



DOVE?	Barcelona
QUANDO?	12 – 17 luglio 2021
COSA?	<i>Europass – Design the positive: Positive Thinking, Positive Communication and Positive School Spaces.</i>
PERCHE'?	Modificare il modo di guardare al bambino e alla sua crescita all'interno della scuola, così come all'insegnante e alla sua crescita/percorso lavorativo. Cercare il benessere come singola insegnante, come parte di una collettività scolastica, nell'interazione con adulti e bambine/bambini, diffondere il benessere tra gli alunni, renderlo una pratica quotidiana.
HO TROVATO...	<ul style="list-style-type: none"> - ...una città stupenda, ricca di arte, musica e proposte culturali - ...un gruppo di 5 persone, esperienze e background diversi.
CONTENUTI	<ul style="list-style-type: none"> - <u>Positive psychology</u> <i>"Positive psychology is the scientific study of what makes life most worth living" (Peterson, 2008).</i>

- **Positive education**
Esempi di positive education: in Australia, Germania e Buthan <https://www.youtube.com/watch?v=79YHZIhbLrQ> (“The art of happiness through positive education - learning world”)
- **Positive thinking**
pessimistic/optimistic → Pay attention, acknowledge ([mindfulness](#), body-mind awareness, breathing pause PBS)
- **Positive communication – how do you communicate with yourself? How do you communicate with others?**

Emotions

SEL – Social and Emotional Learning



Type of communication

- PASSIVE
- AGGRESSIVE
- ASSERTIVE

Positive affirmations: *I deserve to be happy, I'm grateful for..., Everything is okay, I'll love myself more from today...*

Gratitude Jar



I – MESSAGE

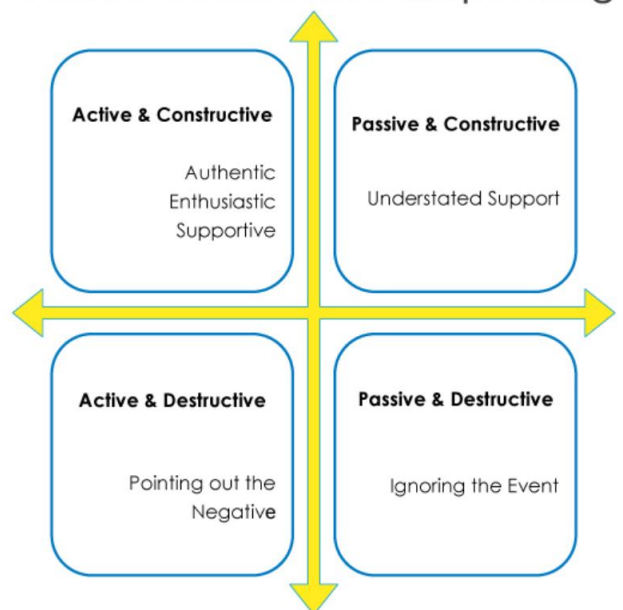
I feel _____

When _____

Please _____

ACR – Active Constructive Responding Model (2004, Gable, Reis, Impett & Asher)

Active Constructive Responding









RULER - Recognition, Understanding, Labeling, Expressing, Regulating (approccio di Educazione Socio-Emozionale - SEL nato da oltre 25 anni di ricerche svolte dal team della Yale University)

THE BLUE PRINT – Nonviolent Communication (NVC)



6 HATS FOR THINKING (2005, Edward de Bono)

PROCESS	 Blue Hat - Process Thinking about thinking. What thinking is needed? Organizing the thinking. Planning for action.	CREATIVITY	 Green Hat - Creativity Ideas, alternatives, possibilities. Solutions to black hat problems.
	 White Hat - Facts Information and data. Neutral and objective. What do I know? What do I need to find out? How will I get the information I need?		 Yellow Hat - Benefits Positives, plus points. Why an idea is useful. Logical reasons are given.
FEELINGS	 Red Hat - Feelings Intuition, hunches, gut instinct. My feelings right now. Feelings can change. No reasons are given.	CAUTIONS	 Black Hat - Cautions Difficulties, weaknesses, dangers. Spotting the risks. Logical reasons are given.

- **Positive school spaces**

<https://www.youtube.com/watch?v=dtPniT0p9K4>

CONCLUSIONI

Scoperta di buone pratiche da provare su se stessi per testarle e vedere se le sentiamo nostre; lavorare su se stessi è fondamentale per poter crescere anche con gli alunni; modificare la propria didattica con strumenti che consideriamo validi e d'aiuto.

INPUT

- a. **Mindfulness**
- b. **PBS - Pause, Breath, Smile**
- c. **Gratitude Jar**
- d. **I – message**

	<p>e. ACR – Active Constructive Responding Model</p> <p>f. RULER</p> <p>g. 6 HATS FOR THINKING</p>
<p>LINKS</p>	<ul style="list-style-type: none"> ○ Positive Psychology – ○ Positive Education – ○ Positive Thinking - https://www.youtube.com/watch?v=IJrcJUV8d20 (<i>Tony Robbins on How to Break Your Negative Thinking</i>), https://www.gonoodle.com/ ○ Positive communication - https://www.youtube.com/watch?v=-hr58Yu0yDs (<i>Are there universal expressions of emotion? - Sophie Zadeh</i>), https://www.youtube.com/watch?v=qRORihbXMnA (<i>Active Constructive Responding</i>), https://ruleritalia.it/background-teorico/ (RULER) ○ Positive school spaces - https://www.youtube.com/watch?v=dtPniT0p9K4 (<i>13 Most Innovative Schools You'll Want to Attend</i>), https://www.youtube.com/watch?v=ceWeIKLfgv8 (<i>HOW WE DO SCHOOL FINLAND EP 3: A School Designed For All</i>)