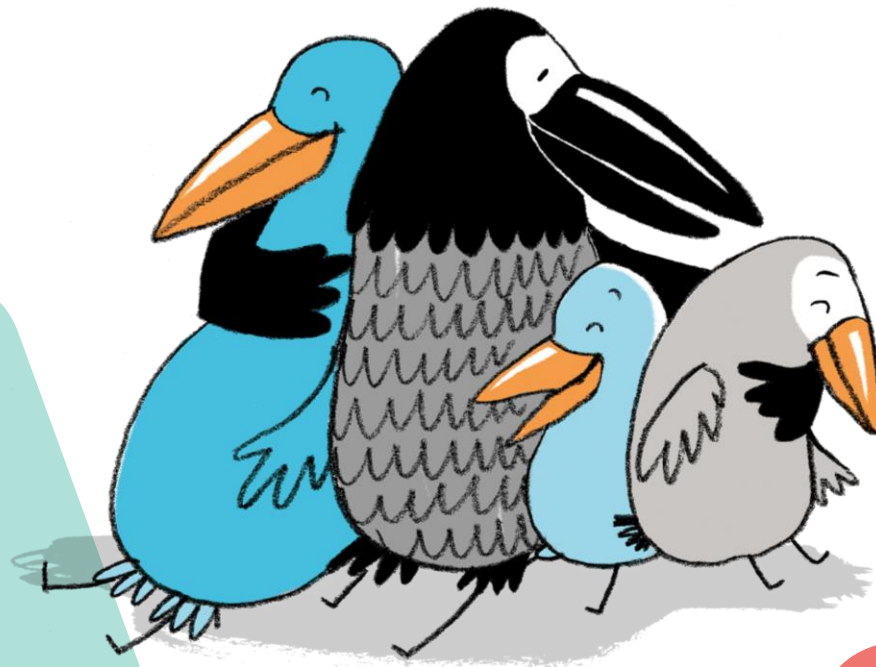


See the Good!®

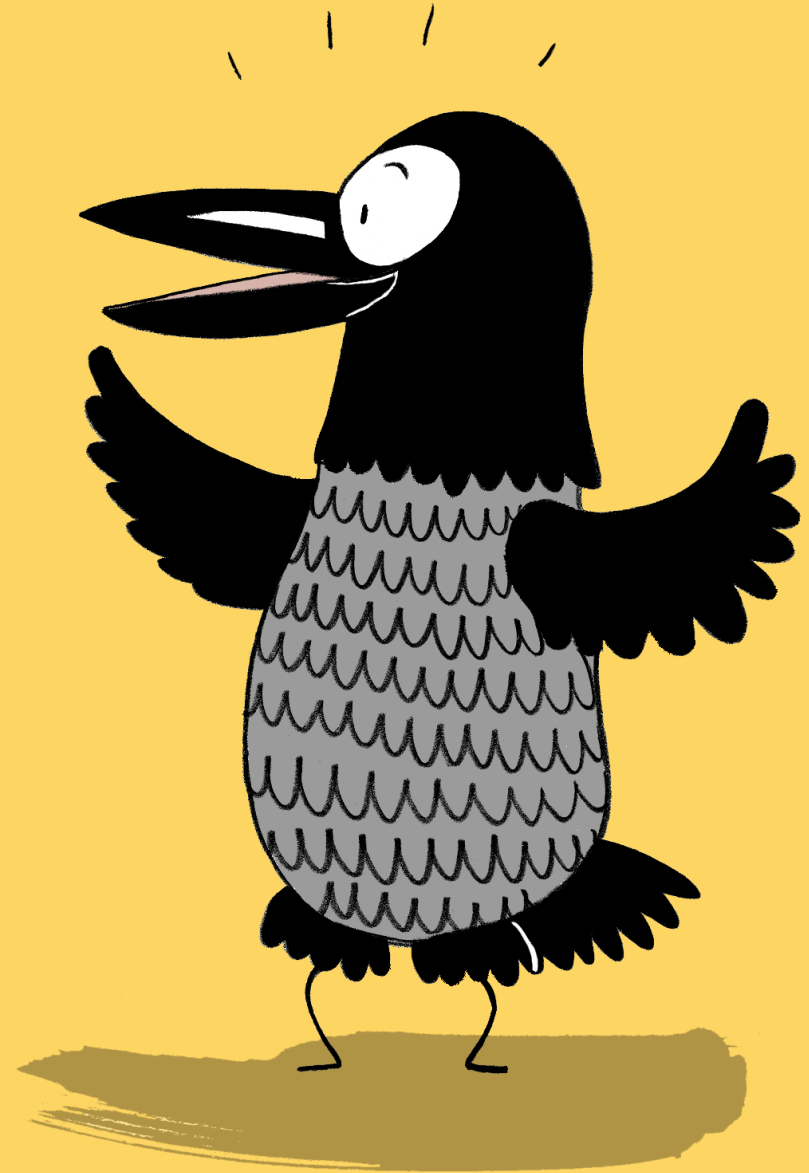
by **positive**



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Supporting students to find and use their personal strengths



During this session we will look into:

- Character strengths
- Well-being
- Positive education
- Ideas for its implementation
- Testing the See the Good! app

What strengths did you
bring with you today?



MODESTY
LOVE OF BEAUTY
COURAGE
TEAMWORK
Carefulness
KINDNESS
GRIT
PERSEVERANCE
FORGIVENESS
HUMOUR
LOVE ♥
PERSPECTIVE
HONESTY
Gratitude
Hope
Spirituality
Leadership
COMPASSION
SELF REGULATION
FAIRNESS



SIGNATURE STRENGTHS

Every individual has a unique constellation of 4-7 personal signature strengths.

Signature strengths in character are energizing, easy to use, and essential

Personal strengths are considered to be positive traits shown through one's feelings, thoughts and authentic behaviour.





“One evening an old Cherokee told his grandson about a battle that goes on inside people. He said,

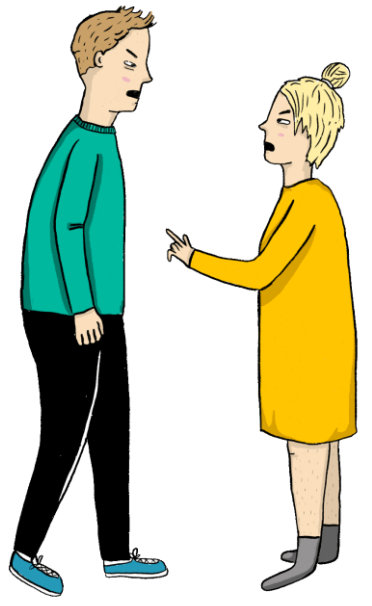
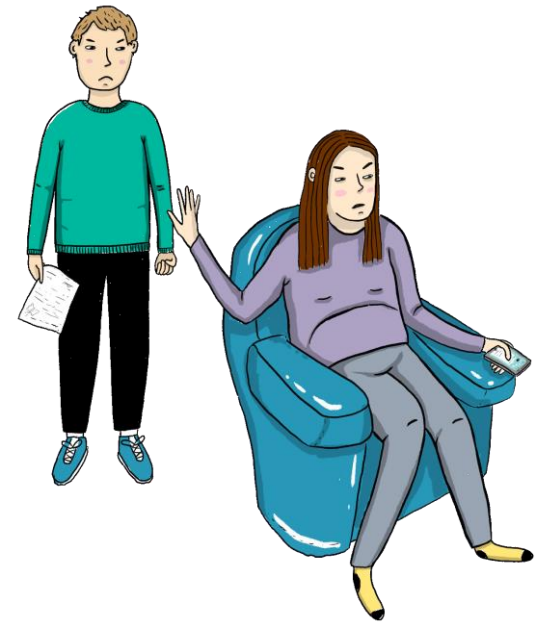
‘My son, the battle is between two wolves inside us all.

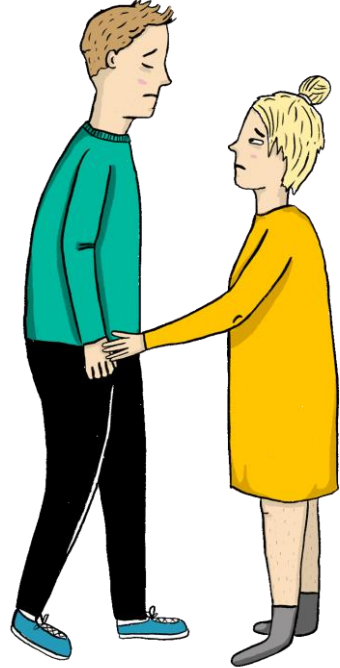
One is **Negativity**. It’s anger, sadness, stress, contempt, disgust, fear, embarrassment, guilt, shame and hate.

The other is **Positivity**. It’s joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe, and above all, love.’

The grandson thought about it for a minute and then asked his grandfather: ‘Which wolf wins?’

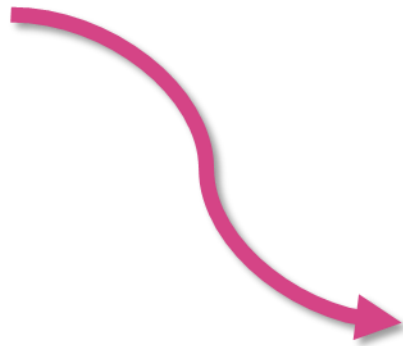
The old Cherokee simply replied, **‘The one you feed’**





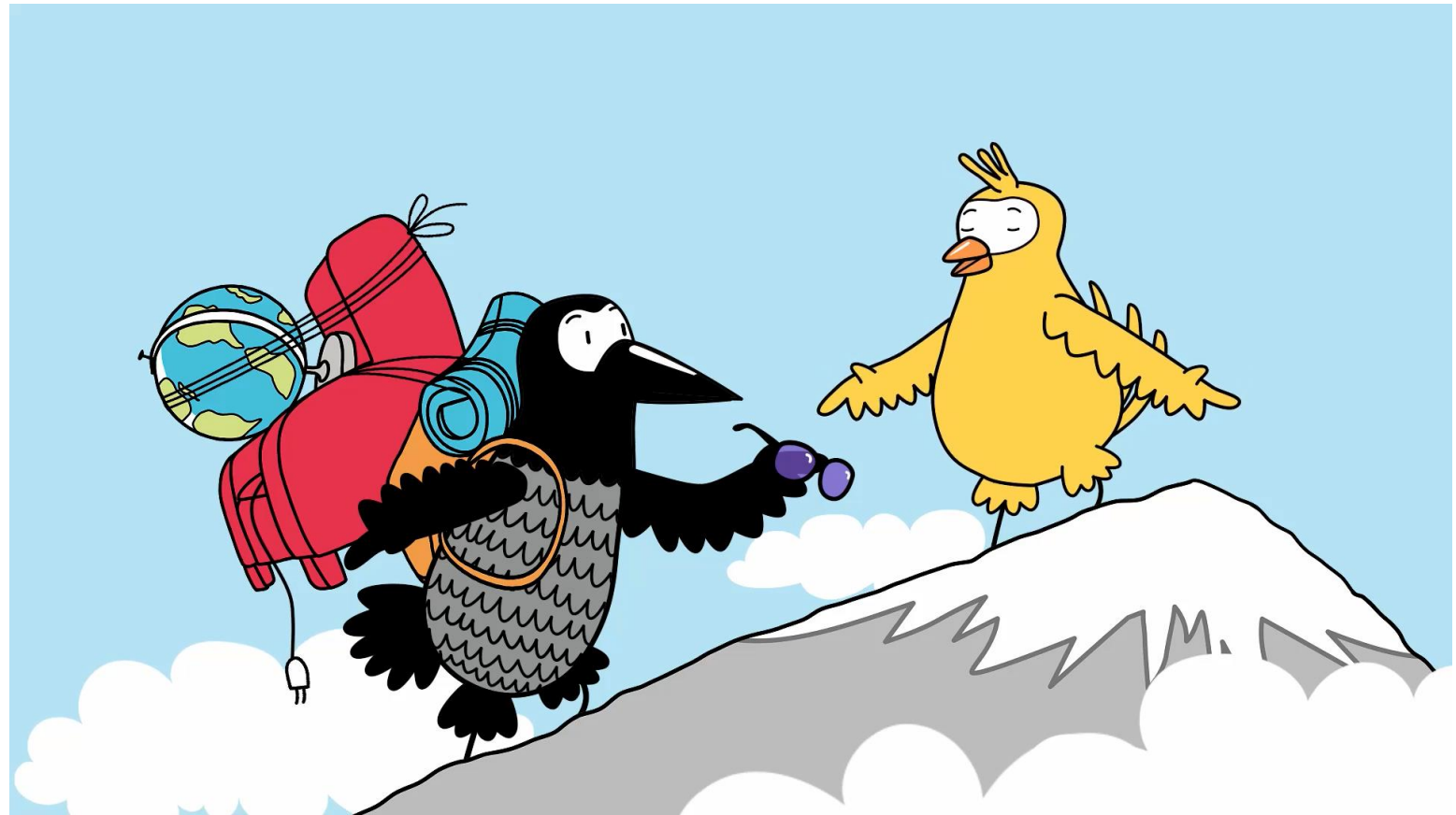
6:1

Positivity opens us (Fredrikson, 2001; 2004; 2018)



The See the Good! glasses

We can all practise using and sharing them!



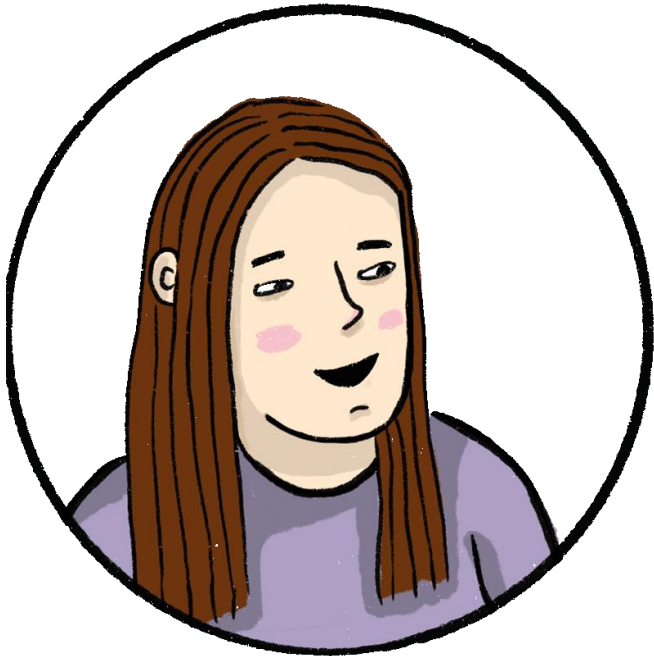
MODESTY
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PERSPECTIVE
HONESTY
Gratitude
Hope
Spirituality
Leadership
COMPASSION
SELF REGULATION
FAIRNESS



Let's do the Strength-crow dance!



Our mission and values



- We believe that all of our children possess **core strengths** that can be utilised to help them have bettered well-being.
- Our approach involves mutually identifying, developing, encouraging, practising, and maximizing **the inherent strengths** in every child we **welcome through our doors**.

Positive education

- **Positive education** is an approach to education that draws on positive psychology's emphasis of individual strengths and personal motivation to promote learning.
- Instead of setting children to compete against one another, learning is viewed as a cooperative process where teachers learn to respect children and each child's input is valued.



To accomplish our goals, we establish a positive, upbeat, and safe environment that instills hope, **provides multiple opportunities for success**, and, at all times, has a compassionate atmosphere.

School well-being social connections at school

(Reddy, Rhodes and Mulhall, 2003; Suldo et al., 2009)

- Students' social relationships with **teachers**, with **other students**, and the **school atmosphere**.
- Fosters a sense of **belonging to the school** – the feeling of being accepted, respected, included and socially supported in the school environment.
- **Student-teacher relationships** and **classmate support** are important **predictors** of student adjustment and adolescent life satisfaction.



What defines a strength?

DO I SEE PERFORMANCE?



You do it well!

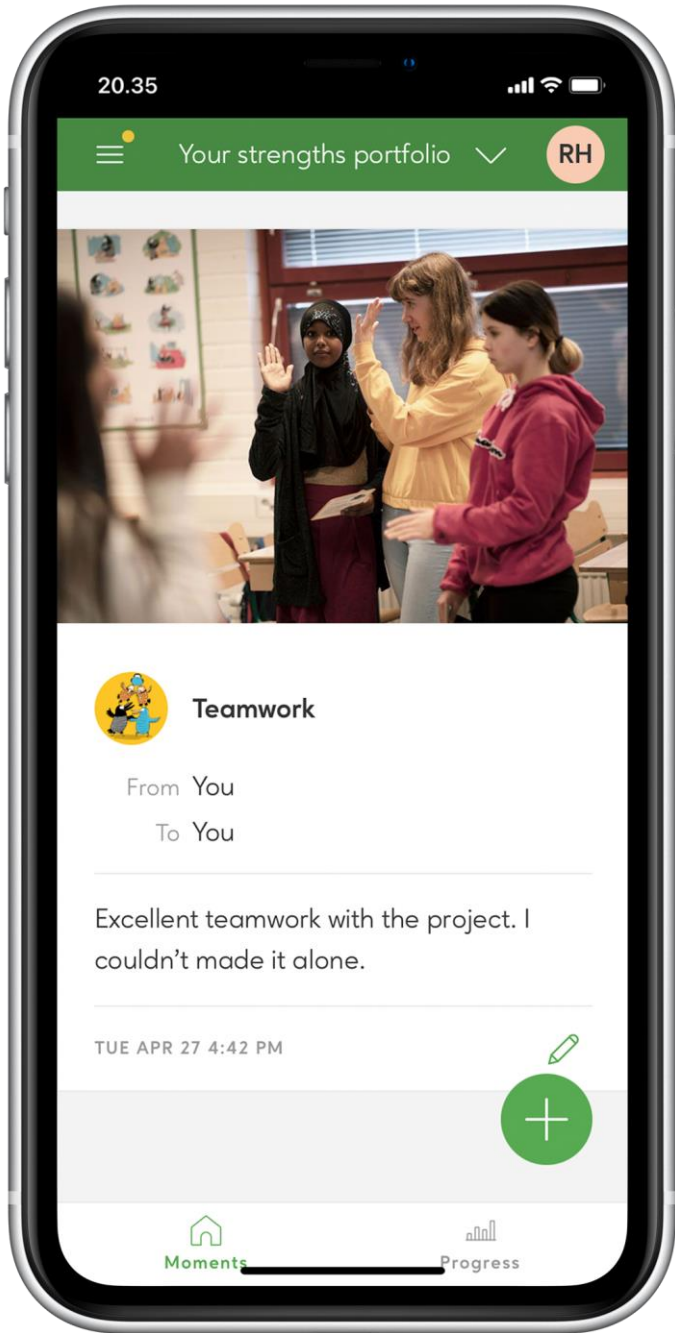
DO I SEE ENERGY?

You enjoy doing it!

DO I SEE HIGH USE?

You demonstrate
using the strength
often!



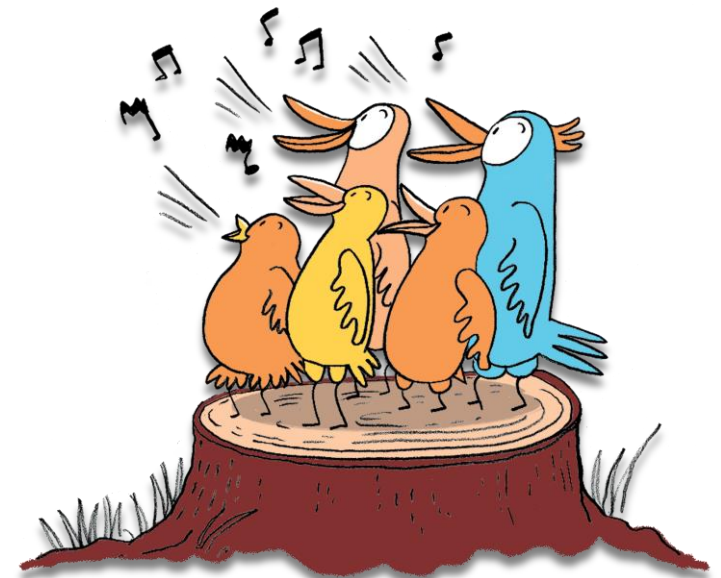


- ❖ The skill of affirmation is necessary for everyone.
- ❖ This does not mean constant toxic positivity, but the ability to regulate one's negative state of mind, for example.
- ❖ One does not have to be on the + side all the time, but anyone can often be more positive.



Positive and compassionate school culture

- Choose the most important strengths to your school, such as kindness, compassion and perseverance.
- Develop positive guidelines for the work community that every adult can commit to.
- Divide your strengths into small skills and actions that feel inspiring and possible to everyone.
- Track progress, share feedback and celebrate small successes.



The See the Good! method at whole school level

- **Leadership** is crucial – creating a common and inspiring vision for the whole school to transform its education culture.
- **Work community** – knowing and using one's strengths, positive interaction and encouraging atmosphere is in the heart of the cultural change.
- **Workplace culture**
 - The level of interaction: practices created to support positive interaction.
 - The level of thinking: perception of humanity, values and attitudes.
 - Emotional culture: atmosphere and the emotional skills of the personnel.
 - Pedagogy – common pedagogical vision and daily practices.
- **Teaching** – trained personnel and tools and material available.

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Kiitti

oppimisen ilo
itsesäätely

PITKÄ
1 km

KIITOLLINEN
SUUS

loinen
iloinen

Mukava

Huumori
Hauska
HASSU
HASSU
HASSU

laoma
LAAMA

Laama
Laama

ITSESÄÄTELY

Kiitollinen

HASSU HASSU
HASSU

Palautathan
kroittimet
kukka!

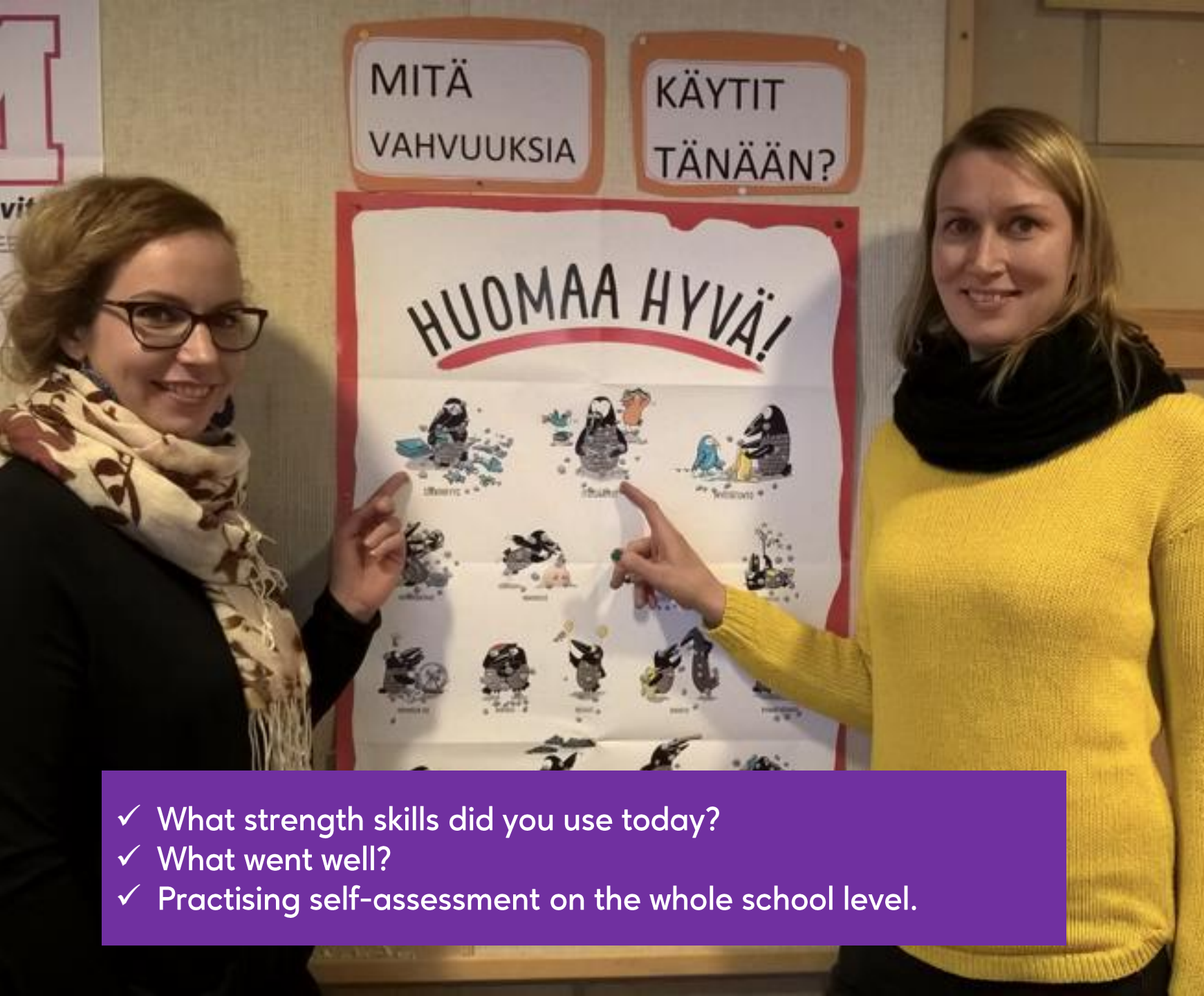
Sekajäte
↓

"BUILD ON
WHAT'S
STRONG"

What went well?

Self-reflection &
the strengths tree





- ✓ What strength skills did you use today?
- ✓ What went well?
- ✓ Practising self-assessment on the whole school level.

Students making their Positive CV's on the last lesson.



oot tosi kiltti ja luova!
oot sinnikäs ja hyvä ystävä!

Oot super hyper reily,
luotettava ja huolellinen
♥

Oot ahkera ja luotettava.
Teeit kaiken tosi huolel-
lisesti!

Olet tosi sinnikäs ja
reilu kaveri.

Olet kaunis ja
Luova ♥

oot ystävällinen

MINÄ ITSE

Auulia

reipas



Koulussa
orat mm. innostus,
otlaminen, rohkeus ja
johtajuus.
T: alan-ope

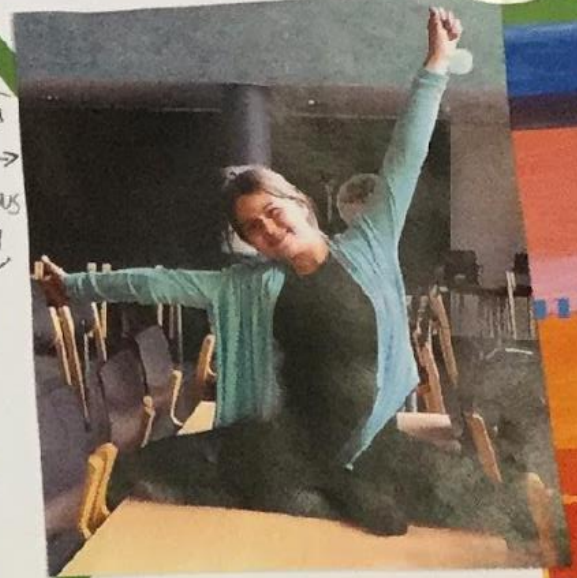


Sinnikäs

Koulu-
Projek-
teista
huoleh-
tiva.



Vuonna
2016 →
vahvuus
kuva



olit
pihenä
energinen,
vilkas, reipas
liikuvainen ja
sinnikäs
-Kati 2016

iloinen

innoissani
koulusta



Vuonna 2017
← vahvuuskuva

"oot hyvä ja jos sä
et onnistu ekalla kerralla
sä yrität uudestaan kunnes
sä onnistut"
-Balkkikaveri

A student's Positive CV poster.
✓ In the centre: the child's own perceptions of their core strengths and interests.
✓ Four corners are school, free time & hobbies, family, and friends.
✓ Feedback received from teachers, hobby coaches, family members and friends.



A child's Positive CV presented as balloons.


The contents describe the child's strengths and capacities viewed by himself, his family, his friends and the preschool personnel.



Strengths Certificates: documentation of a child's strengths and capacities



Erasmus 13.4.2022 Moments



Self-regulation

Valentina → Erasmus 13.4.2022

Funny time

2 MONTHS AGO

Verano22 Growth



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Thank you!

If you would like us to contact you for more information or for collaboration with your school, please leave your contact details.

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berenice@seethegood.app

Happy kids learn best

