THE POWER OF POSITIVITY IN TRANSFORMING YOUR CLASSROOMS, SCHOOLS AND LIVES

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Brief Intro about the Presenter:

Dina Al-Hidiq Zebib is a Certified District Level PBIS Coach. She supports PBIS implementation in Qatar Foundation Schools and Qatari Public Schools

What is PBIS?

Positive Behavior Interventions and Supports

- School-wide system
- Positive, Proactive and Preventive approach to discipline
- Creates safe and effective schools for ALL students to be successful—academically and behaviorally
- Individualized to the unique features of each school
- Team-based and data-driven decision-making process

WHY ARE YOU HERE TODAY?

You will:

- Explore how Positivity can revitalize people's mental energy, relationships and overall potential in reshaping lives and transforming the future.
- Understand how the 3:1 positive-to-negative interaction ratio can improve personal and professional lives.
- Learn how to create positive classrooms and school settings.
- Practice how to give specific positive feedback to students to promote positive behavior with 5:1 ratio.
- Add behaviour change tools to their repertoire in order to change and sustain student behaviour

SCENARIO

NEGATIVITY

POSITIVITY

GOOD NEWS:

EVERYONE IS CAPABLE OF POSITIVITY
NO MATTER HOW GOOD THEY ARE AT NEGATIVITY

3:1 POSITIVE-TO-NEGATIVE PERSONAL INTERACTION RATIO FOR OUR DAILY LIFE

HOW POSITIVE ARE YOU?

POSITIVITY SELF TEST

HANDOUT ONE

- Complete
- Share

Can You Name Some Forms of Positivity?

Joy

Gratitude

Serenity

Interest

Hope

Pride

Amusement

Inspiration

Awe

Love

Tool Kit

How You Can:

- Decrease Negativity
- Increase Positivity

—in your life, classroom and school

1. Create High Quality Connections

- Build strong, positive and supportive relationships
- Engage, support, be attentive, trust, play

HANDOUT TWO

Pair Work

2. Interact Positively with Others

5:1 Positive-Negative Ratio of Interactions

Verbal

- Praise
- Specific Positive Feedback
- Attention

Nonverbal

- Body Language / Facial expressions
- Attention

Tangible

- Rewards, points, certificates, etc

GOTTMAN Study

- 700 newlywed couples
- Positive-Negative interactions / one 15-minute conversation
- Ten year follow-up: divorce predicted with 94% accuracy

Marriages that last:

- 5.1 to 1 for speech acts and 4.7 to 1 for observed emotions

Marriages likely to end in divorce:

- 1 (+) to1.3 (-) ratio likely to end up in divorce

Gottman, J.M. (1994), What Predicts Divorce? The Relationship Between Marital Processes and Marital Outcomes

Gottman, J.M., and N. Silver (1999). The Seven Principles for Making Marriage Work

Losada, 1999; Losada & Heaphy 2004

- Business teams
  - High Performance teams = 5.6 to 1
  - Medium Performance teams = 1.9:1
  - Low Performance teams = 1 to 2.7

Let's practice POSITIVE INTERACTIONS!

HANDOUT THREE

HANDOUT FOUR

Ratio of Interactions Monitoring Form

3. Cultivate Kindness

- Make a positive difference in the lives of others daily

  -be creative!

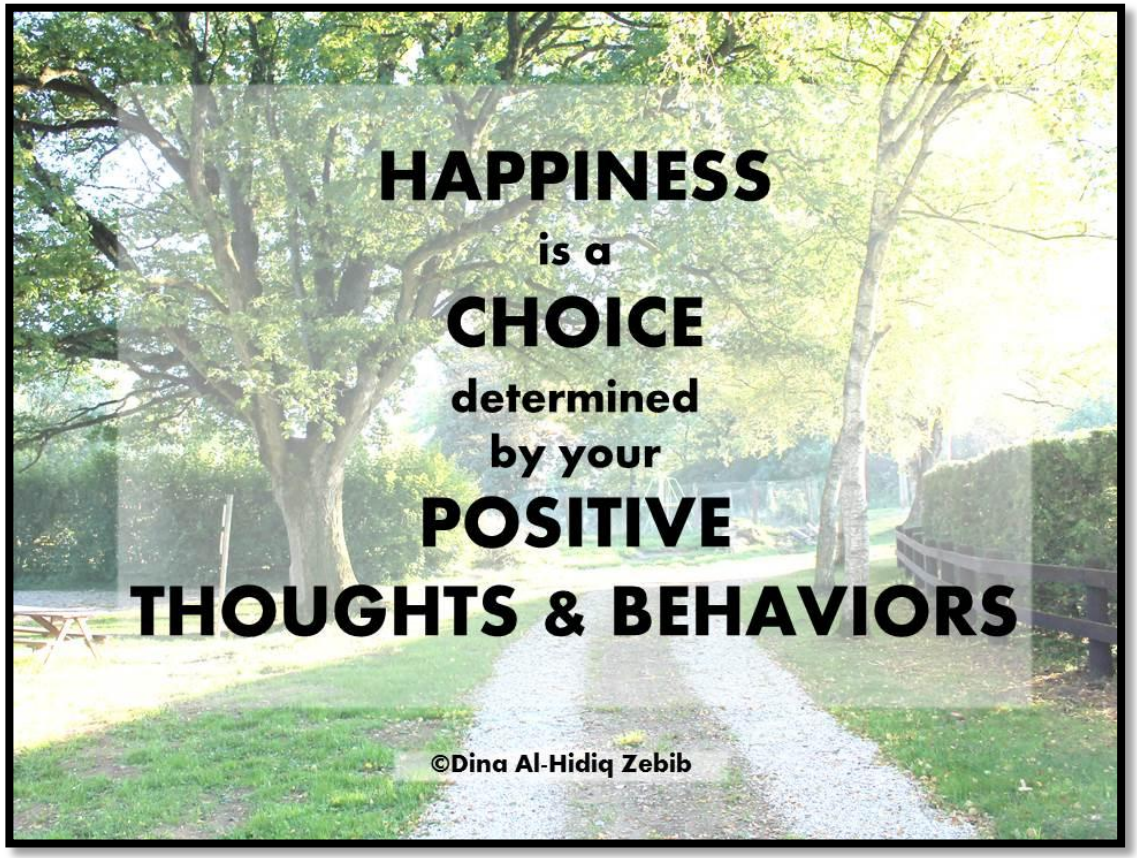
Think-Pair-Share:

What could be examples of acts of kindness in your school / classroom?

Name ONE thing you will do next week

4. Dispute Negative Thinking

- Write down your typical negative thoughts, then dispute them.



Noncompulsory Homework!
After completing the above task, conduct self-reflection.

How do you feel now?
How will that influence your behavior?

5. Learn and Apply your Strengths

- Find out what your signature strengths are—use them everyday and devote your energy towards doing what you do best.

Noncompulsory Homework!

Sit down for 10 minutes and write a list of your strengths

You may also ask your family and friends!

6. Ritualize Gratitude

- **Every morning and night, take a few minutes to count your blessings, the gifts around you, and be thankful**

DO YOU FEEL MORE POSITIVE?

Starting tomorrow, what will you do?

Presented by:

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Resources

- Positivity, Barbara L. Fredrickson, PH.D
- Research, Books and Publications by Dr. Barbara L. Fredrickson, Scientist and Professor of Psychology
- Publications and Training Programs by Dr. Randy Sprick, Educational Consultant and Trainer, Author of the *Safe and Civil Schools* Series
- Positive Behavioral Interventions and Supports (PBIS) www.pbis.org www.pbisnetwork.org
- ASCD, a membership-based nonprofit organization, formerly known as the Association for Supervision and Curriculum Development, founded in 1943.
- *Responsive Classroom*, a research-based approach to education, recognized by the Collaborative for Academic, Social, and Emotional Learning (CASEL).
- http://www.freesfx.co.uk