Positive Schools Conference

2016

Living well and Teaching well through Positive Education

Learn it, Live it, Teach it, Embed it!

David Bott

Head of Positive Education

Institute of Positive Education

GEELONG GRAMMAR SCHOOL
EXCEPTIONAL EDUCATION

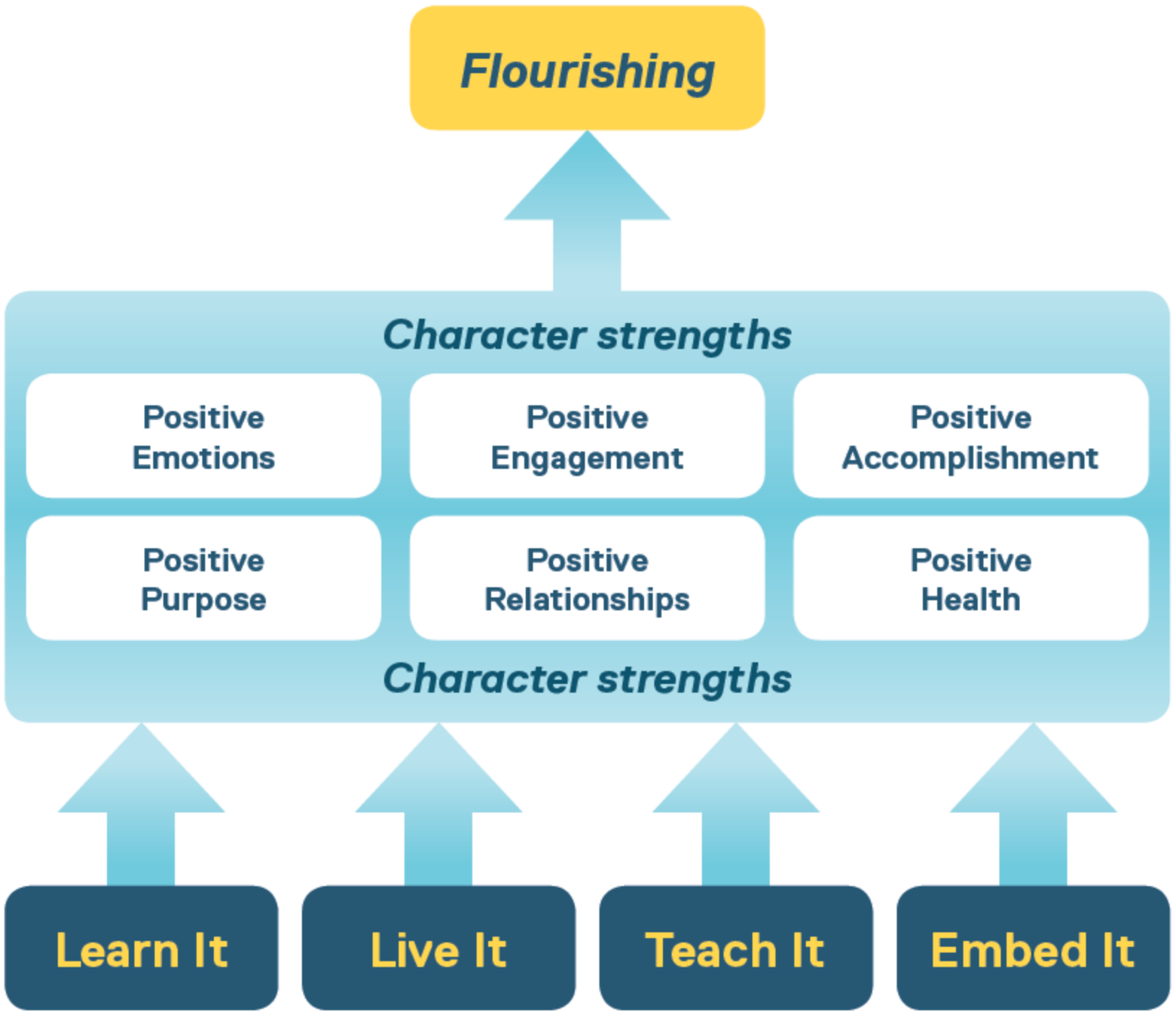
INSTITUTE OF POSITIVE EDUCATION

LIVE IT…

Living Pos Ed means living according to ways that nurture your wellbeing and/or the wellbeing of others.

Why *live* it?

1. Students look for authenticity (BSD!)
2. For your own personal wellbeing
3. For the wellbeing of others
4. To role-model ‘living well’ to your students



Applying our Model for Positive Education

3R

Body
Mind
Connections

POSITIVE RELATIONSHIPS

POSITIVE RELATIONSHIPS OVERVIEW

Definition

Increasing social and emotional skills in order to create and promote strong and nourishing relationships with self and others

Topics

- Social Intelligence
- Friendship and Teamwork
- Positivity Resonance
- Kindness
- Compassion
- Empathy
- Forgiveness

BUILDING POSITIVE RELATIONSHIPS

- Research has shown people tend to respond to another person's *good* news in one of fours ways
- Only one of these strengthens relationships:

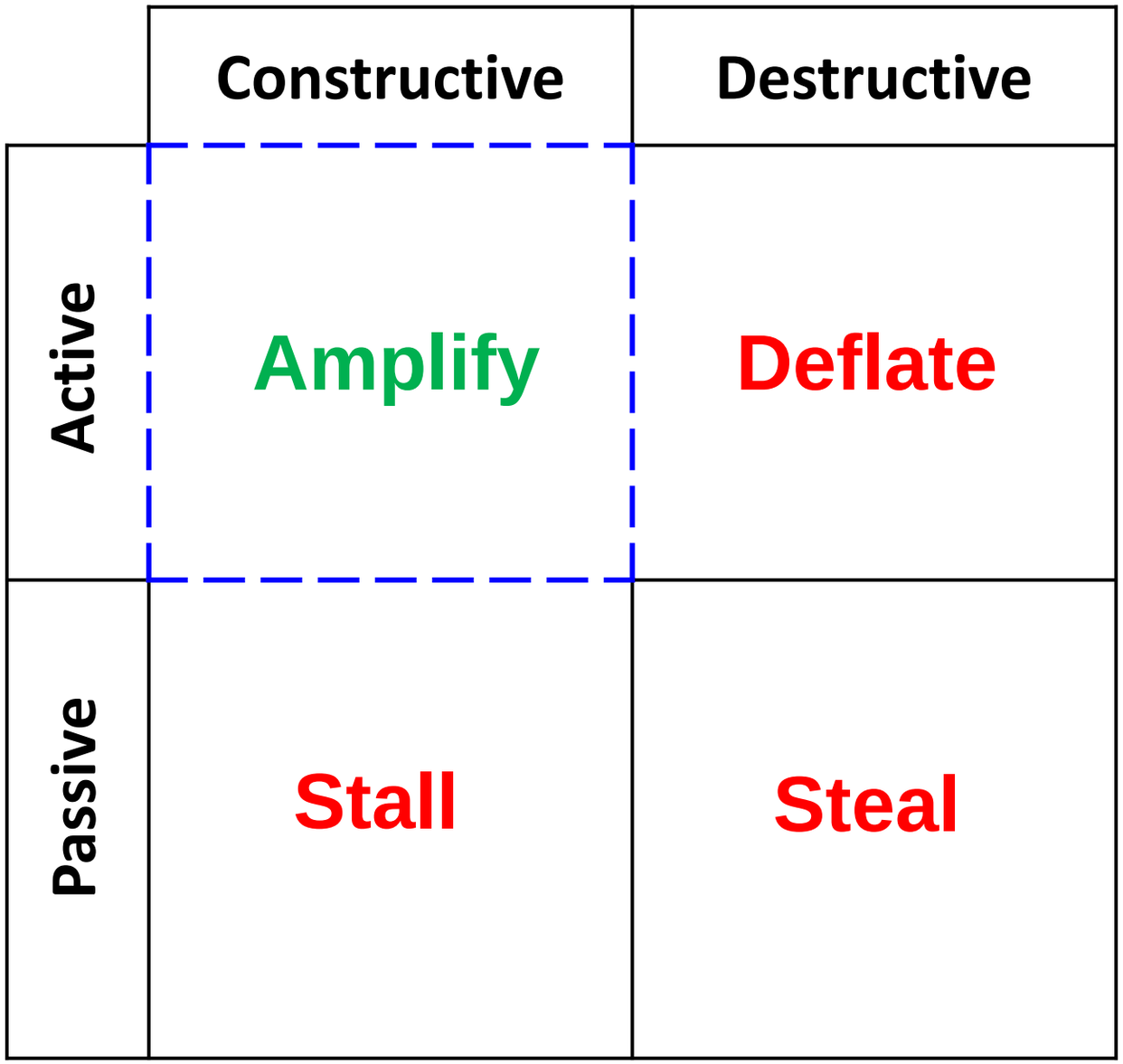
ACTIVE **C**ONSTRUCTIVE **R**ESPONDING

Gable, Gonzaga, & Strachman, 2006; Gable & Reis, 2010; Gable, et al., 2004

ACTIVE CONSTRUCTIVE RESPONDING

	Constructive	Destructive
Active	**genuine interest, amplifies the experience**	deflates the good news, raises the alarm bells
Passive	understated support; conversation stalls	ignores the event and steals the conversation

ACTIVE CONSTRUCTIVE RESPONDING



ACTIVE CONSTRUCTIVE RESPONDING

	Constructive	Destructive
Active		
Passive		

your turn…

Project Hello

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POSITIVE EMOTION

POSITIVE EMOTIONS OVERVIEW

Definition

Experiencing a broad range of positive emotions and developing skills and knowledge to anticipate, initiate, experience, prolong and build positive experiences

Topics

- Understanding Emotions
- Emotional Intelligence
- Broaden & Build Theory
- Savouring
- Expressing Gratitude
- Biology of Positivity
- Happiness Boosters

SAVOURING

- Savouring is defined as “acting or thinking in ways that prolong or maximise the impact of positive emotions and experiences”

Bryant & Veroff, 2007

- Savouring can be about the past, the present or the future…

project
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September 2012
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January 2011

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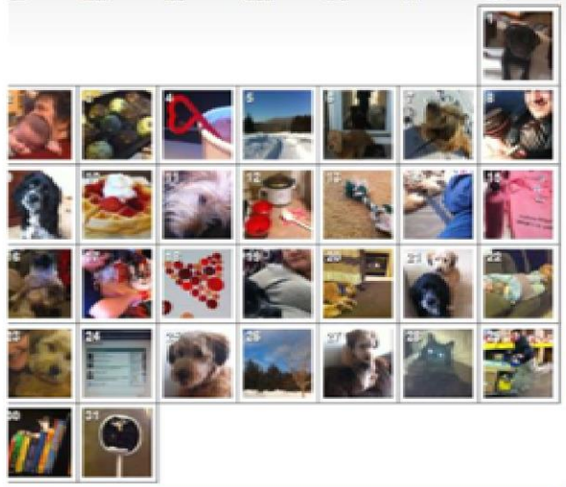

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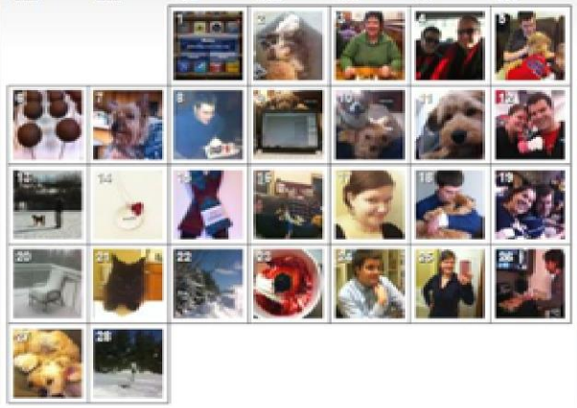

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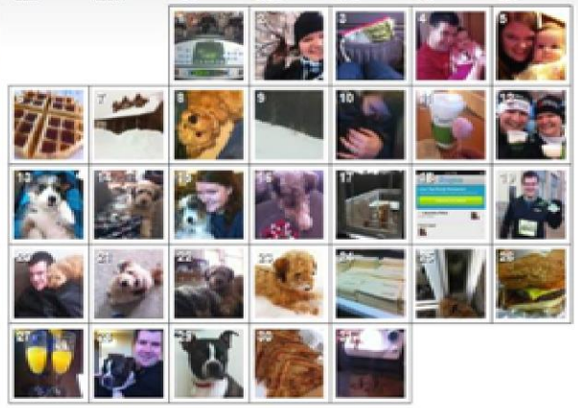

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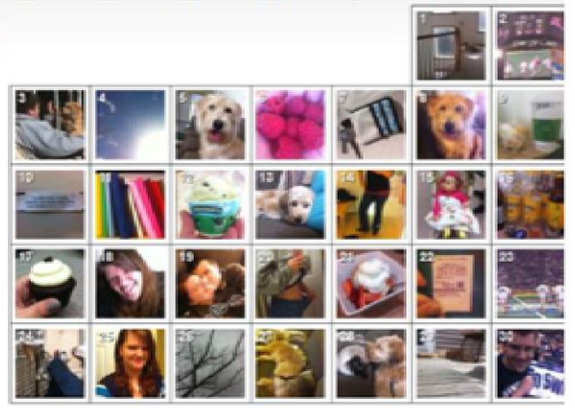

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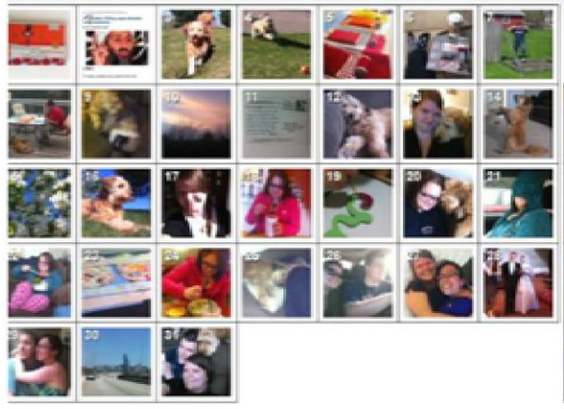

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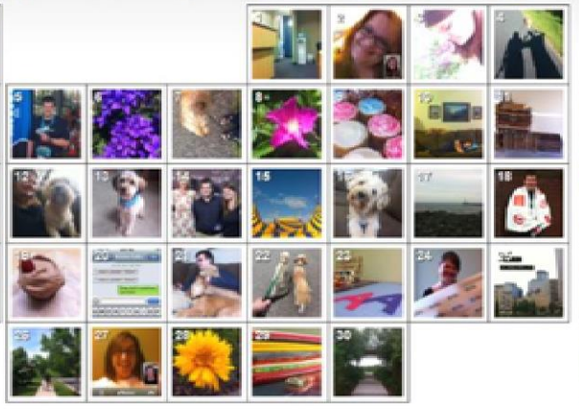

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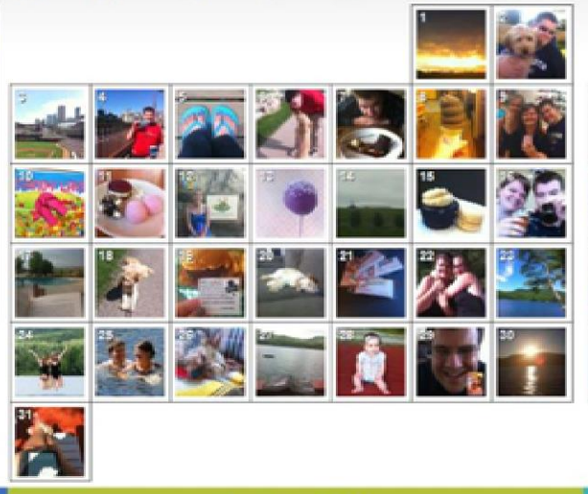

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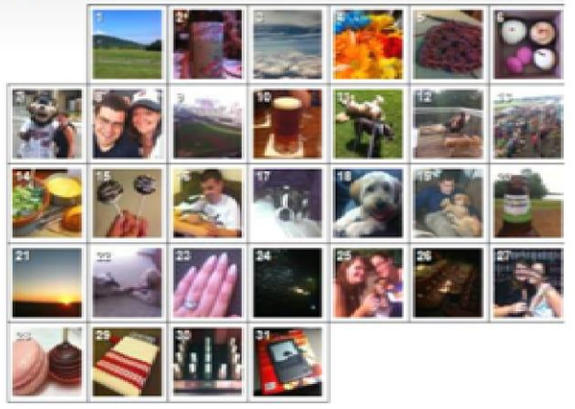

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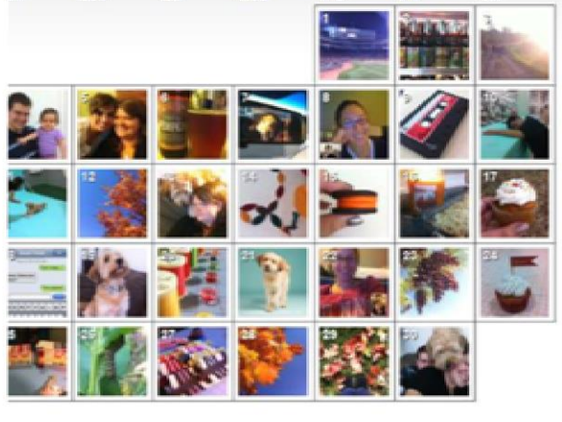

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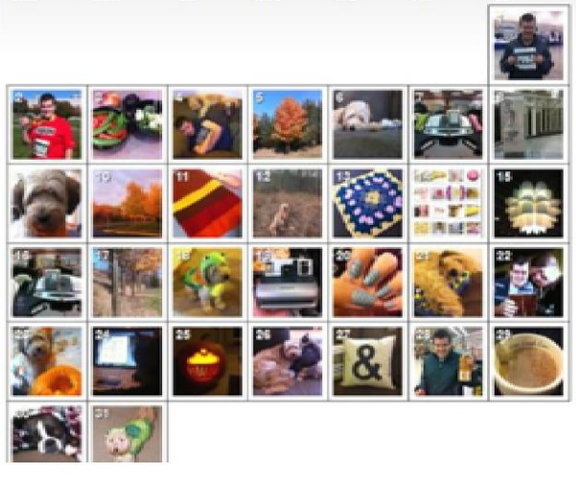

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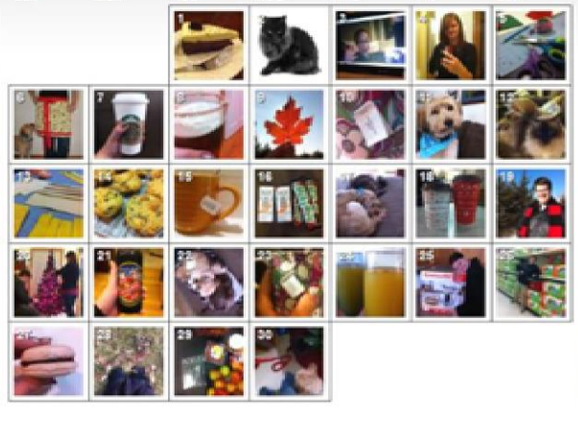

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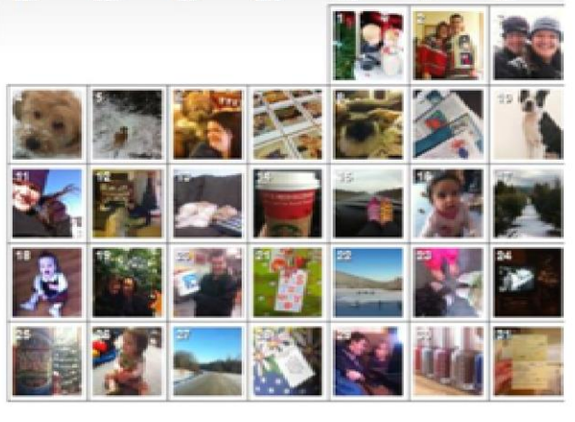

your turn…

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POSITIVE HEALTH

POSITIVE HEALTH OVERVIEW

Definition

Practising sustainable habits for optimal physical and psychological health that are developed from a sound knowledge base

Topics

- Physical Health: Sleep, Nutrition, Exercise
- Energy Management
- Resilience: Internal and External Resources
- Optimism and Explanatory styles
- Mindfulness Training

Being Mindful

Be in the Present

MINDFULNESS

MINDFULNESS

MINDFULNESS

Paying attention with openness, curiosity and flexibility.

Russ Harris

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RESTEZ EN BONNE SANTE
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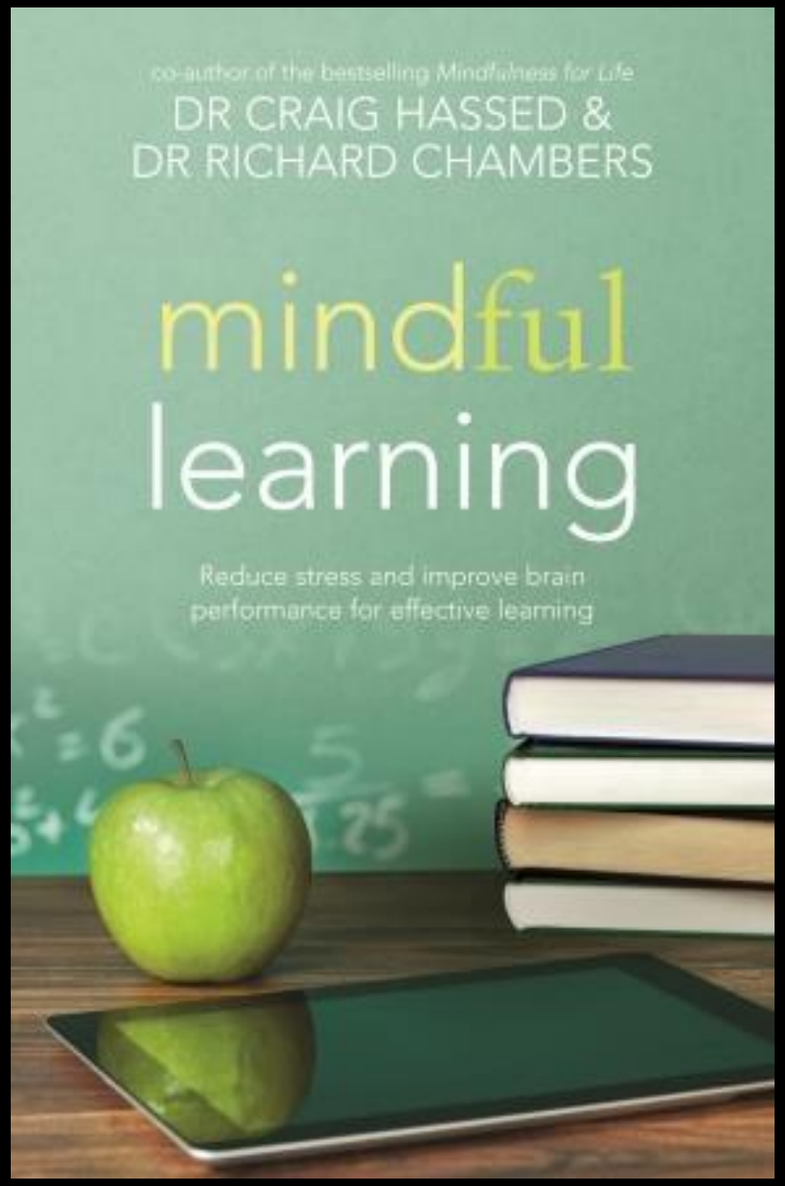
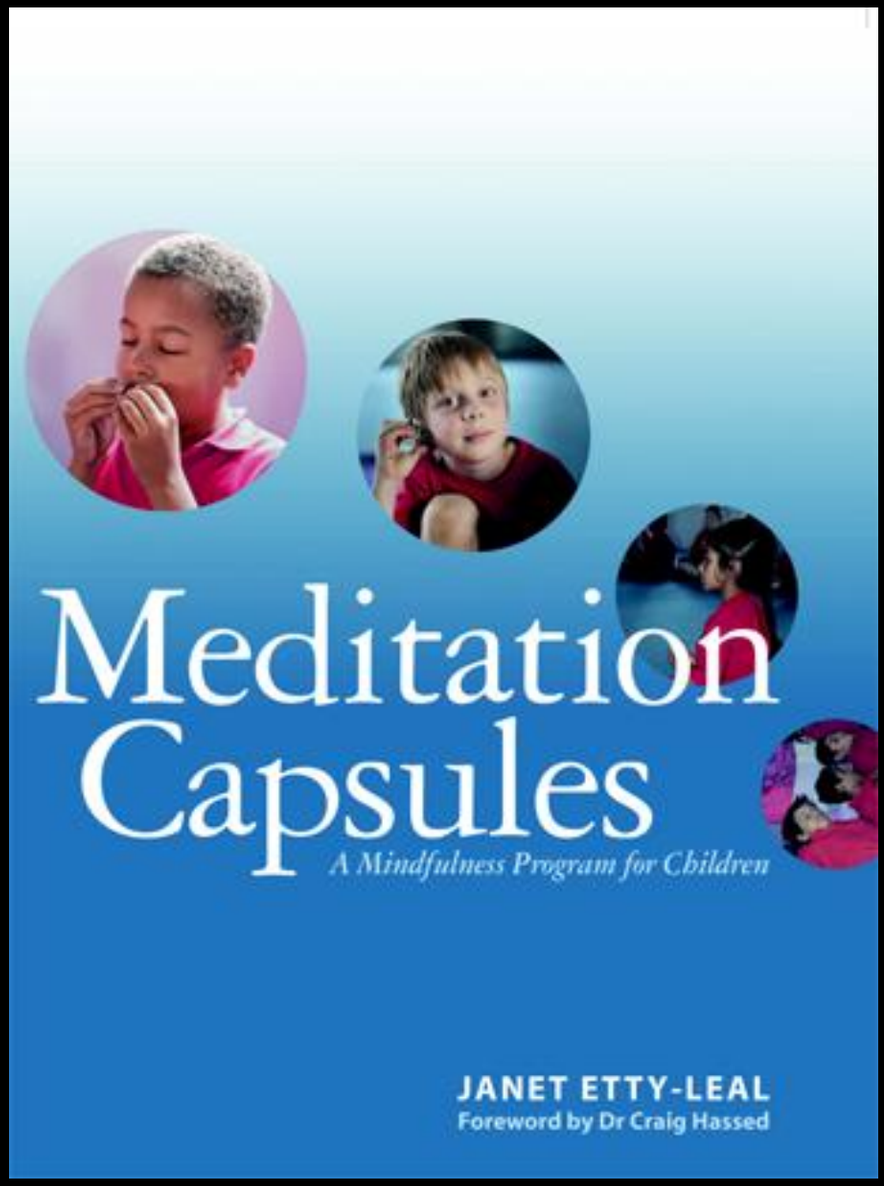
DOS MUNDOS


co-author of the bestselling *Mindfulness for Life*
DR CRAIG HASSED &
DR RICHARD CHAMBERS
mindful
learning
Reduce stress and improve brain performance for effective learning


Meditation
Capsules
A Mindfulness Program for Children
JANET ETTY-LEAL
Foreword by Dr Craig Hassed

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POSITIVE
ENGAGEMENT

Positive Engagement Overview

Definition

Promoting complete immersion in activities through understanding the nature of engagement, the pathways to it and the function it has in individual wellbeing

Topics

- Flow
- Curiosity and Interest
- Creativity and Passion
- Motivational Theory
- Self-Determination Theory
- Character Strengths

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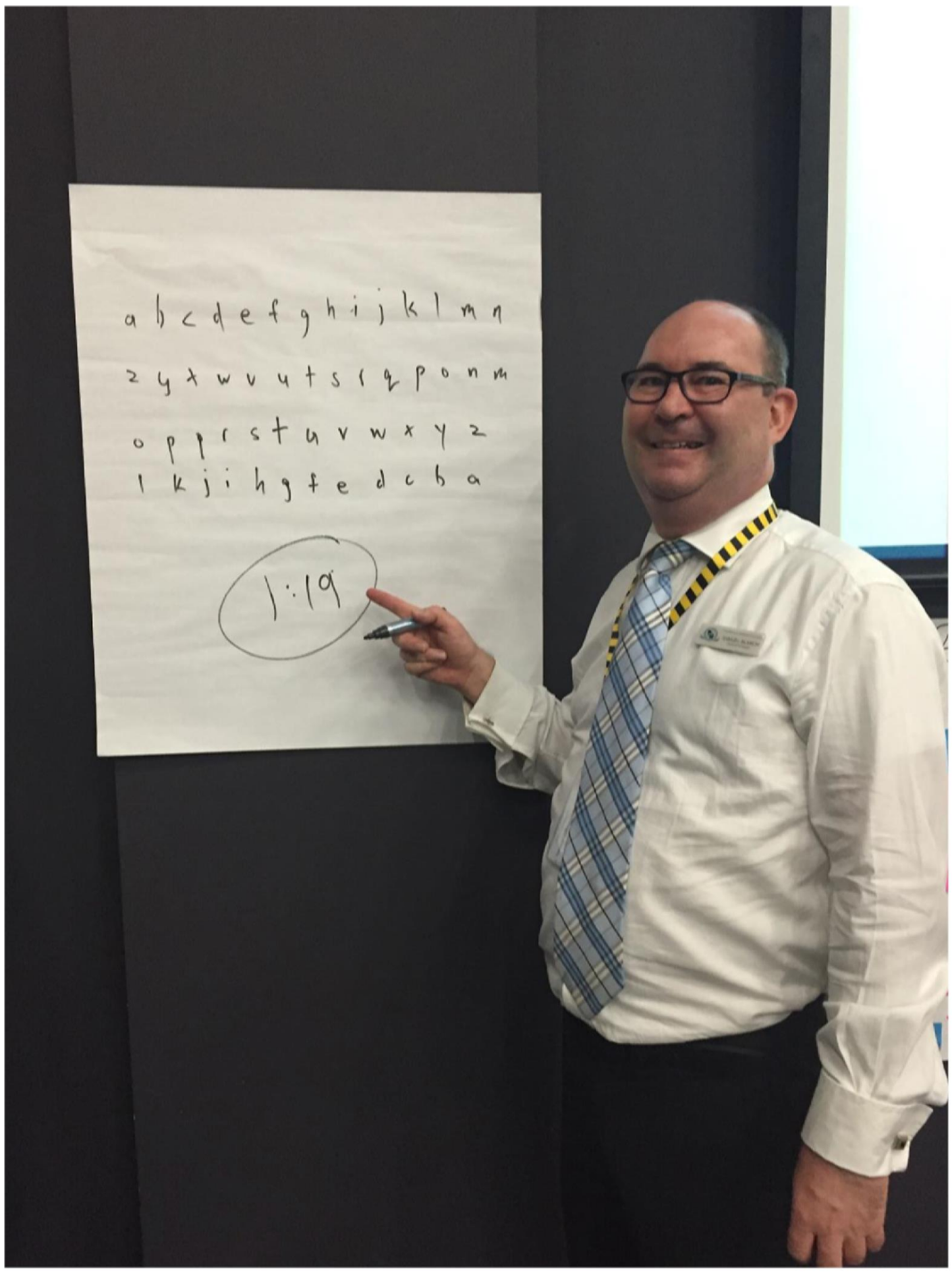
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POSITIVE
ACCOMPLISHMENT

Positive Accomplishment Overview

Definition

Developing individual potential through striving for and achieving meaningful outcomes

Topics

- Exploring Accomplishment
- Growth Mindsets
- Goal Setting and Striving
- Grit and Persistence
- Self-efficacy
- Delayed Gratification
- Understanding Failure

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BRAVE
POSITIVE
MEANING

POSITIVE PURPOSE OVERVIEW

Definition

Understanding, believing in and serving something greater than yourself and deliberately engaging in activities for the benefits of others

Topics

- Exploring Purpose
- Examining Meaning
- Core Values
- Making a Positive Difference
- Community Belonging and Service
- Spirituality
- Positive Ethics

RESEARCH

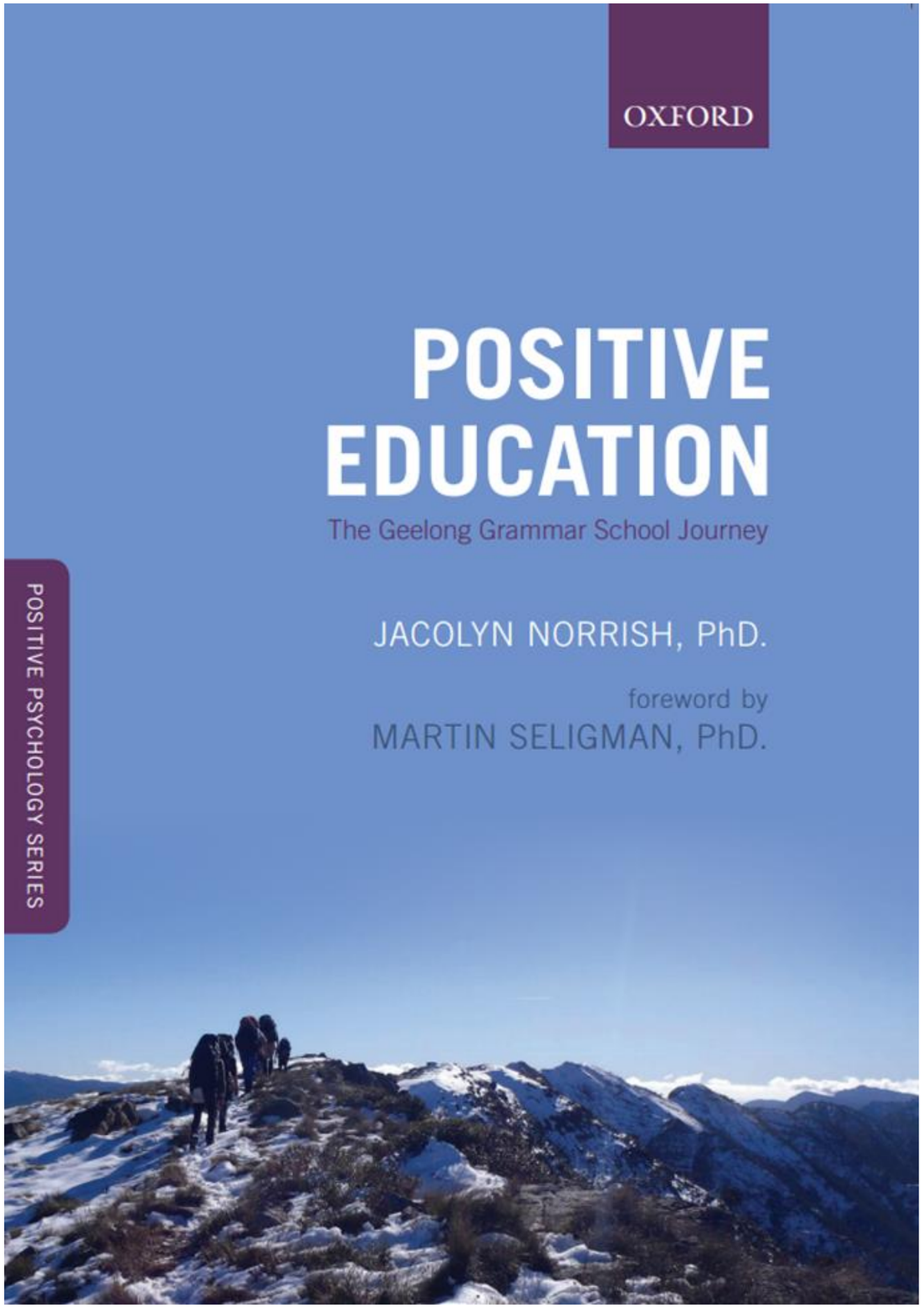
People who identify a source of meaning in their lives report:

- greater overall happiness and life satisfaction
- physically and emotionally healthier
- more resilient
- greater sense of control over their lives

Bonebright et al, 2000; King et al, 2006; O'Leary, 1998; Ryff,1989; Zika & Chamberlain, 1992

your turn…

Zest
Appreciate Beauty
Bravery
Creativity
Curiosity
Fairness
Forgiveness
Gratitude
Honesty
Hope
Humour
Love
Leadership
Kindness
Love of learning
Modesty
Open-mindedness
Persistence
Perspective
Prudence
Self-control
Social Intelligence
Spirituality
Teamwork



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