The Power of Positivity in the Classroom

Questions to ask yourself throughout this presentation:

1. What kind of teacher do I want to be to my students?
   
   ________________________________________________________
   ________________________________________________________
   ________________________________________________________
   ________________________________________________________

2. Who am I to my students?
   
   ________________________________________________________
   ________________________________________________________
   ________________________________________________________
   ________________________________________________________

3. What do I want to look like to my students?
   
   ________________________________________________________
   ________________________________________________________
   ________________________________________________________
   ________________________________________________________

4. What do I look like to my students?
   
   ________________________________________________________
   ________________________________________________________
   ________________________________________________________
   ________________________________________________________

5. Can my students tell when I am having a good/bad day?
   
   ________________________________________________________
   ________________________________________________________
   ________________________________________________________
6. How is my mood and attitude perceived?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

3-2-1 Method

Things I am Thankful For:

1.
2.
3.

Compliments for my Colleagues:

1.
2.

What can I do today to improve my mood?

1.

What does mindful praise mean?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What is one example of mindful praise?

1.
Positive Praise Statements Activity:

Write down 1 Target Behavior:

1.

Write 3 praise statements addressing the target behavior:

1.

2.

3.

A person who feels ________________will always do ____________ than what is expected.

What are some ways my family, administration, support system, etc. shows me I matter?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

What are some ways I can show my students that they matter?

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__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

Why are Brain Breaks so important?

__________________________________________________________________________

__________________________________________________________________________
Why are Behavior Contingency Maps helpful?

More tools for my Positivity Toolbox:

What do I want my students to take away from their very brief time with me?