



Session 1



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Introduction to Well-being, Mindfulness and Positive Psychology



Session overview

- Warm up!
- The STPM methodology
- What is well-being?
- Stress management
- Positive psychology
- What do happy people have in common?
- Gratitude practice





Berglind Ýr Karlsdóttir

- Wife and a mother of three
- BA in Contemporary Dance from the Icelandic University of the Arts
- Dancer, dance teacher and choreographer
- BS in Psychology
- Yoga teacher
- Barre teacher





- Throughout this course we are going to meet and try out a range of tools first-hand ...
- ... to promote positive psychology and well-being practices for yourself and your students.



The positive toolbox

- Different tools for different jobs.
- We cannot master how to use them all at the same time.



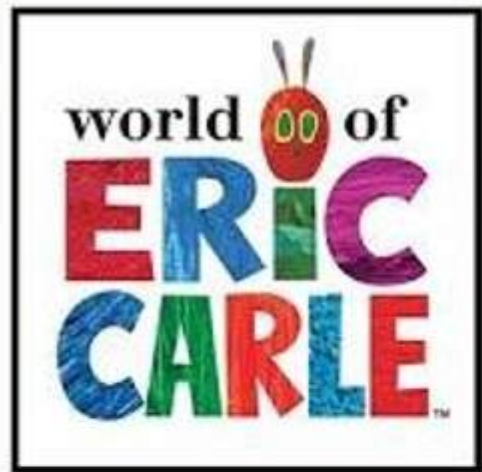


You can't build a home with just one tool

...

- Pick concepts/activities from this week that motivate you and spend time developing and practising them.
- Give new skills a chance and plenty of repetition before you discard them.





Eric Carle From Head to Toe

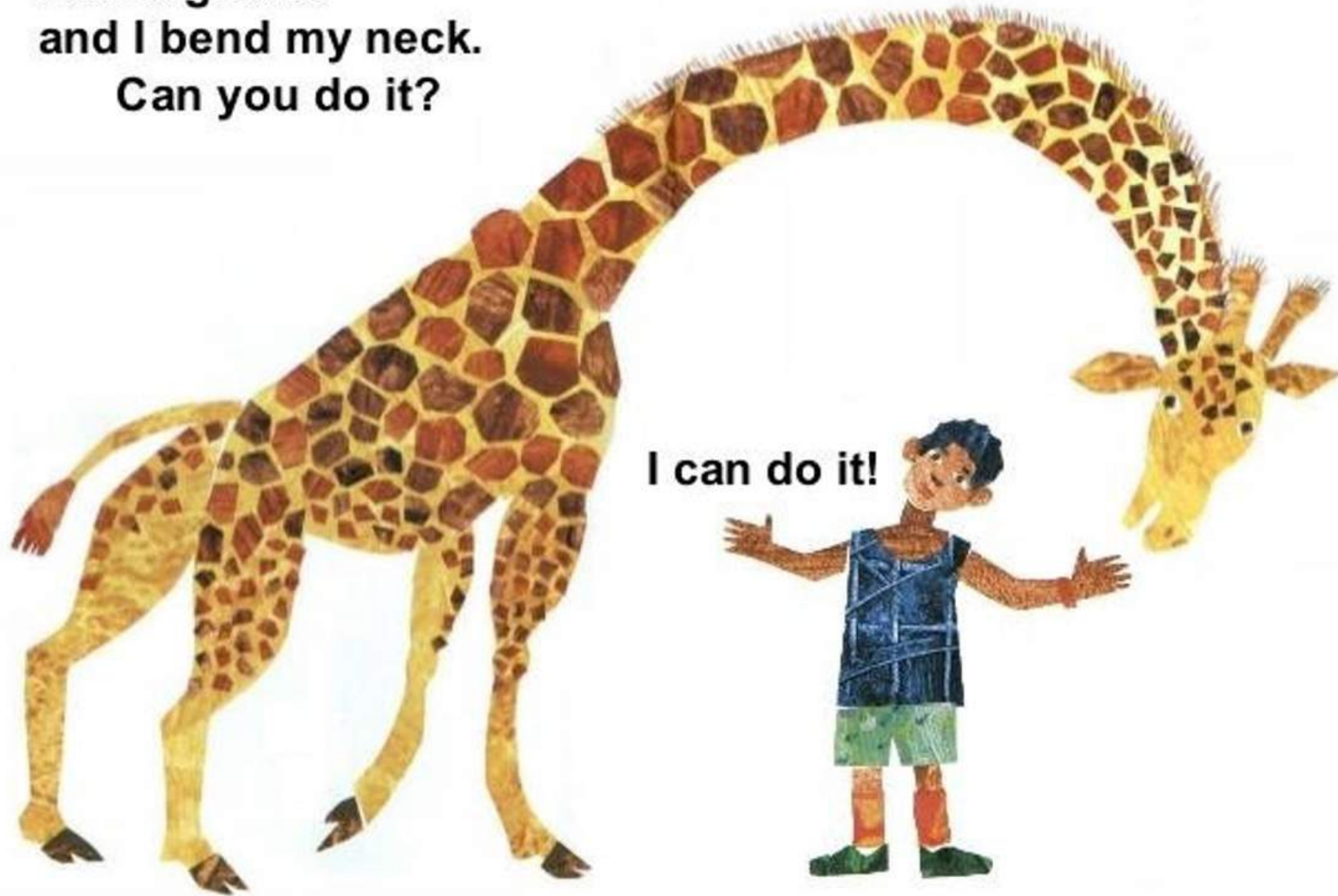
I am a penguin
and I turn my head.
Can you do it?



I can do it!

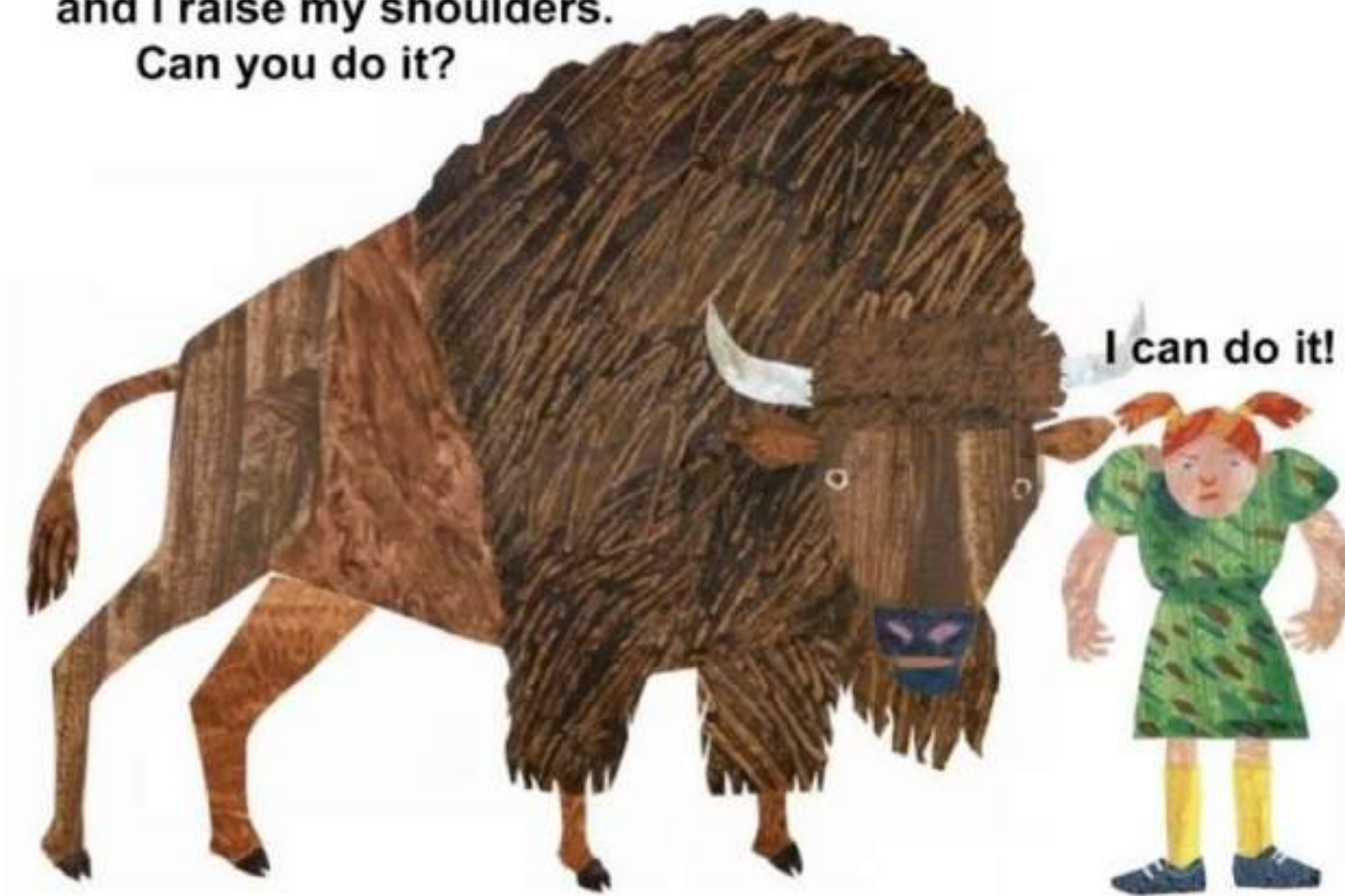


I am a giraffe
and I bend my neck.
Can you do it?

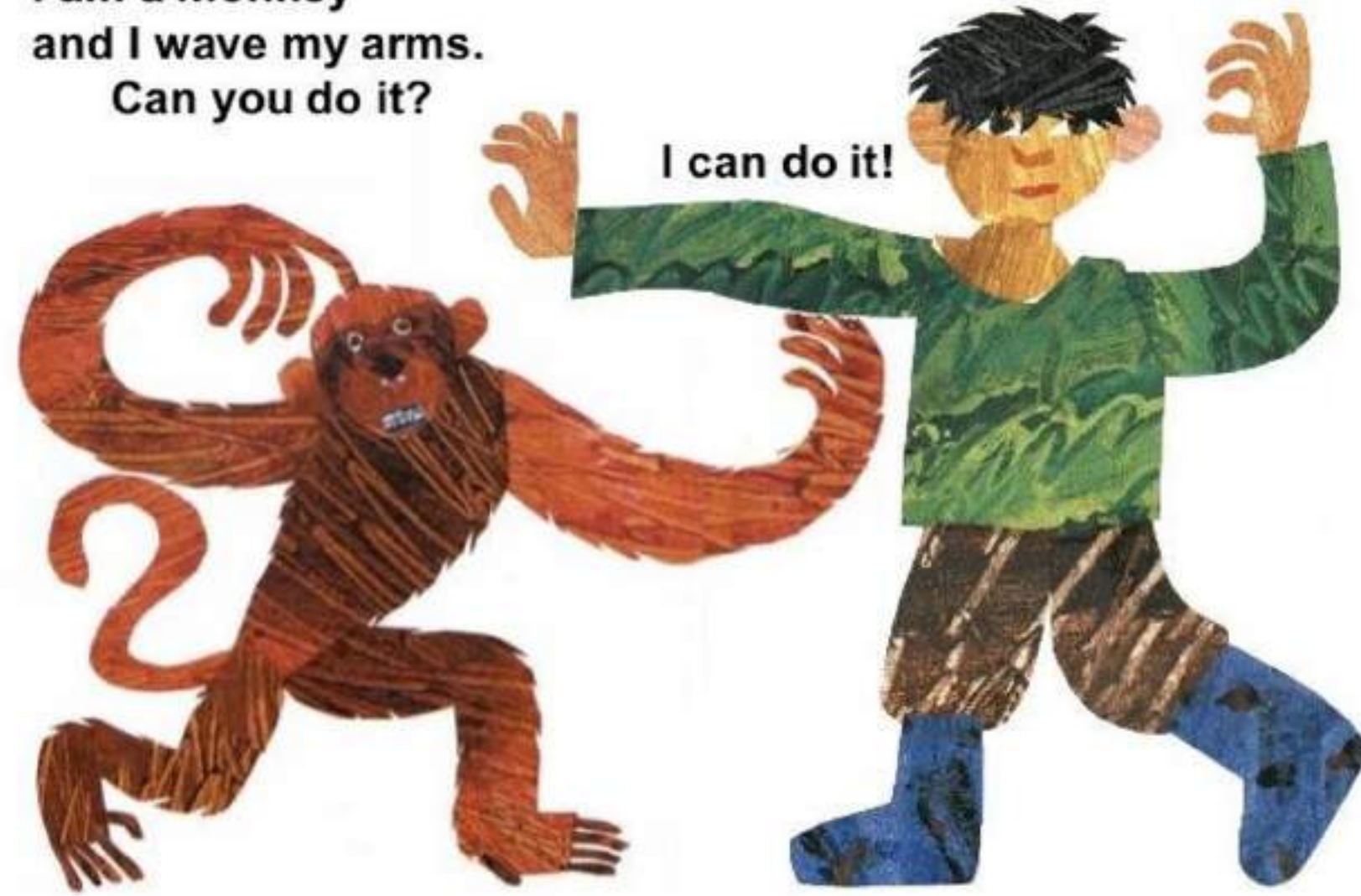


I can do it!

I am a buffalo
and I raise my shoulders.
Can you do it?



I am a monkey
and I wave my arms.
Can you do it?



I can do it!

I am a seal
and I clap my hands.
Can you do it?



I can do it!

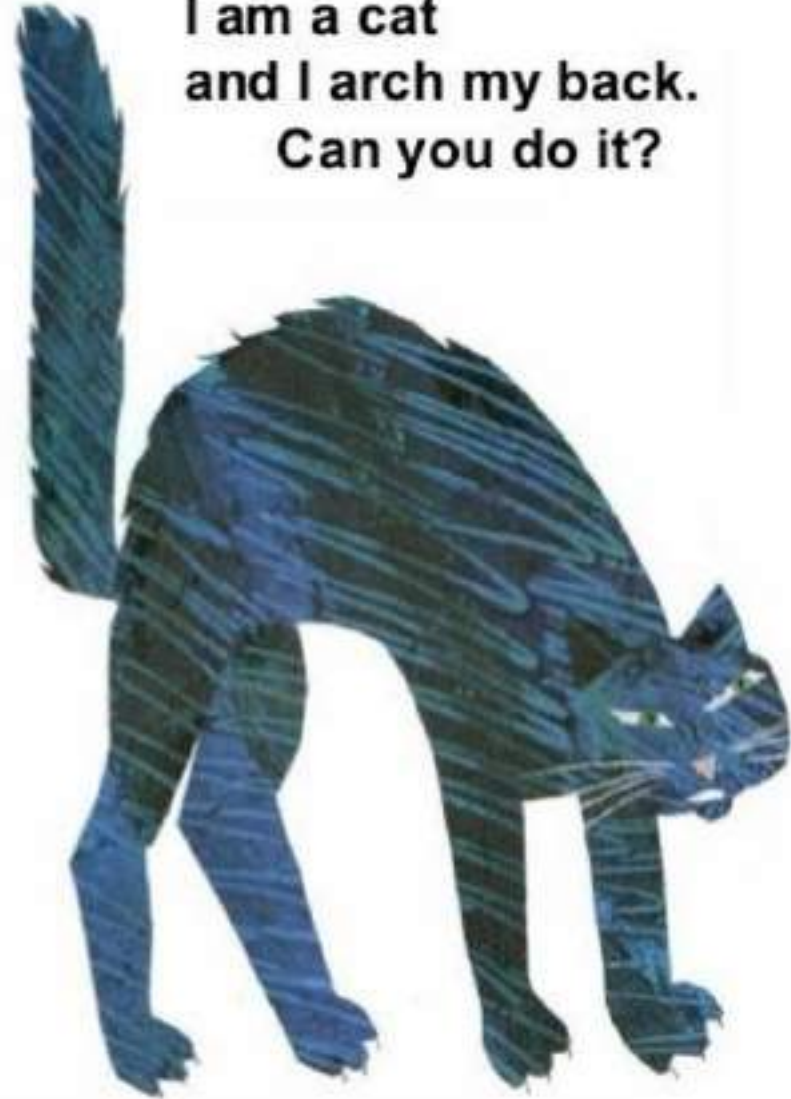


I am a gorilla
and I thump my chest.
Can you do it?



I can do it!

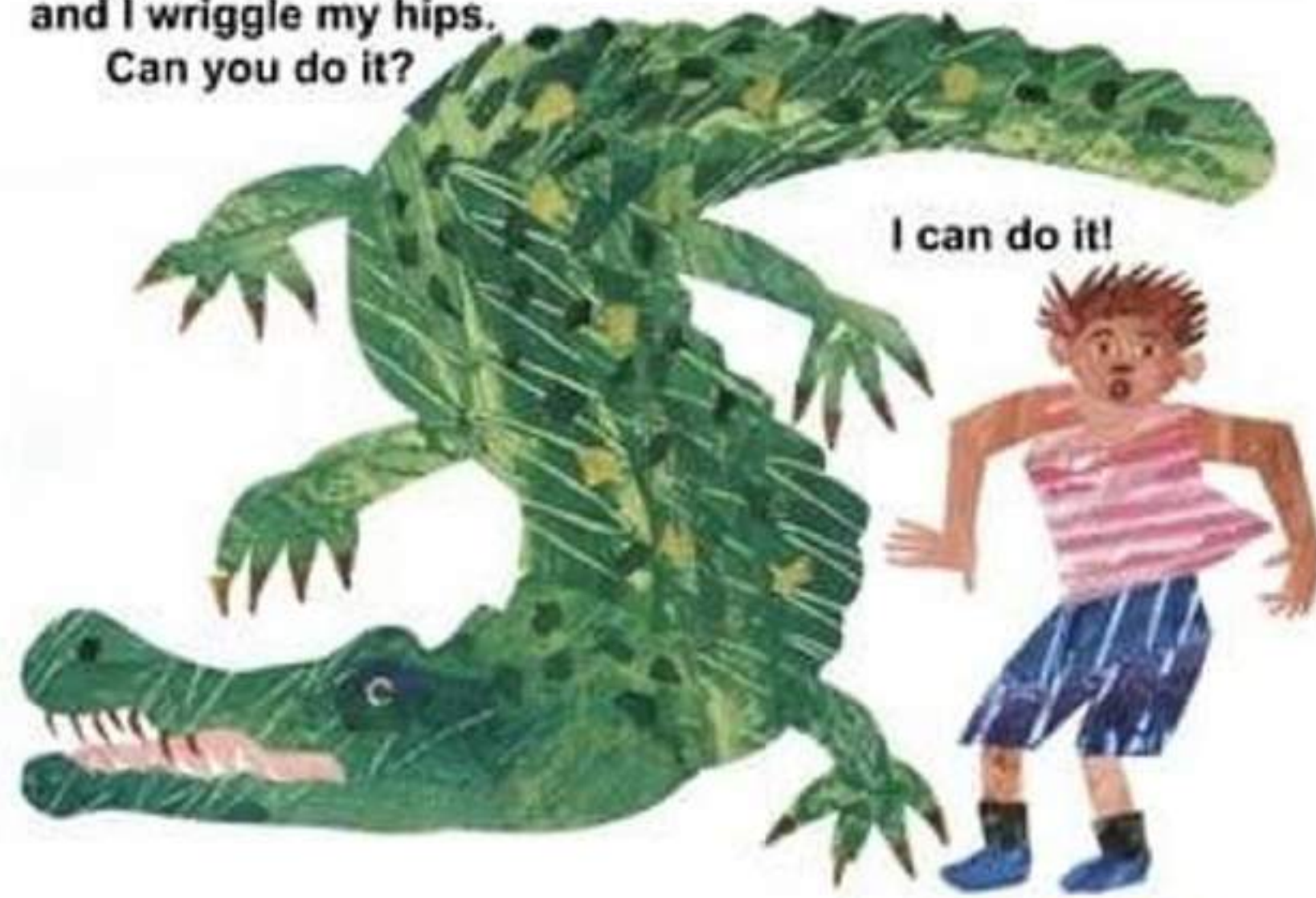
I am a cat
and I arch my back.
Can you do it?



I can do it!



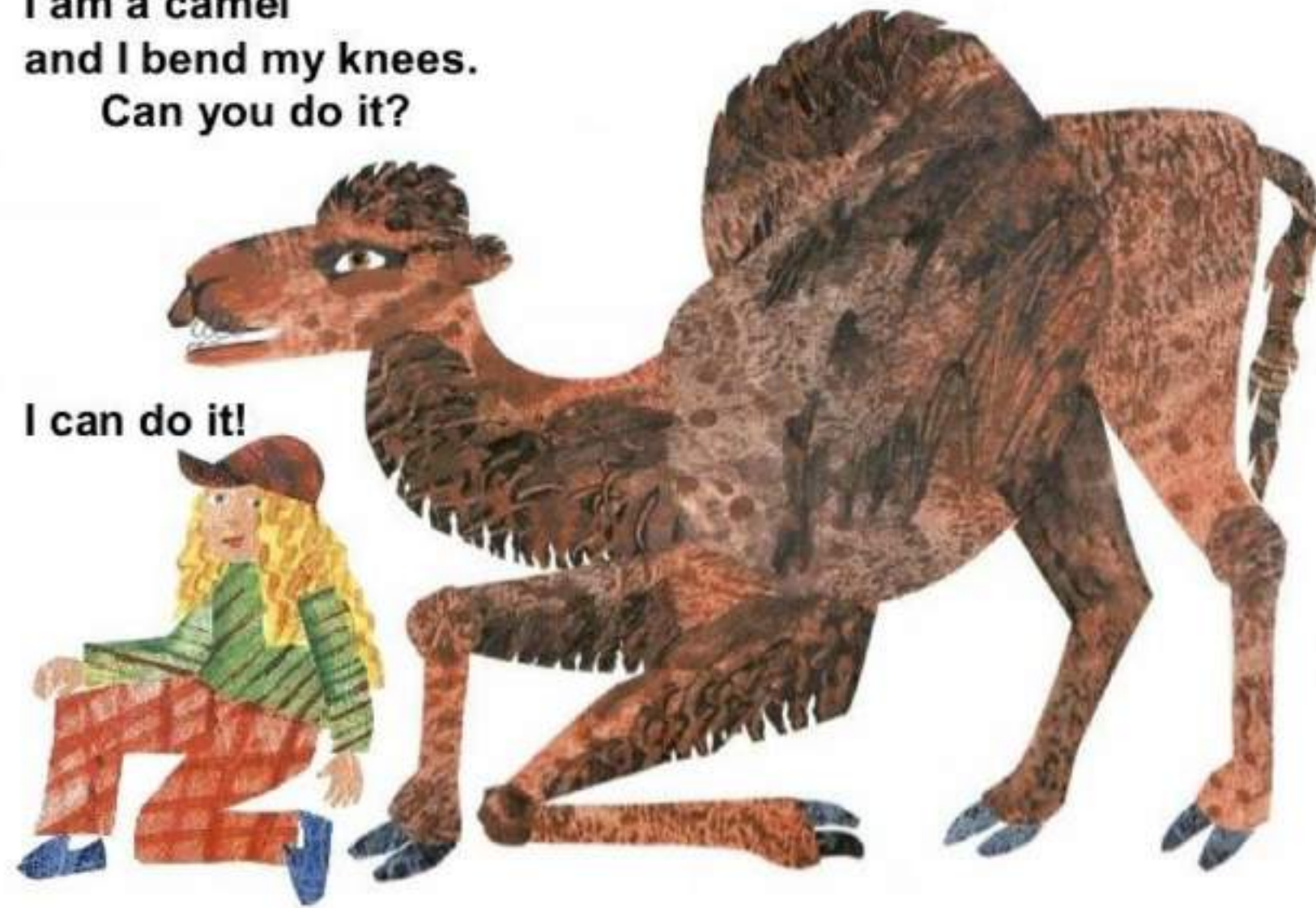
I am a crocodile
and I wriggle my hips.
Can you do it?



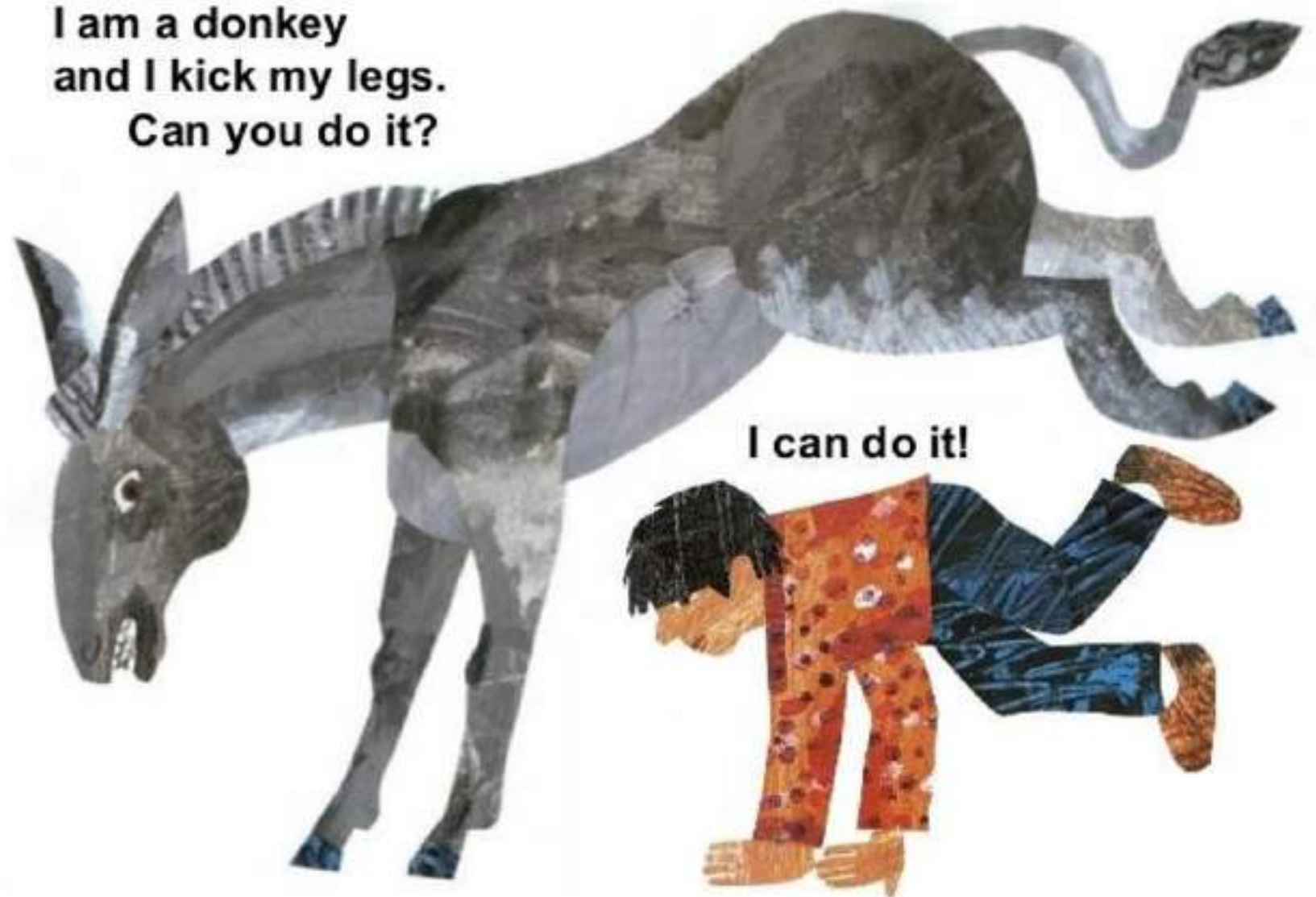
I can do it!

I am a camel
and I bend my knees.
Can you do it?

I can do it!

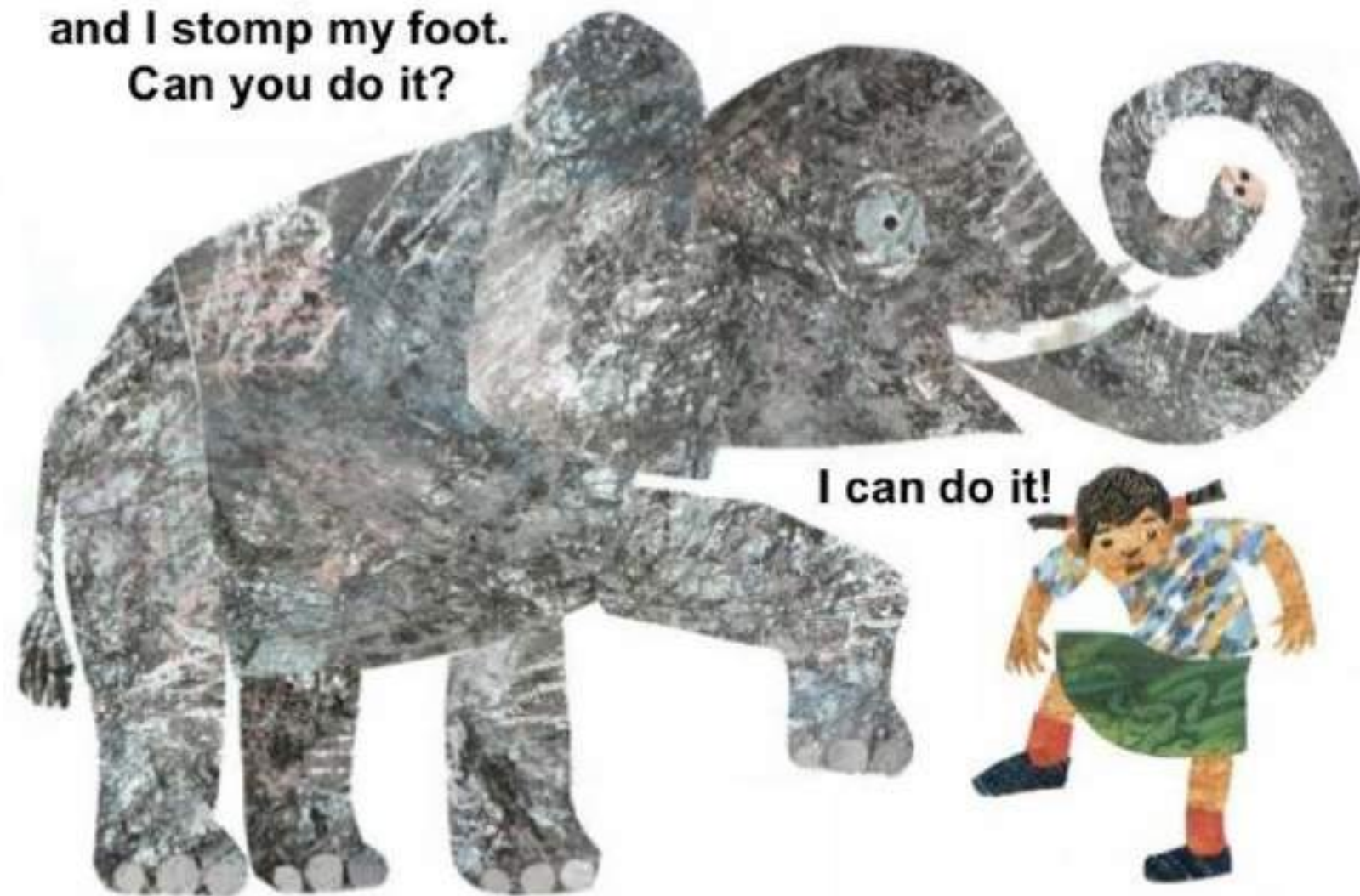


I am a donkey
and I kick my legs.
Can you do it?



I can do it!

I am an elephant
and I stomp my foot.
Can you do it?



I can do it!



- I am me and I wiggle my toes
– can you do it?
- Because I am best at being
myself – here and now!



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Fidgeting is good!

- Small rhythmic movements with fidget toys help us to focus by calming us.
- They give us enough physiological stimulus to keep us alert and on task.
- Being playful with objects induces a positive mood which is linked to flexible and creative thinking. **Isbister, California**





Wind the wool!

- My name is ... and I am a from ...
- My role at school is ...



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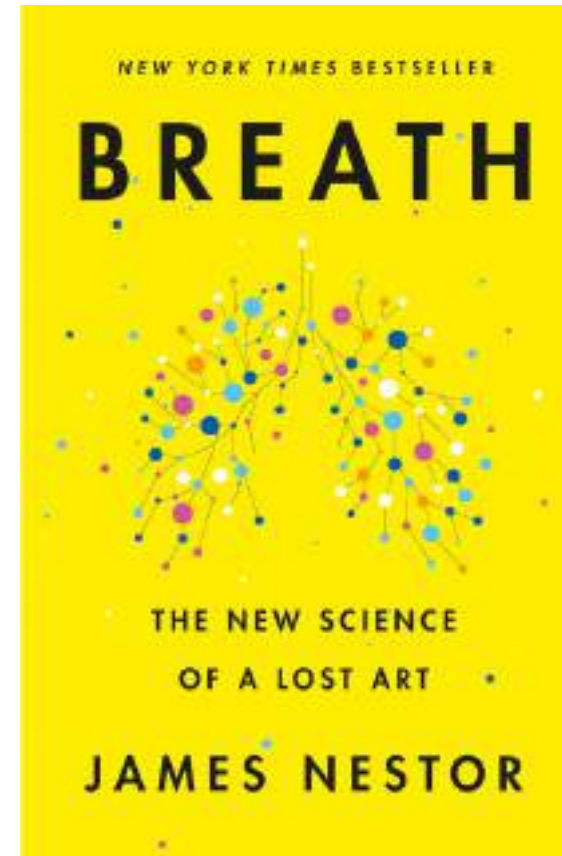
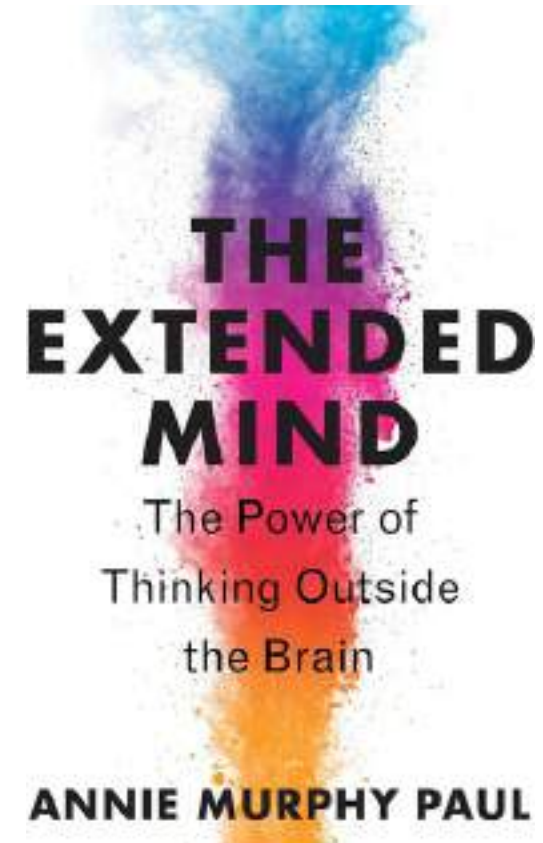
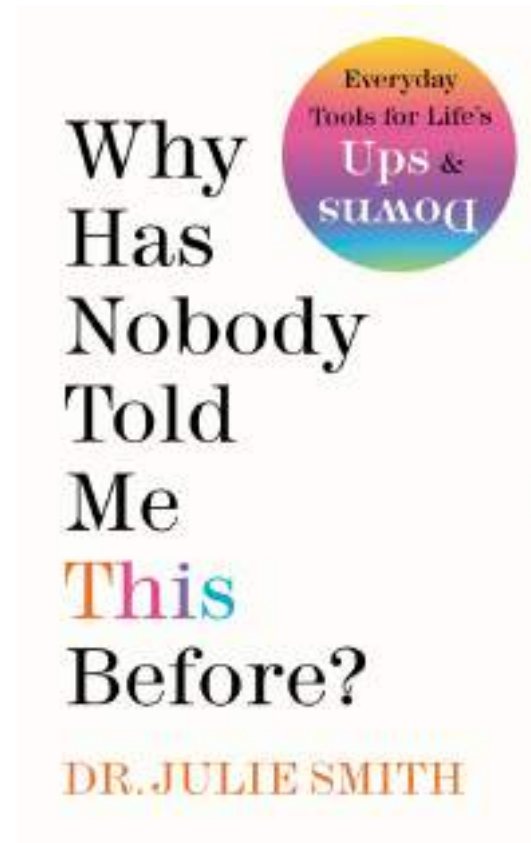


“Positive action is more powerful than positive thinking.”

Richard Wiseman, psychologist



Books





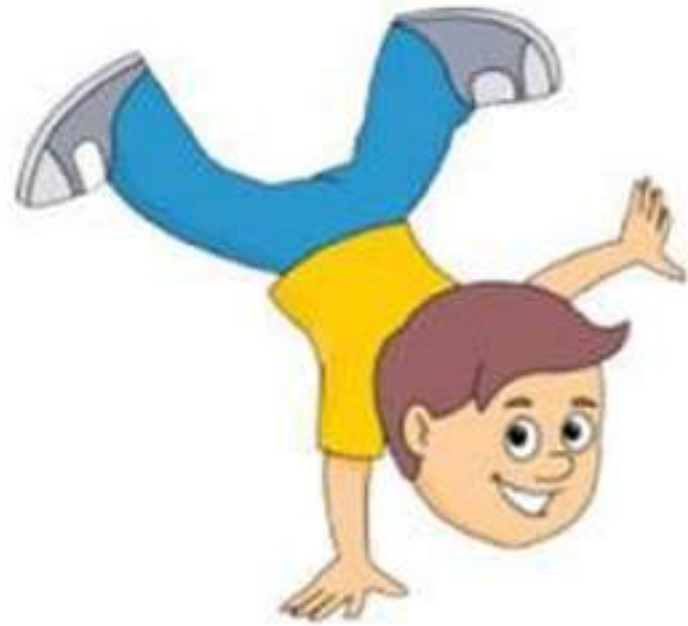
The STPM methodology

STPM is an approach to teaching which enhances learning by combining academic objectives with social, emotional and physical ones through the purposeful use of movement, games and sensory experiences as part of everyday classroom activities.



Movements, games and
sensory activities

Learning objectives
What are you going
to teach?

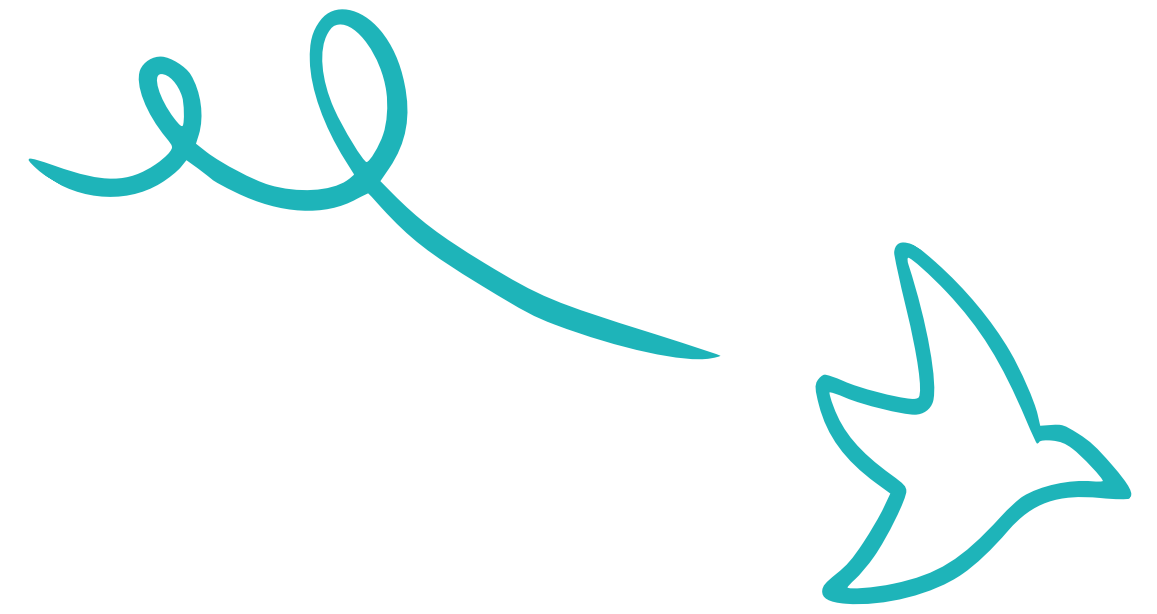
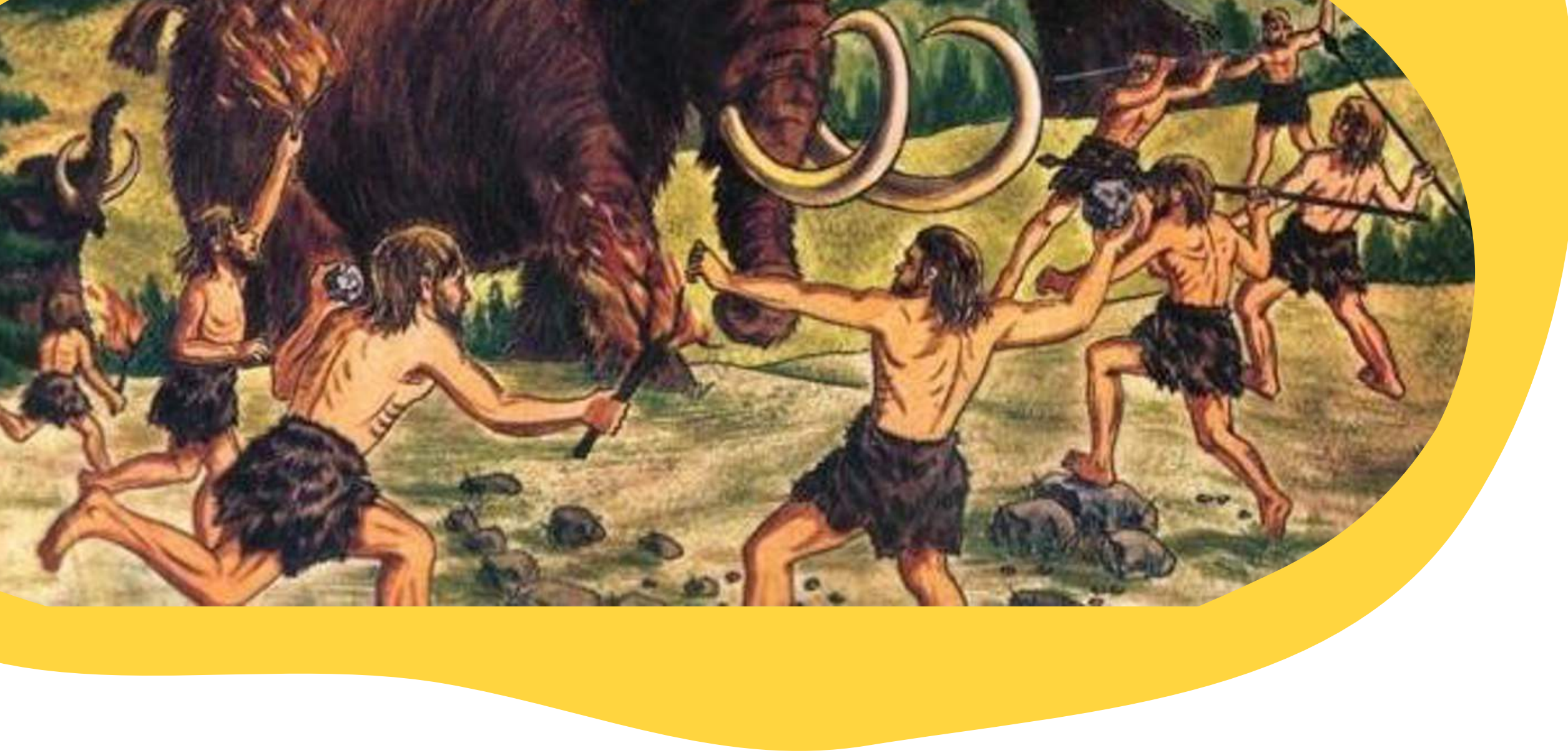


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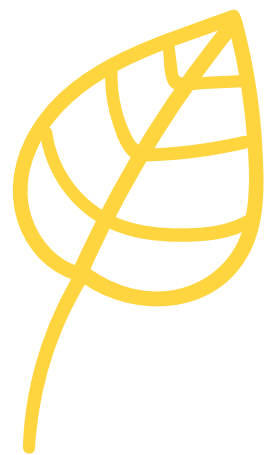


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Moving and using multiple senses to explore and learn is innate in humans.



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Why we might have different expectations of well-being?

- Our age
- Students' ages
- Experience
- Interests
- Subjects
- Nationality
- Beliefs
- Health
- Family situation
- School setting
- Classroom setting ...





Well-being

- What is well-being for one person can be very stressful for another person.



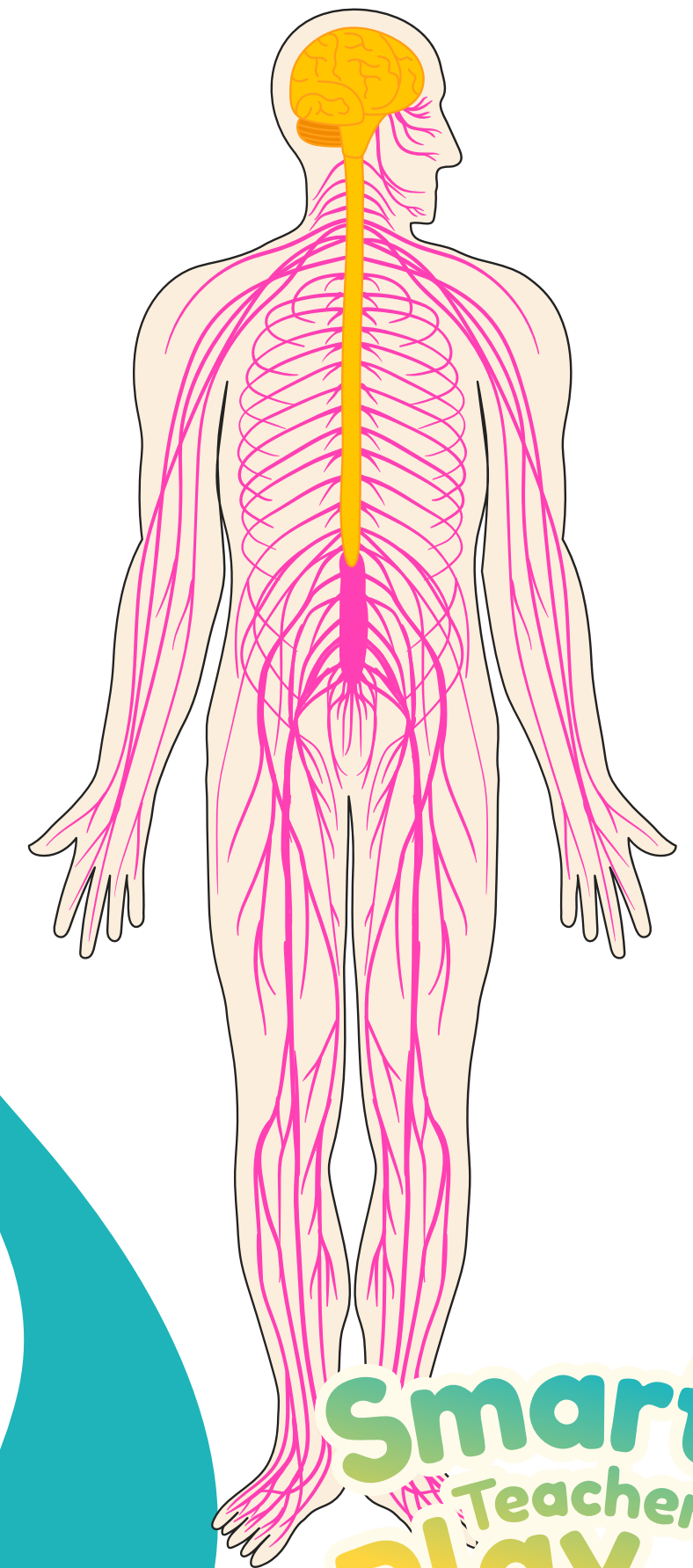
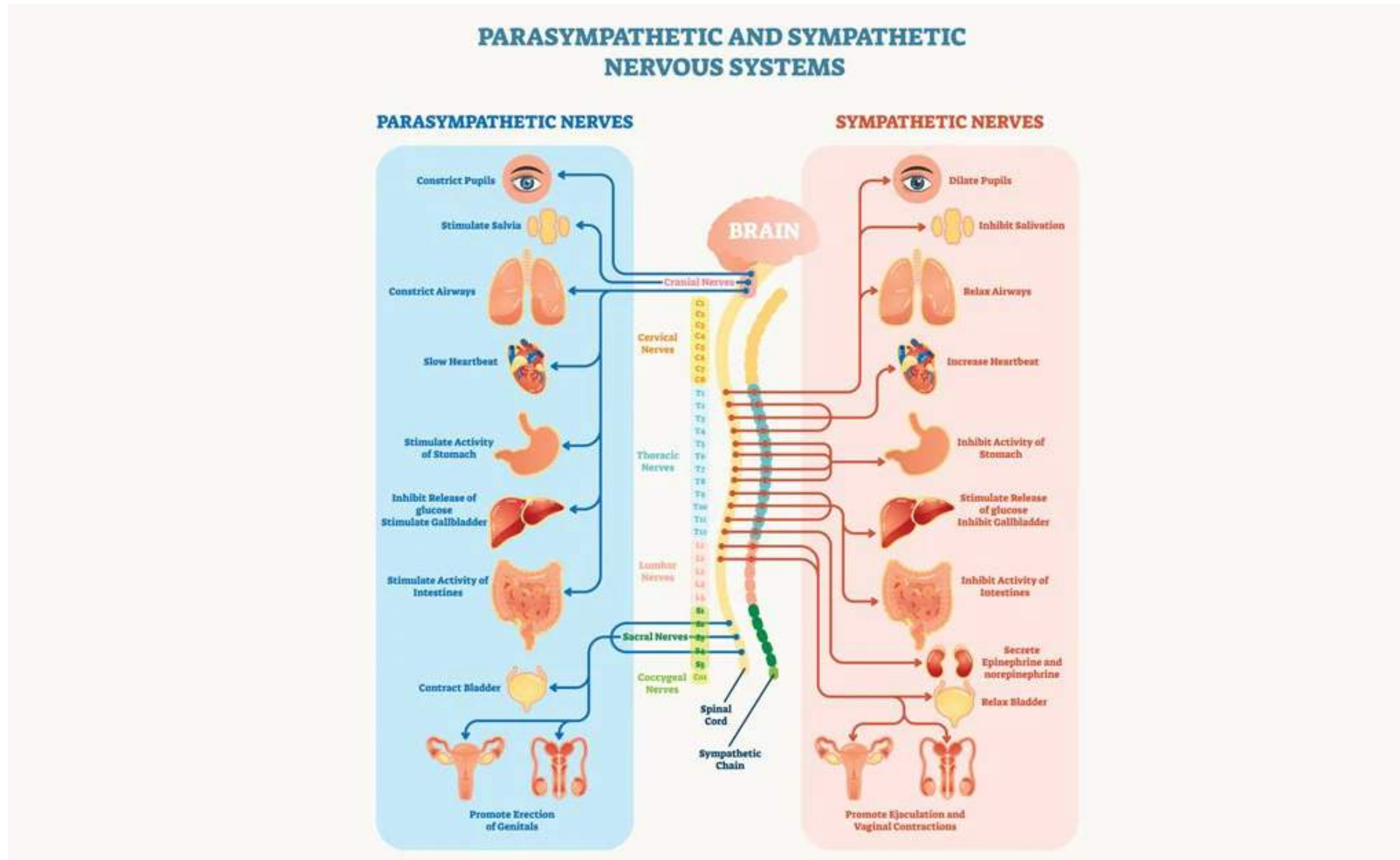
What is stress?



- Stress is how we react when we experience that we are under pressure or threatened.
- It usually happens when we are in a situation that we don't feel we can manage or control.



What happens when we get stressed?





WHO is the most important
person in your life?





Being aware - notice...

- What happens if we ignore the red lights?





Be aware of all the opportunities
that may arise to nurture your
own well-being at school.



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Who is responsible for your well-being?

Teachers' well-being

Leiku að læra

Hlúðu að eigin heilsu! ❤️

Litá skiptir máli!

Gripstu taldferni!

www.leikuradlaera.is

The infographic features a grid of 12 small images showing a person in a blue shirt performing various physical exercises and stretches in an outdoor setting. The exercises include lunges, squats, and various types of planks and core exercises. The text is in Icelandic, with 'Leiku að læra' at the top left, 'Hlúðu að eigin heilsu!' at the top right, 'Litá skiptir máli!' in a green box on the left, and 'Gripstu taldferni!' in a pink box at the bottom right. The website address 'www.leikuradlaera.is' is at the bottom center.



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A little is a lot!

- Short activities matter!



Positive psychology

The science of well-being

- Positive psychology is the scientific study of human strengths and virtues.
- Focusing on what makes people flourish in life.



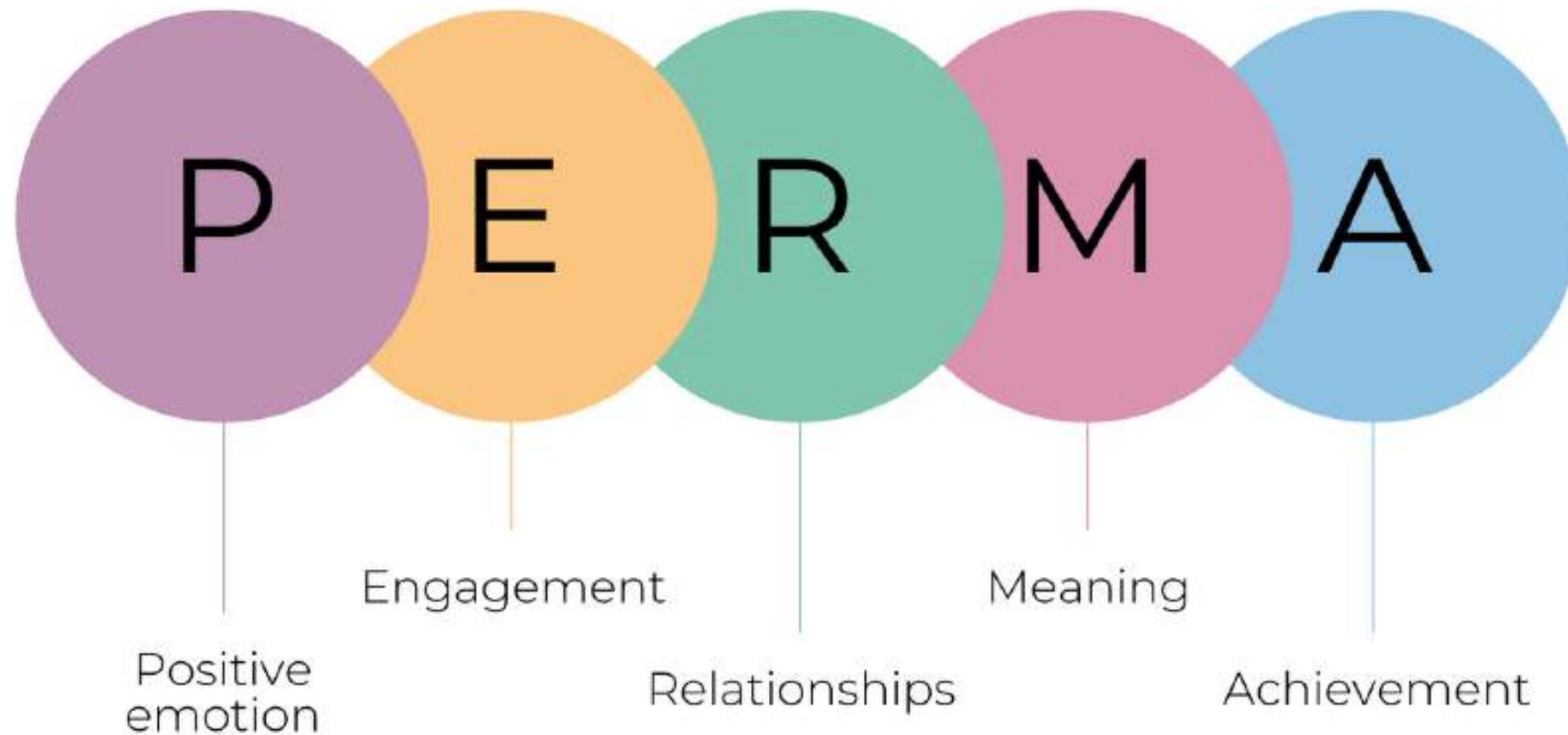
Martin Seligman

- American psychologist
- PERMA model



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Flourishing in stressful times: Ideas for self-care using PERMA



PERMA model represents the five core elements of happiness and well-being.

Maximising physical health



- When we feed our bodies with good nutrition and build stamina and strength with regular exercise, we know our body will be more able to fight infection and heal if injured.



Maximising mental health



- The more work we do on building self-awareness and resilience when all is well, the better we are able to face life's challenges when they come our way.





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What do happy people
have in common?





Gratitude practice





New habits and neural pathways

- When you learn or start something new you have to carve out a fresh path and this takes a huge amount of conscious effort.
- But if you repeat this behaviour as often as you can then a new habit is established.



Brain gym



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The best strategy for motivation is to take motivation out of the equation

- Do you ask yourself if you have the motivation to brush your teeth every morning?



Positive habits



“We mustn’t stop caring for our mental health when difficult moments have passed. It’s just like a healthy diet, we need to keep our mental health strong, create and sustain positive habits.”

Dr Julie Smith,
Why Has Nobody Told Me This Before?

A pink speech bubble with a white outline and a drop shadow, containing the word HABITS in white capital letters. The bubble is set against a teal background that has a curved top edge.

HABITS

The logo for 'Smart Teachers Play More' is located in the bottom right corner. It features the word 'Smart' in green, 'Teachers' in a smaller green font below it, 'Play' in yellow, and 'More' in a smaller yellow font at the bottom. The text is all in a rounded, playful font.

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What kind of behavior do you repeat so it becomes a habit?

- Are you good at being worried?
- Are you good at being positive?



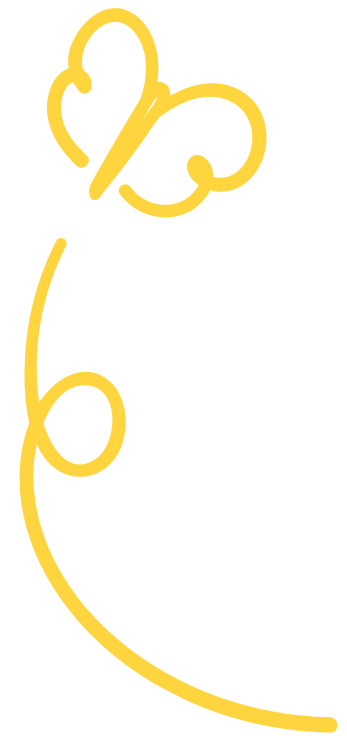
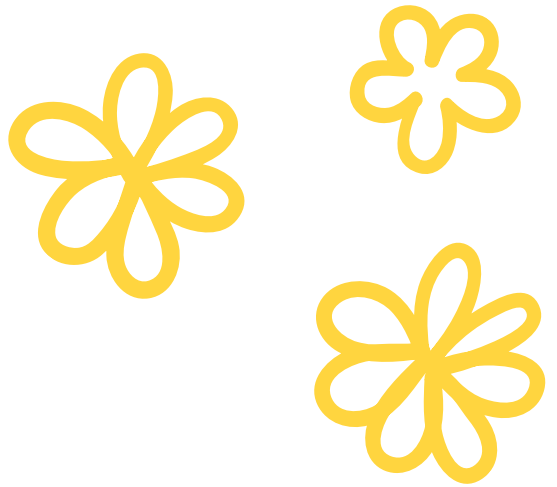
What kind of mindset do you have?



Fixed mindset



Growth mindset





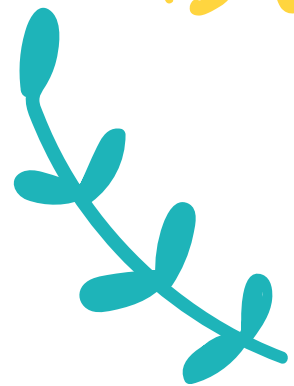
☐ Half full

☐ Half empty





Is the grass always greener on the other side? 



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BE KIND TO
YOUR MIND



- What gives me energy at work?
- What can I do to experience more of that?

- What gives me energy outside work?
- What can I do to experience more of that?

- What drains my energy at work?
- What can I do to experience less of that?

- What drains my energy outside work?
- What can I do to experience less of that?

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