Stephen Guise

Circle an area below:



Gratitude Connect Move Sleep Breathe Create Get Outside

- What is one small habit you could install that would help support your circled area?
- Is there a way to take that small habit and make it any smaller?
- Now make your new habit stupid small! So small that you cannot fail.
- What time of day is easiest for you to do your new habit?
- To make it as easy as possible, attach it to an existing habit.
For example, *after I walk my dog,*
I will do one extraordinarily modified push-up.
- What reward can you give yourself for performing your habit. It can be something as simple as putting a check on a habit tracker to treating yourself to something bigger.
- When would you like to start your new habit?
- Congratulate yourself daily on your new habit 🙌🙌🙌 BRAVO!



Examples of Tiny Habits

- *Meditate for 10 seconds a day.*
- *Just show up on your exercise mat every day. Sometimes I just stand there 😊*
- *Be grateful for 1 thing before you go to sleep.*

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

And remember, we are all human so....

if you do fail, say "Oh Well" and simply start again.

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

Arastotele

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