

Positive Educational Practices

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Principles of Positive Psychology

- The aim of **Positive Psychology** is to study the benefits of **positive emotions such as hope, optimism, joy on people**
- Research has shown that positive emotions have **long-term, productive** effects on our health both physical and mental
- Positive emotions enhance our **creativity, attention span and motivation**
- Positive emotions enable us to **bounce back** more easily following a stress-related situation
- **Flow: completely focused motivation**, a sense that nothing else matters
- A sense of “**flow**” through **engaging** activities gives students and people in general a sense of **meaning** and purpose, essential to well-being

Linking PEAP to Positive Psychology

- One of **education’s goals** is to develop children’s **resilience** to the adversities of life and to enhance their **well-being**
- **PEAP** and **Positive Psychology** hence share the **same goals** (development of **self-esteem, social** and pro-social **values, creative expression, cultural awareness**)



Positive Psychology in PEAP

- **PEAP** uses Positive Psychology’s **holistic AND proactive approach** to further expand on **differentiated learning** and on children’s **emotional development**
- **Differentiated learning** plays a **major role** in engaging all students and allowing them to **develop their strengths**
- Concepts such as “**social literacy**” play an important role in enhancing students’ social and pro- social values crucial to developing **positive peer relationships** which help **reduce bullying** incidents

Positive Educational Interventions

- **PP interventions** are practices that can be used by teachers to promote positive psychology in schools and focus on children’s **positive traits** and provide them with the **necessary resources** for **tackling stress-related situations** later in life
- The **UK, Australia** and **Canada** have included Positive Interventions in their school **curricula**

Classroom techniques for teachers

- **The class Mascot could reveal children’s strengths during activities enabling students to choose activities that match their strengths or challenge them!**
- **Tell your students to: “Name three things you are happy about, every day!”**
- **Promote positive thinking by finding the silver lining! There is always something positive in every negative situation!**
- **Encourage peer-presentation to boost students’ self-esteem**
- **Practices like: “Help a classmate today!” should be established and praised as they promote positive peer relationships**

References

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