

Positive Psychology in the Classroom

Simon Ward

$$H=S+C+V$$



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English

PERMA

- P OSITIVITY
- E NGAGEMENT
- R ELATIONSHIPS
- M EANING/PURPOSE
- A CCOMPLISHMENTS

Positive Emotions



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POSITIVITY IN THE CLASSROOM

- Joy
- Excitement
- Pride
- Amusement
- Contentment
- Interest
- Hope
- Awe
- GRATITUDE
- CURIOSITY

SOUR	NICE	CANDY
HONEY	SUGAR	SODA
BITTER	CHOCOLATE	GOOD
ECLAIR	TASTE	CAKE
TOOTH	TART	PIE





Engagement

FLOW

- Task is challenging and requires skill
- We concentrate
- There are clear goals
- We get immediate feedback
- We have deep involvement
- There is a sense of control
- Our sense of self vanishes
- Time stops



BE AWARE OF OVERPROTECTION



LEARNING IS
OFTEN
FRUSTRATING

'Essential reading for anyone with aspirations.'
Matthew Syed, author of *Bounce*



MINDSET

HOW YOU CAN FULFIL
YOUR POTENTIAL

- Business
- Parenting
- School
- Relationships

DR CAROL S. DWECK

‘Just about any individual of average learning ability is quite capable of acquiring a professional level of expertise in virtually any field of endeavour, no matter whether this be with a musical instrument or foreign language, fiction writing or fine art, science or sport.’

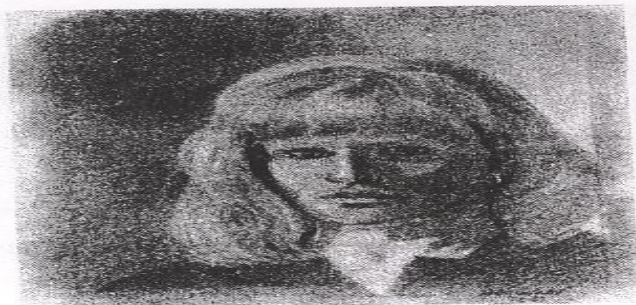
Prof. Michael Howe



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4 KEY INGREDIENTS

- Lots of determined practice
- Heartfelt, self motivating passion to fuel those long hours of practice
- Warm support and encouragement from someone deeply important to us
- A rich learning environment comprised of practice buddies, coaches and role models

The brain is a muscle



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Relationships

‘The single most common finding from a half century’s research on the correlates of life satisfaction, not only in the United States but around the world, is that happiness is best predicted by the breadth and depth of one’s social connections.’

- Robert D Putnam.....Bowling Alone



Emotional bank account

- Having and maintaining clear boundaries and expectations
- Paying attention to detail
- Treating children as individuals
- Behaving with integrity
- Recognising, acknowledging and apologising for your mistakes
- Positive behaviour management

‘On a first date they just tell each other lies and that usually gets them interested enough to go for a second date’

(Roger 10)



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‘You might have to
guess.....see if they are
yelling at some kids’

(Derek 6)

‘Tell your wife she
looks pretty, even if
she looks like a truck’

(Ricky 9)



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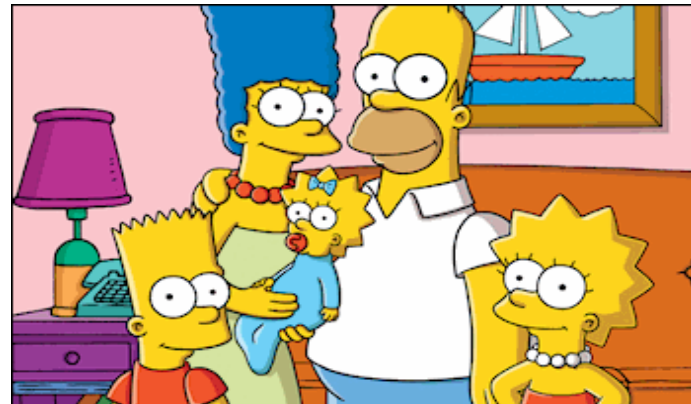


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Meaning and Purpose



FIND AND BUILD STRENGTHS AND PASSIONS



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KEY CHARACTER STRENGTHS

- ZEST
- CURIOSITY
- GRATITUDE
- OPTIMISM
- SOCIAL INTELLIGENCE
- GRIT
- SELF-CONTROL

Accomplishments



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MASTERY GOALS VS PERFORMANCE GOALS







is young man caught a smaller fish, but illustrates the nature of accomplishments.



DEVELOP SELF- CONTROL



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