

MASTERING

Positive Education

PART A



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MASTERING Positive Education-WHAT'S IN YOUR HEAD?

'Our thoughts create us' Is this true? What do you think?

Is it our **psychological reaction** to a situation that causes anxiety, or the situation itself?

- Why are some people afraid of spiders yet others keep them as pets?
- How can a single person make someone happy, but another person sad?
- Some people hate being alone, others enjoy the loneliness. Why?

Look at the photos to the right

Both women are sky diving. Same situation, different reaction. One woman is petrified, the other is showing exhilaration. How can you explain this?.....



ACTIVITY 12 - How does the subconscious mind affect your thoughts?

VIDEO 13- Conscious vs. subconscious thinking (2:12)

Sentis Dec 11, 2012 Source: YouTube

OR click on link <https://www.youtube.com/watch?v=UYSKW3lvZIQ&t=9s>



WORDLIST

Conscious	Energy	Memory	Problem	Breathing
Habits	Flight	Automatic	Thinking	Emotions

1. The brain uses a lot of energy deciding, concentrating, or solving P.....
2. To save E....., and to speed up decision making, the brain seeks to find more efficient ways of operating.
3. The brain tries to A..... much of what we do to save time and energy.
4. The fight or F..... response, basic life functions such as B..... as well as learnt behaviour / habits are controlled by the S..... conscious mind.
5. The subconscious accounts for up to % of all our behaviour and reactions.
6. The subconscious is responsible for the storing of knowledge and E..... which form the memories. Our learnt behaviour or emotion becomes an attitude or habit.
7. H..... (good and bad), develop over time due to repetition. (Thinking or doing something repeatedly). This becomes a stored M.....
8. Some habits and attitudes however, are not positive or good. It is possible to use C..... thinking to reprogram the subconscious mind and create a new habit or way of T..... or behaving.

WE ARE WHAT WE REPEATEDLY DO.

MASTERING Positive Education-GROWTH & FIXED MINDSET

ACTIVITY 4- I can't do it yet

VIDEO 10- When 'Can't' is a four-letter word (18:47)

CGTN America Jan 18, 2015 Source: YouTube

Or Click link <https://www.youtube.com/watch?v=2Jz-muSL23w>



'Your story may not have had such a happy beginning but that does not make you who you are, it is the rest of it- who you choose to be' Soothsayer, Kung Fu Panda 2

1. In what ways, did you see Jennifer display a growth mindset?

-
-
-

2. Mr and Mrs Bricker banned the word 'Can't' from being used in their house. How has this helped Jennifer dealing with her 'disability'?

3. Do you think they can't say 'Can't philosophy would have helped the Bricker's get through difficult times? Yes / No why?

4. What were you thinking at the start of the video when you saw Jennifer was born without legs?

5. Do you see Jen as being handicapped? Yes/No Why?

6. Is Jen an inspiration? Yes/No Why?

7. What are you thinking after watching the video?

Jen, born six years and a day after Dominique, had been immediately placed in foster care by their father (Dumitru) because he had no legs. Dumitru never consulted his wife about his decision to put Jen up for adoption and arranged the baby's placement on his own.

Can you understand Dumitru's decision? Yes/No. Why?

What would you do in that circumstance?

Dominique found it very difficult to forgive her father for his decision to abandon Jen. Do you feel the same way? Yes/No. Why?

Ironically, Jen had a much happier childhood than her sisters who were pushed hard to compete, and abused if they failed. Police were called to their home to break up disputes. Dominique won removed from her family by Child Services. She won an Olympic gold medal in gymnastics.

In what way did Jen 'win'?



MASTERING Positive Education-PERSONALITY TYPE

ACTIVITY 2 – How we see ourselves matters!



Take a free Myers-Briggs test & find more about yourself.

The sites below are fantastic- they give a lot of information about the 16 personalities, careers, relationships, strengths/weaknesses.

www.personality-central.com or

<https://www.16personalities.com/>

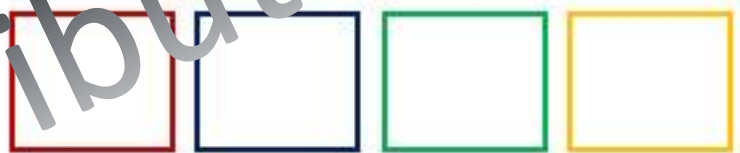
Or Aus Identities <https://ausidentities.com.au/>



This fabulous Australian personality testing site categorises people into 4 personality types based on Australian animals

WHO'S WHO IN THE ZOO? – TAKE THE QUIZ AND DISCOVER YOUR TYPE

Select the animal type that best describes you. To find out more about the animal types, simply click on the images below. Have fun!



Do one of the tests. What did the first test say you were?

Do another test. What did it say this time?



Use the websites to find out more about yourself.

What are your strengths?

What are your weaknesses?

Do you agree with what was written? Yes/No

What did it say about you?.....

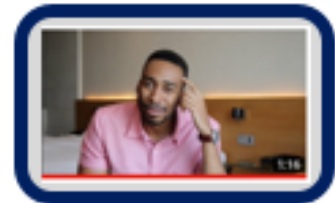
MASTERING Positive Education-FRIENDS

ACTIVITY 7– Choose your friends wisely.

VIDEO 8 – Choose your friends with caution (1:16)

Prince Ea Published on 21 March 2016. Source: YouTube

OR Click on Link <https://www.youtube.com/watch?v=XSbv-w3Glc>



VIDEO 9-Why I Got Rid Of Most Of My Friends (1:59)

Prince Ea Published 3 Nov 2014 Source: YouTube

OR Click on Link <https://www.youtube.com/watch?v=inGi9MIKD1k>



Are your friends bringing out the best in you?

- ☐ My friends do not manipulate me.
- ☐ I have never been let down by my friend.
- ☐ My friends treat me with respect.
- ☐ My friends never use or abuse me.
- ☐ My friends encourage me to stay positive.
- ☐ My friends 'have my back'.
- ☐ I know my friends never criticise me behind my back.
- ☐ My friends defend me.
- ☐ I have friends who give me support regardless of what they are going through.
- ☐ My friends forgive me when I make mistakes.
- ☐ My friends make me laugh.
- ☐ I feel relaxed and happy hanging out with my friends.
- ☐ My friends and I enjoy doing the same things.
- ☐ My friends encourage me to do my best.
- ☐ My friends like me for who I am.
- ☐ My friends bring out the best in me.



If you were not able to tick most of the boxes, maybe you should be re-evaluating why you hang around these 'friends'

For you to grow, you need to choose and invest in good friends.

Good friends support you and give your life meaning. Ultimately, good friends are one of the most important investments in your life. They help you through bad times and good times.

Bad friends drag you backwards

As iron sharpens iron, so a friend sharpens a friend'. - King Solomon

VIDEO 10 What's a Real Friend?

Noticias Teocraticas Published 27 Sept 2013 Source: YouTube

OR Click on Link <https://www.youtube.com/watch?v=J5IRfU2CDSk>

What were two 'take-aways' from this video?.....



MASTERING Positive Education-GRATITUDE

VIDEO 2 – Gratitude is good for you. (1:31)

John Templeton Foundation Published 18 Nov 2015

OR Click on the Link <https://www.youtube.com/watch?v=sCV-mEsASLA&t=14s>

In this short video, many benefits of gratitude were listed. (Tick if you recall hearing it mentioned)

People who show or practise gratitude have:

Have better relationships..... Get sick less..... Exercise more..... Sleep better.....
Are more optimistic..... Are more forgiving..... Are more generous Happier.....

3 suggestions for developing gratitude were:

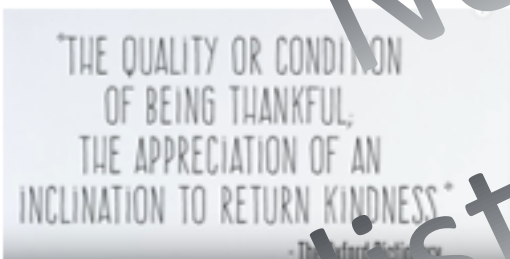
- 1) Think about the things you take for granted. Such as.....
- 2) Write a letter to someone you know and tell them why you are grateful for them. E.g. Is there a family member, teacher or coach that you could text, email to say thanks for? Name of person/ why you are grateful?.....
- 3) Start a gratitude journal.....

ACTIVITY 2 – Gratitude explained

VIDEO 3- The Amazing effects of Gratitude (3:13)

BrainCraft Published on Nov 26, 2015 Source: YouTube

OR Click on Link <https://www.youtube.com/watch?v=sokh9e2WGc>



Studies have shown that using a gratitude journal can lead to greater happiness. How do you think this works?.....

VIDEO 4 The Power of Gratitude-Inspiring Speech (3:00)

Fearless Soul Published 18 Aug 2016 Source: YouTube

OR Click on Link <https://www.youtube.com/watch?v=4tq7V0spFmU>



'When I write down what I'm grateful for, it's always for things money can't buy'

What is your hand worth? \$1 million? @ \$2 million? What would you sell your hearing for? \$2.5 million? How much are your legs worth?

Would you sell your eyes or tongue? Yes/No.

If you think about all the parts that make you...you are worth a lot. Money can't buy what you already have.

The things money can buy break or date or can be replaced.

BE GRATEFUL, BE THOUGHTFUL, BE KIND.



MASTERING Positive Education

PART B



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MASTERING Positive Education- OPTIMISM & HOPE

ACTIVITY 3 – For better or worse...

VIDEO 3 - Maroon 5 – Sugar (5:01)

Maroon5VEVO Published on 14 Jan 2015

OR Click on Link https://www.youtube.com/watch?v=09R8_2nJtig



My friends, love is better than anger. Hope is better than fear. Optimism is better than despair. So let us be loving, hopeful and optimistic. And we'll change the world. Jack Layton

Wedding days are filled with happy expectations.

Most couples talk about plans for the future and dream together about what great things lay ahead for them. While no-one should go into a marriage with the anticipation that it is going to be terrible, it's wise to enter a lifelong commitment with an understanding that some days will be not as good as others. Relationships need effort.

1. When watching the Maroon 5 Sugar video, what emotions did you feel? (tick)
Happiness.... Sadness.... Fear.... Love.... Joy.... Anger.... Gratitude.... Guilt.... Hope.... Hate....
2. What did you notice about the people's facial expressions in the video?
They were
3. You saw the video; did you feel optimistic that the couples getting married would stay married?
Yes / No.
Why?.....
4. What do you think makes a successful relationship?.....
5. What do you think makes an unsuccessful relationship?.....
6. Do you think Maroon 5 band members got any 'fulfilment' from appearing at the weddings? Yes / No.
Explain your thoughts

If you go into a relationship such as marriage with a pessimistic attitude, you'd better think twice about your decision to get married in the first place.



Life can be very difficult, even for optimistic individuals. Sometimes difficult circumstances such as losing a job, working long hours, problems with in-laws, children, noisy neighbours, illness etc. test everyone's ability to stay optimistic.

Marriage and partnerships will always face challenges; an optimistic mindset will help many couples maintain close, meaningful relationships.

Schneider et al. (2012) states that couples who exchange optimism will experience greater success in problem solving than do pessimists. In times of struggle and poor health, 'couples' appreciate optimistic behaviour. Optimism and higher levels of cooperation can help couples avoid name calling, belittling the other partner, or assigning blame (Assad et al., 2013).



MASTERING Positive Education- RESILIENCE

ACTIVITY 3 – We can all become resilient.

VIDEO 6 Building personal resilience. (1:33)

Black Dog Institute 2 May 2016 Source: YouTube

OR Click on <https://www.youtube.com/watch?v=pS5H7VfkuPk>



Stress can undermine our Wellbeing. It can change our we think and behave.

What happens to you when you get stressed?

I THINK	I ACT	I FEEL

Sometimes we add to the stress we feel by:

- 1) Not seeing the big picture- only seeing things as right or wrong, black or white.
- 2) Comparing ourselves to others. Feeling hard done by, unfairly treated.
- 3) Thinking the worst is going to happen-over dramatizing things.

We need to have strategies to deal with stress. The more they are practiced, the more automatic thinking can become difficulties handled better. This is resilience.

VIDEO 7- 5 steps on how to develop resilience (6:25)

Working Parent Published on 25 Dec 2015 Source: YouTube

OR Click on Link <https://www.youtube.com/watch?v=ahdbmWNXnY&t=14s>



- **1. NEVER GIVE UP!**
- The regret of not trying something leaves you feeling worse than the **Challenge** or problem you were trying to overcome. The cemetery is full of people who died never knowing their true ability.
- **2. FAIL FAST, FAIL OFTEN!**
 - Try, **FAIL**. try again.
 - It's okay to fail. That's how you learn.
 - There is nothing wrong with failure.
 - If it's not difficult, it's not worth it!
- **3. JUST START THE JOURNEY!**
 - **OBSTACLES**, problems, challenges are part of the journey to getting where you want to be.
 - Whether you get to the place you want to be or fall short, **PICK** yourself up and go again.
 - Your new **starting point** is not at the beginning of the journey.
- **4. Who and what do you want to be?**



What things do you need to **Change** to create the person you want to be?

- Be smart, be strategic

LOOK IN THE MIRROR



THESE ARE THE THINGS I NEED TO CHANGE
 = CHANGE POINT 1
 = CHANGE POINT 2
 = CHANGE POINT 3

BE SMARTER AND PRIORITISE YOUR TO-DO LIST

- **5. FIND SOMETHING THAT IS BIGGER THAN YOURSELF**

Find the reason **WHY** you are doing what you are doing.

MASTERING Positive Education- BULLYING

ACTIVITY 2 – Definition and types of bullying

The Australian Government Bullying No Way website
<https://bullyingnoway.gov.au/>
has fabulous resources for students regarding bullying.



VIDEO 2 Bullying is NEVER OK (3:18)

<https://bullyingnoway.gov.au/resources/videos/pages/videoplayer.aspx?VideoID=183>

The video focusses on three types of bullying

- 1) P..... 2) Verbal 3) S.....

Bullying is defined as,

'When someone uses their power over you to try to hurt or upset you again and again'

It could involve people spreading rumours, constant teasing, pushing and shoving, tripping, sending nasty messages online, stealing or damaging property, making fun of the way someone looks, name calling, excluding someone from a group, punching, picking on someone, death staring, intimidation, tagging photos with inappropriate comments...

Impact of bullying:

1) On school w..... 2) not wanting to come to..... 3) feeling sick
Other people who see bullying are also affected. They can also feel threatened or sickened by the behaviour.

Strategies to deal with bullies included:

- Ignore them
- Tell them to S..... and walk away
- Pretend you don't C.....
- Act C..... (even if you don't feel like it)
- Find a S..... place
- Ask for support from your.....
- If you need to, ask an A..... for help
- For online bullies, leave the chat room, block them, set privacy settings, record the bullying/ take screen shots and / if bad enough report them to service provider.

WHATEVER YOU DO...

Don't retaliate.

- It will encourage the bully to hurt you more.
- The bully will 'filter' their behaviour and turn it around.
- They will blame you by saying say you were nasty to them.

REMEMBER
DON'T EVER JOIN IN WITH
BULLYING OR DO THE SAME
NASTY THINGS BACK TO THEM

MASTERING Positive Education- BULLYING

VIDEO 14 -Our Special superpower

Source: Bullying No Way website

OUR SPECIAL
SUPERPOWER

NEW
2017

Click on Link

<https://bullyingnoway.gov.au/Resources/Videos/VideoLibrary/Our%20special%20superpower/Our%20special%20superpower.mp4>

The message from this video is clear- Supportive Bystanders have the power to stop bullying.

Bystanders who cheer, do nothing or join in are as bad as the bully.

Strategies to defuse a bullying situation include:

1) Don't be part of an audience.

Walk away. Leave the chat room.

2) Form a group.

Let the bully know what they are doing is not Okay. Tell them to stop- it's unfair.

3) Use humour or an excuse to reduce the tension.

E.g. say something like, "C'mon fellas let's keep it cool here". Or, 'Forget it- it's not worth getting into trouble for; let's go'.

4) Use a distraction

e.g. 'Let's go to the oven and practise poetry' or 'I need to go to the tuckshop and get something to eat'

It is important that as a Bystander you stay safe. If you can't handle the situation, get an adult, teacher etc to help break up the incident.



As preparation: Write down an excuse you can use to defuse a bullying situation

Say it to yourself. Practise saying it so that it becomes automatic.

Who of your friends has the capacity to stand up to bullies with you? Who could form a group?

Write their names down.....

Go and talk to these people so that you know each of you has the 'other's back'. Plan how your group will deal with the bully in advance. ie. What will you say? Who will get a teacher?

REMEMBER – Don't add fuel to the fire.

Don't fight fire with more fire.



MASTERING Positive Education - SOCIAL MEDIA

ACTIVITY 9 – How social media is changing your brain.

VIDEO 14 – 5 Crazy Ways Social Media Is Changing Your Brain Right Now (3:16)

AsapSCIENCE Published 7 September 2014 Source: YouTube

OR Click on Link https://www.youtube.com/watch?v=HffWFd_6bJ0&t=2s



Watch the video. After it has finished, complete the table below.

1. Decide whether you think each topic is a positive or negative. Write a note in the column.
2. Write a comment in the interesting / implication column. The first one has an example.



Topic	Positive	Negative	Interesting or Implications for the future
Can't log off	•	<ul style="list-style-type: none"> • Addiction. • 	<ul style="list-style-type: none"> • Brain re-wires- become an evolutionary development • •
Multi-tasking			
Online relationships			
80% of social media communication is about oneself			

VIDEO 15 – What The Internet Is Doing to Our Brains (5:13)

Epipheo Published 6 May 2013 Source: YouTube

OR Link on <https://www.youtube.com/watch?v=ckWJ72x1rl&t=14s>



'The net is making us more superficial thinkers'

'The internet promotes compulsive behaviour'. 'We are in a perpetual state of distraction'



True / False -Without a calm mode of thinking, it is difficult to get memory consolidation.

True / False -We do not need focussed, calm thinking to learn.

True / False -Memory consolidation is transferring short term working memory into long term memory.

True / False -Checking emails etc will hinder your ability to effectively revise for an exam.

True / False -If learning is not consolidated into long term memory, you will not build knowledge

True / False -People with the ability to pay attention and control their mind are the 'thinkers'.

Do yourself a favour- Have a smart phone vacation

Do yourself a favour- Have an internet vacation