Guided Notes are designed for you to follow along and actively participate with the PowerPoint slides and webinar. You can make notes, write questions, expand your thinking on a topic, or doodle. These notes correspond directly to the content presented in the PowerPoint Slides.

Today’s objectives

❖ Learn strategies to create a practice of gratitude and appreciation in your daily routine within your school community.
❖ Learn how to receive and apply appreciation to boost resiliency especially at the end of the school year.
❖ Identify several benefits to a practice of gratitude and appreciation to both self and within a school community.

Agenda

- Importance of Gratitude & Appreciation
- Cultivating Gratitude & Appreciation
- Appreciating Others in a School Community
- Importance of Celebrations
- Celebration Ideas for 2020

Intention Setting

Right now, I will put aside my thoughts of...

By...

So, that I can...
Gratitude Meditation

https://youtu.be/ZXRMYzV0gNo (Happier TV)

Two Components of Gratitude https://greatergood.berkeley.edu/topic/gratitude/definition

❖ “It’s an **affirmation of goodness**. We affirm that there are good things in the world, gifts and benefits we’ve received.” Robert Emmons, leading scientific expert on gratitude

❖ “We recognize that the **sources of this goodness are outside of ourselves**.” Emmons
  ➢ Acknowledge that others gave us many gifts to help us achieve the goodness in our lives.

**Why Cultivate a Community of Appreciation & Gratitude?**

64% of people who quit their jobs say they do so because they do not feel appreciated or valued (US Department of Labor, Robbins, 2017)

New educators need their successes and contributions to be acknowledged to build resilience (Sumsion, 2004)

Pursue our goals, become more socially engaged, improve ourselves and our community (Layous et al., 2017)

Social bonds strengthen, feel more supported, fueling confidence to take on big challenges (Layous et al., 2017)

More motivated to help those who have helped them including total strangers (Bartlett and Desteno, 2006)

Strengthened immune systems, improved sleep, feeling more optimistic, mitigate depression (Domet, 2018)

Because it feels good!

❖ “Feelings of gratitude activate the **limbic system**, a powerful set of **brain structures** that includes the hypothalamus and **amygdala**, both which play a large role in regulating our emotions, memory, and endocrine function (hormones).

❖ It is here where **brain chemicals** associated with **positivity**, including **oxytocin** (the love hormone,) **serotonin, norepinephrine, and dopamine** are generated in an endogenous, uplifting molecular boost that helps us transition into a healthier and more adaptive head space.” https://www.turnaroundusa.org/back-to-basics-gratitude/

**How does a little gratitude make you feel?**

Jon Lee’s Gratitude Guided Meditation from the Insight Timer App https://insighttimer.com/jklee
Teacher Appreciation More than Just Once Per Year!

The Importance of Self-Appreciation: A How To (Aguilar, 2018)

❖ Think of 3 things that went well and your role in their success
❖ Set an alarm, pause, and appreciate yourself in the moment
❖ Write yourself a letter or thank you note at the end of the week or on a particularly rough day
❖ Send a text message or quick email of appreciation

It starts with you! Same good feelings!

Feeling Successful Meditation (Adaptation from Hanson, R. (2018) Citation in Resources Section)

Video Reflection:

Video Robert Emmons Cultivating Gratitude Greater Good Science Center

https://youtu.be/8964envYh58
Cultivating Gratitude

Keep a daily gratitude journal

❖ Start by breathing into a soft space in your mind, envisioning warmth
❖ Write down 3-5 things you’re grateful for: “I am grateful…” Breathe in and feel these gifts as you write…
❖ Share your gratitude

Write a letter of gratitude every week; include your students and colleagues!

❖ Research demonstrates the powerfully positive effects for the writer and the receiver.
   https://www.turnaroundusa.org/back-to-basics-gratitude/

Writing a Gratitude Letter

Step 1: Choose your recipient.
❖ Think of people who have changed your life for the better.
❖ Write down all those names that pop up.

Step 2: Brainstorm specifics.
❖ How exactly has the path of your life changed for the better because it happened to cross theirs?
❖ What important lessons have they taught you?
   ➢ Revisiting your positive memories and stories is rewiring your brain to more easily seek positive perceptions of the people around you, even before you put pen to paper.

Step 3: Start writing.
❖ Why you’re writing this letter; How you met. The specifics of how your recipient helped, shaped or inspired you.
   ➢ “I remember once you did … and here’s why that was so meaningful to me,” or “You helped me when you …” or “You may not realize it, but you inspire me by …”

Step 4: Keep a copy.
❖ On days you feel low, your gratitude letters can be a powerful reminder that others have helped you overcome dark days in the past.

From Nancy Davis Kho is an Oakland freelance writer and author of “The Thank-You Project: Cultivating Happiness One Letter of Gratitude at a Time” (Running Press Adult; 2019)
Email culture@sfchronicle.com
Cultivating Gratitude (Continued)

❖ Find a “gratitude buddy.”
  ➢ Spend 2-5 minute a day sharing and feeling the things you are grateful for, together!
❖ Take a walk outside under the big blue sky.
  ➢ Notice the trees, the grass, the flowers and the birds singing. Breathe deeply, in and out, and notice how it feels…
❖ Act with intention.
  ➢ “Act as if”
  https://www.turnaroundusa.org/back-to-basics-gratitude/

❖ Remember the difficult times
❖ Ask yourself 3 questions
  ➢ Meditation technique - Naikan
    • “What have I received from--------”, What have I given to --------?, and “What troubles and difficulty have I caused?”
❖ Come to your senses
❖ Use visual reminders

Robert Emmons https://greatergood.berkeley.edu/article/item/ten_ways_to_become_more_grateful1/

Gratitude and Technology

https://www.happierhuman.com/gratitude-app/

Gratitude

Simple Private Colorful Journal App

Your Journal for Life.

365 Gratitude

Daily Prompts    Games    Gratitude Jar
Video Reflection:

Science of Gratitude Video [https://youtu.be/JMd1CcGZYwU](https://youtu.be/JMd1CcGZYwU)

Cultivating Gratitude & Appreciation in a School Community - Classroom

- Morning Meeting
- Before Lunch/After Lunch Check-In/Out
- Friday Thank You Notes
- Field Trip Thank You Notes
- What might that character be grateful for?
- End of the day check out
Cultivating Gratitude & Appreciation in a School Community - Faculty

❖ Start & End Faculty Meetings
❖ Appreciation Vine
❖ Bulletin Board
❖ Appreciation Jar
❖ Monthly “Appreciators”
❖ These are a few of my favorite things…

List other ways you will cultivate a practice of gratitude and appreciation in your school community.
# How to Build Teacher Wellbeing

Wellbeing is "a state in which the individual realizes his or her own abilities, can cope with normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her own community" (WHO, 2004).

Professor Martin Seligman, the father of Positive Psychology, explained a holistic Wellbeing Theory called PERMA that was published in his book “Flourish” (2011).

School communities can use PERMA to build teacher wellbeing as a way to support schools to flourish.

## WHAT
- Track the good stuff
- Identify character strengths
- Share, collaborate, support
- Reflect on meaning and purpose
- Set authentic goals

## Pillar of Wellbeing
- Positive Emotions
- Engagement
- Relationships
- Meaning
- Accomplishment

## HOW
- Establish a "What Went Well" board in the staffroom
- Keep a gratitude diary, app or jar nearby.
- Encourage savouring of positive events
- Take the VIA Survey to identify strengths
- Create a strengths tree in the staffroom
- Encourage goal setting that relates to passion, values & interests
- Encourage random acts of kindness
- Incorporate thankyou cards into staff meetings
- Establish mentoring or coaching programs
- Provide opportunities for positive feedback
- Redefine your job description as what is your role?
- Put some pictures on your desk of what is important to you
- Practice moments of mindfulness to be present, without judgement
- Encourage SMART goal setting (specific, measurable, authentic, relevant, set a time)
- Give opportunities to celebrate achievements

www.teacher-wellbeing.com.au
Endings are logical opportunities for celebrations; they are critical junctures for rituals that mark transitions and accomplishments.

“Our social and emotional selves need opportunities to acknowledge what we’ve done and to honor the relationships we’ve built with others.”

“Celebrations boosts our resilience, because, in looking back we select the strands of story that we weave into our narrative of our strength.

We edit our memories, selecting those that align with our core values and reflect who we want to be in the world.

And in creating the narrative of who we are, we become more resilient.”

Elena Aguilar Onward: Cultivating Emotional Resilience in Educators, p. 290

CELEBRATIONS!

Activities & Celebrations – Lower Grades

❖ Host a scavenger hunt
❖ Minute to win it games
❖ Show and share
❖ Send a letter to the next grade teacher
❖ Balloon Pop Countdown
❖ End of the Year Virtual Read Alouds
Activities & Celebrations – Upper Grades

❖ Oscars event
  ➢ Most epic moments from the school year
❖ Digital Yearbook Signing
❖ Senior Banquet and Netflix Night
❖ Decorating Front Doors
❖ Create a farewell address
❖ Virtual Concerts
❖ Senior Sports Spotlights/Highlights
❖ Adopt a Senior
❖ Virtual Prom

Activities & Celebrations – All Grades

❖ Top 10 List
❖ End of School Year Reflections
❖ Create an End of School Year Rap
❖ Internet Game day
❖ Spirit Week

Make a plan! What ways will you celebrate the end of this school year?
Resources


Emmons, R. Video Robert Emmons Cultivating Gratitude Greater Good Science Center https://youtu.be/8964envYh58

Emmons, R. https://greatergood.berkeley.edu/article/item/ten_ways_to_become_more_grateful1/


Lee, Jon. Insight Timer https://insighttimer.com/jklee


Getting Started on a Gratitude Journal 

Science of Gratitude Video https://youtu.be/JMd1CcGZYwU

Nancy Davis Kho is an Oakland freelance writer and author of “The Thank-You Project: Cultivating Happiness One Letter of Gratitude at a Time” (Running Press Adult; 2019)

Email culture@sfchronicle.com

Other Resources

Greater Good Science Center White Paper on Gratitude

https://ggsc.berkeley.edu/article/item/why_gratitude_is_good
End-of-the-School-Year 2020 Celebration Resources

Free Remote Wellbeing Resources

https://teachpeec.com/curriculum/primary/remote-learning-resources/1-9-week-8/

4 Ways to Celebrate the End of the School Year on Zoom

https://www.mrsrichardsonsclass.com/4-ways-to-celebrate-the-end-of-the-year-on-zoom/

Party Time in the Zoom Room

https://mydayinkinder.com/party-time-in-the-zoom-room/

Celebrating the Class of 2020

https://www.weareteachers.com/celebrate-high-school-seniors/


Virtual End-Of-The-Year Activities


https://elementarynest.com/virtual-end-of-the-year-ideas-for-teachers/?fbclid=IwAR2TGToItRwNFGGaUctxNJiDkJJR59iXsjiJKCHx4e5fLRUyv00pLUuTDQ

https://www.thebutterlyteacher.com/end-of-the-year-distance-learning-idea/