



Why are we concerned?

Developmental delays

- 20 years ago around 5-10%
- 10 years ago 10-15%
- Now 22 % are deemed to be at risk:
 - Socially
 - Educationally
 - Physical and mental health(AEDC 2014)
- Boys and indigenous children have higher rates.



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Increases in:

- Obesity
- Aggressive behaviour
- Autism
- Asthma
- Allergies
- Type1 & Type 2 Diabetes
- Fear and anxiety disorders
- Sleeping problems
- Sensory processing problems
- Mental illness in children
- Reported child abuse
- Family violence
- Violence in schools.



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Today's children are struggling with

- sensory overload
- over-stimulation
- technological explosion
- consumerism
- stress and fears
- global uncertainty
- lower emotional literacy
- poor attachment
- constant change.



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Today's children are also struggling with

- poorer nutrition
- contaminated environments
- fast-paced living
- overscheduled childhoods
- less free active play
- family disconnection and dislocation
- NAPLAN pressures
- more stressors in adolescence.



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Self-regulation

"Self-regulation is the ability to manage your own energy states, emotions, behaviours and attention, in ways that are socially acceptable and help achieve positive goals, such as maintaining good relationships, learning and maintaining wellbeing."

— Dr Stuart Shanker

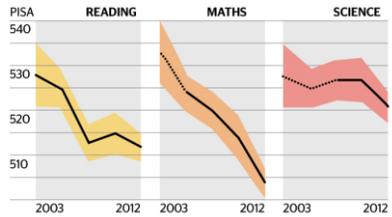


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School reality in Australia

Declining standards

Average performance of 15-year-old students



SOURCE: Five challenges in Australian school education, Policy Insights 5, by Professor Geoff Masters AO and published by ACER

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Dare to be Exceptional

"The legacy of a teacher lasts a lifetime."

- ANONYMOUS



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Ripley discovers startling truths about how attitudes, parenting, and rigorous teaching have revolutionised these countries' education results...

...have achieved greatness only in the past several decades;

...that the kids who live there are learning to think for themselves, partly through failing early and often; and that persistence, hard work, and resilience matter more to our children's life chances than self-esteem or sports.

the smartest kids in the world



and how they got that way

amanda ripley

author of THE HUNTERS

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Wellbeing and rigour are needed!



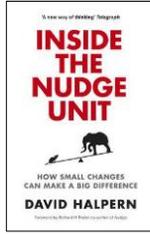
RESPECTFUL: RESPONSIVE: RECIPROCAL

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What is a nudge?

"A nudge is essentially a means of encouraging or guiding behaviour but without mandating or instructing and ideally without the need for heavy financial incentives or sanctions. Sometimes behaviour changes with a surprisingly light touch."

— David Halpern, *Inside the Nudge Unit: How small changes can make a big difference*



- If you reduce friction... increase wellbeing
- Gentle manipulation with good intent.

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10 Secrets To Creating a Successful Classroom Culture

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1st SECRET: Your promise or intention or commitment

- To create a safe, positive environment.
- To help every student improve from where they are, by working hard in class, with as little homework as possible.
- To inspire a love of learning and growing.

$$\begin{aligned} \log(A \cdot B) &= \log A + \log B \\ \log(A \div B) &= \log A - \log B \\ \log(A^n) &= n \log A \\ \log a &= \frac{\log a}{\log b} \end{aligned}$$



***Nudge... Everyone matters
Sow seeds of optimism!***

one

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EYLF/NQS/NQF: Five Learning Outcomes

- Children have a strong sense of identity.
- Children are connected with and contribute to their world.
- Children have a strong sense of wellbeing.
- Children are confident and involved learners.
- Children are effective communicators.

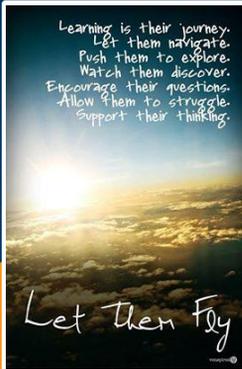


- ✓ **Belonging**
- ✓ **Being**
- ✓ **Becoming**

one

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Learning is their journey.
Let them navigate.
Push them to explore.
Watch them discover.
Encourage their questions.
Allow them to struggle.
Support their thinking.



Your intention as an educator drives your thoughts, your communication, your behaviour and ultimately how well you perform and how well your students perform.

It helps to have a personal mission statement.

one

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2nd SECRET: Create a sense of belonging and connectedness

- paired sharing
- partner work
- circle time
- having a class song
- class feedback
- welcoming rituals
- birthdays

two

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Building trust

- Sharing (the sharing of personal events, etc.)
- Vulnerability (to err is human)
- Loyalty (commitment to goals and visions)
- Accepting others (accepting the unique qualities and behaviours of others)
- Recognition of diversity
- Inclusivity — involving others (asking others for input in decision-making)
- Valuing (willingness to exchange ideas and ideals with others).



two

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**3rd SECRET:
Have students create classroom
guidelines for a positive classroom**



three

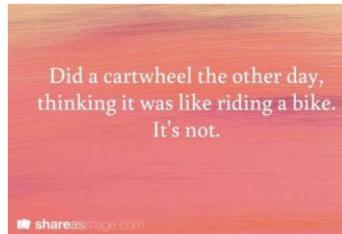
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three

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4th SECRET: See failure as a possible gift



...showing what has not been mastered, what needs to be practised.

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Failing is a normal part of life – not a sign we are dumb or bad!

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We see intense fear of school — children who do not venture out of the box, who stop experimenting and thus diminish their capacity to learn and grow... then later they become chronic procrastinators, afraid to begin a project unless they are certain of a perfect outcome.

"Learn to fail or fail to learn.."

— Tal Ben Shahar PhD, from *Being Happy: You don't have to be perfect to lead a richer, happier life.* (2011)

four

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IF THE BUM IS NUMB, THE BRAIN IS THE SAME.



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BRAIN BREAK

Clapping game.



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Why stickers, treats & 'tificates don't work (much!)



"A person who grows up getting too frequent reward will not have persistence because they'll quit when the rewards disappear."
— Dr Robert Cloninger, Washington University.

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5th SECRET:
Explore 3 Ps – passion, persistence, practise



Rigour can be encouraged!

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Tongue twisters are excellent for developing phonological awareness

She sells seashells by the seashore.
The shells she sells are surely seashells.
So if she sells shells on the seashore,
I'm sure she sells seashore shells.

Peter Piper picked a peck of pickled peppers.
Did Peter Piper pick a peck of pickled peppers?
If Peter Piper Picked a peck of pickled peppers,
where's the peck of pickled peppers Peter Piper picked?

Red lorry, yellow lorry.

A skunk sat on a stump and thunk the stump stunk,
but the stump thunk the skunk stunk.

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No, no, no...

- I slit the sheet, the sheet I slit; and on the slitted sheet I sit.
- One smart fellow; he felt smart. Two smart fellows; they felt smart. Three smart fellows; they all felt smart.
- I am not the pheasant plucker, I'm the pheasant plucker's mate. I am only plucking pheasants because the pheasant plucker's late.



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- Increase vocab – one awesome new word a week.
 - Write for 5 minutes every day.
 - Read every day.
- Repeat tasks where failure happened.

five

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6th SECRET: Feedback Matters



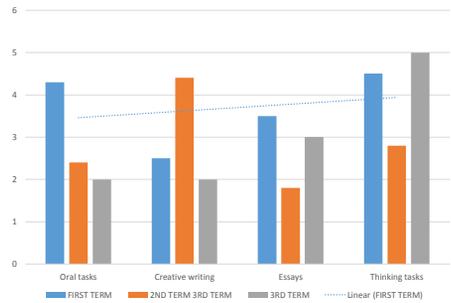
Create individual student plans for improvement (PPFIs)

Personal Plans For Improvement.

six

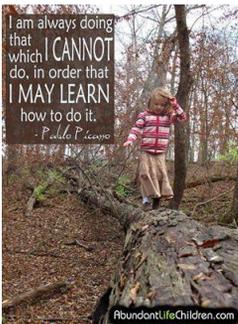
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PPFI FOR DAVID 2016



six

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"Flexible (growth) mindsets have adaptability and focus on learning and growth rather than how successful each experience appears to the child."

— Professor Carol Dweck, *Mindset: the new psychology of success* (2008).

five

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7th SECRET: Brain Power



Teach about the brain and how to maximise learning and accelerated learning strategies.

seven

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What helps the brain learn well?

1. Oxygen
2. Water
3. Glucose
4. Rest + good sleep
5. Good quality food
6. Omega 3 fatty-acids
7. Movement
8. Feel good brain chemicals



seven

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You are the main *neurotransmitter source* in the classroom.



Positive

Serotonin
Dopamine
Endorphins
(Enthusiasm, novelty & safety)

Negative

Cortisol
Adrenaline
Noradrenaline
(Fear & boredom)

Neurotransmitters influence both explicit and implicit memory.

Dare to Be Exceptional

seven

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How to calm an over loaded nervous system in our classrooms?

- ✓Calm teachers
- ✓Routines and habits
- ✓Silent sound signals
- ✓Movement & relaxation
- ✓Calming music
- ✓ Mindfulness
- ✓Low vocal tones
- ✓Thinking time
- ✓Regular quiet times
- ✓CV – calming CD's
- ✓Laughter and lightness

Saving Our Children from Our Chaotic World: Maggie Dent



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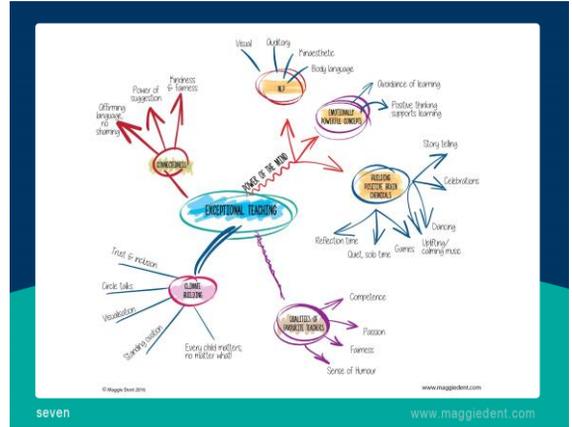
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Neuroplasticity Mental Rehearsal

Prof Merzenich set up groups with some people doing just mental practice, they imagined playing the piano, and others who actually did practice with the piano. (2 hours a day for 5 days.)

He mapped their brains before, during and after – they both showed similar brain maps at the end.

Remarkably the mental practice alone produced the same physical changes in the motor system as actually playing the piece!

– Norman Doidge, *The Brain that Changes Itself*

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Pathways to calmness take up to three weeks to form in the brain as the cells create new neuronal pathways, much less in younger children! **K-2**

- I Am a Good Friend
- Safe'N Sound
- Sleepytime
- Calming the Angry Ant
- Beach Bliss
- Moonlight Magic
- Soothing the Frightened Butterflies

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- Relax and escape
- Dare to Dream
- Flight Fantasy
- Accepting Myself
- Flight Fantasy
- My Best Report
- Creating Success

Plus

- Chill'N Skills
- Brain Power and more.

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Brain break

Energiser

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Brain break
Energiser

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8th SECRET:
Teach thinking techniques
(PMI/OPV/Six Hats) (Habits of Mind)

Creative and critical thinking are skills, something that can be learned.

We're seeing poorer thinking skills, especially in critical literacy.

Changes in culture are a factor, such as mind-numbing music, television, video games, social media, texting, and so on.

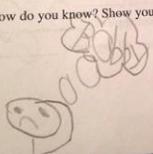


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MGSEL.NBT.7
11. Bobby has four dimes. Amy has 30 pennies. Which child has more money?

Bobby ✓

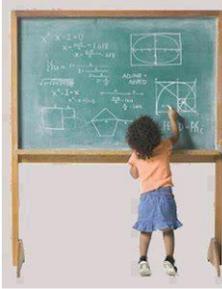
How do you know? Show your thinking.



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Metacognition matters

Let's try teaching children how to think instead of what to think.



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PMI – organising thoughts

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"seeking mechanism"
creativity + autonomy

...loose parts are materials that can be moved, carried, combined, redesigned, lined up, and taken apart and put back together in multiple ways. They are materials with no specific set of directions that can be used alone or combined with other materials. **Loose parts** can be natural or synthetic.

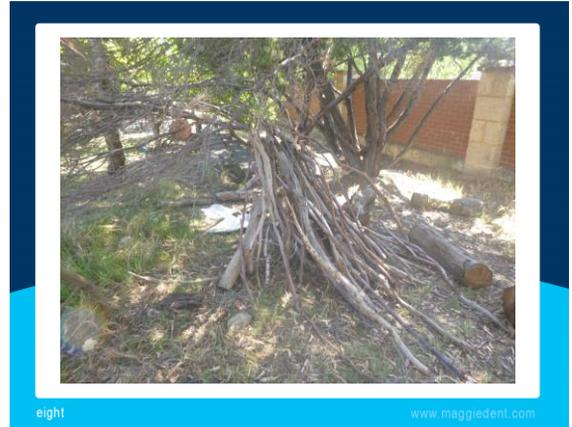


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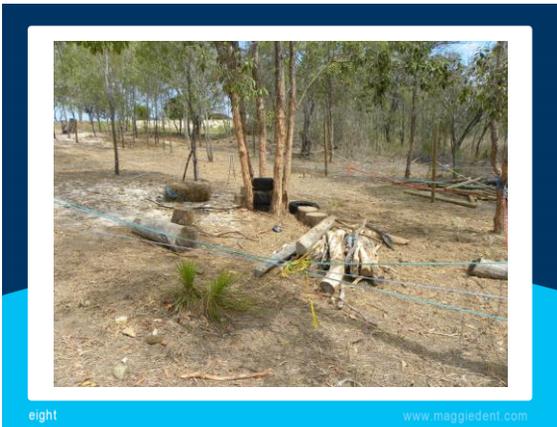
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**9th SECRET:
Humour and
Lightness**

**Have fun moments
with fascinating facts
and funny, witty light
moments.**

**The Two
Ronnies**

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"... everyone in the school benefits when humour is part of the pedagogy. Humour builds a learning relationship through the joyful confluence of head and heart

... a growing literature on how humour reduces stress and tension in the classroom, improves retention of information, and promotes creative understanding."

— Professor Ed Dunkelblau, Director of the Institute for Emotionally Intelligent Learning in "Using Humour in the Classroom", edutopia.com (30/3/15).

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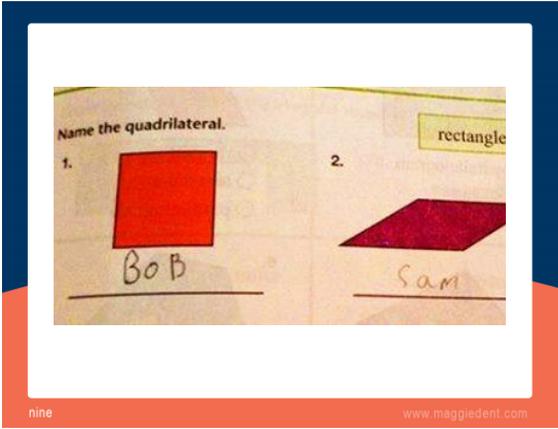
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Find x.

Here it is

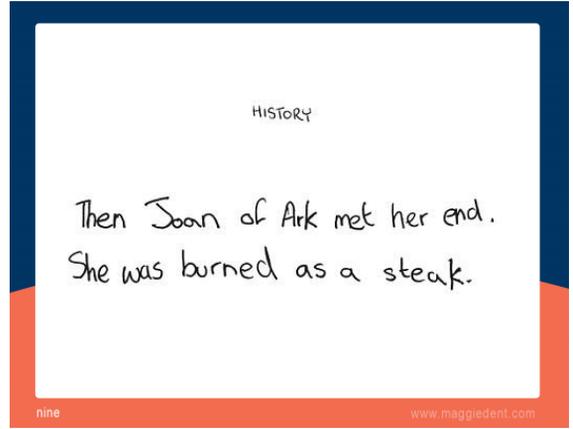
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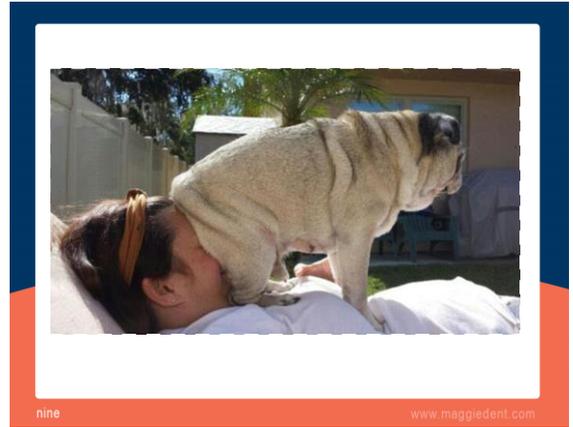
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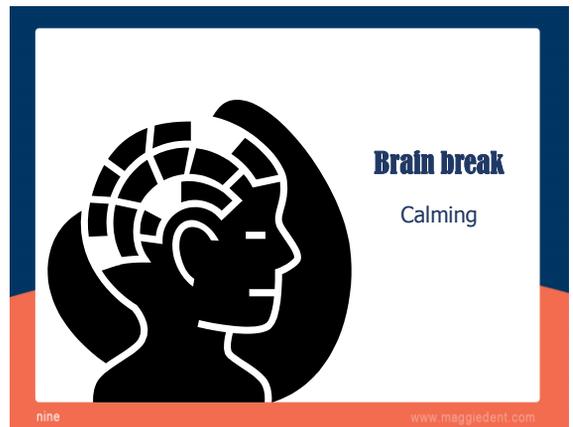
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Brain break

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10th SECRET: Communicate with parents — create the triangle of care



Every child is a miracle - unique and totally different to every other child ever born.

Maggie Dent

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“Happy, calm children learn best.”
— Daniel Goleman

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10 Secrets of a successful classroom culture

- 1st SECRET:** Your promise or intention
- 2nd SECRET:** Create a sense of belonging and connectedness
- 3rd SECRET:** Have students create classroom guidelines for a positive classroom
- 4th SECRET:** See failure as a possible gift
- 5th SECRET:** Explore 3 Ps – passion, persistence, practise
- 6th SECRET:** Feedback matters
- 7th SECRET:** Brain power
- 8th SECRET:** Teach thinking techniques
- 9th SECRET:** Humour and lightness
- 10th SECRET:** Communicate with parents — create the triangle of care

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EXCEPTIONAL TEACHERS WORK WITH STUDENTS' HEADS AND HEARTS.

**TEACHERS MAKE
ALL OTHER
PROFESSIONS
POSSIBLE.**



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THANK YOU

We are privileged to work with the most sacred people on earth – children – and we make a positive difference often to allow them to become the best people they can be.



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queenofcommonse

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**10 Secrets To
Creating a
Successful
Classroom
Culture**

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