

Principles of Positive Psychology

Application with Learning Maps and
Beyond



“Being chosen is the greatest gift you can give to another human being”.

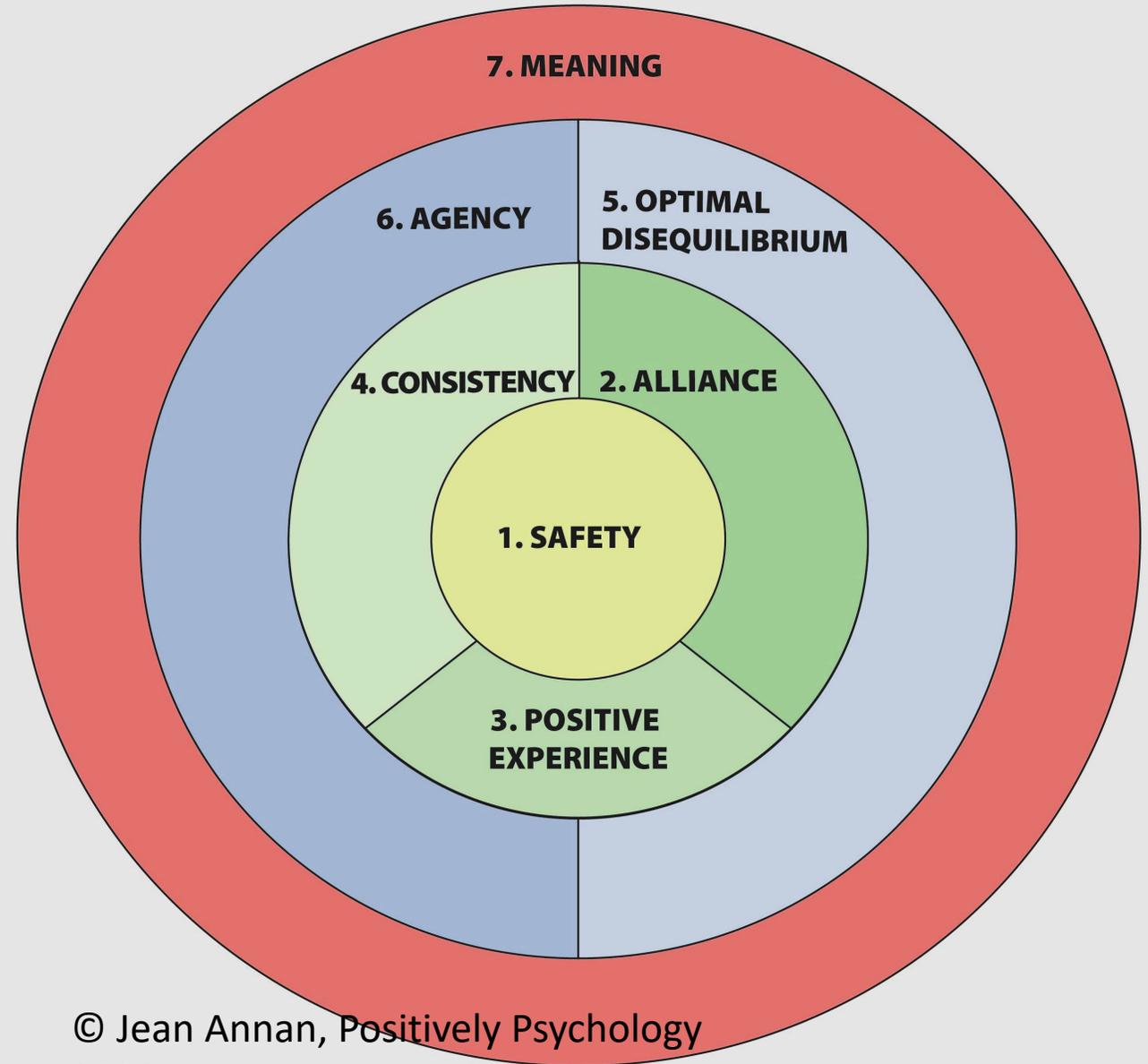
Trevor Noah

Noah, T. (2019). *Born a Crime. Stories from a South African childhood*. London: John Murray Publishers.

Why Positive Psychology?

Positive experience is fundamental to well-being and learning

- Core dimensions are linked
- Linked with the dimensions of the growth layer
- Influences and is influenced by meaning



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Positive Psychology is about appreciating what is 'good' and creating environments in which people experience positive emotions.

Security

Love

Belonging

Pleasure

Gratitude

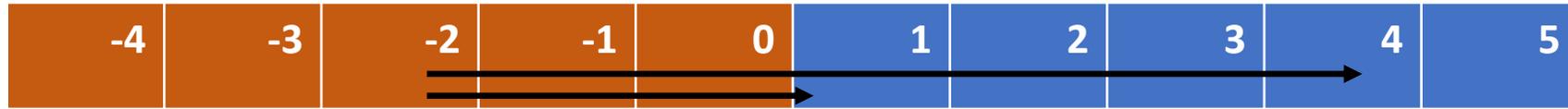
Optimism

Hope

Flow

We know that people who experience school as positive

- Learn better
- Enjoy better relationships
- Sense of self-efficacy
- Higher self-esteem
- Greater optimism
- Less depression and anxiety
- Better life satisfaction
- Have better mental health in later life
- Live longer.



Positive (Appreciative) vs Deficit focus

- Negative or positive views of starting points and directions
- Focusing on what is valued, what is working, what are we passionate about, what we *do* want.
- Building on foundations of strength rather than focusing on and remediating deficiencies.

Positive Psychology: A way of thinking and interacting

- Appreciative lens. What do we see when we look?
- Positive inquiring: What is 'good'? What is helpful? What *do* we want?
Where do we want to go? What are the sparkling moments?
- Optimistic visions of and beliefs about students' futures (Hannon, 2017)
- Theoretical and contextual influences
- Integration of positive practices into everyday interactions



10 ways to take positive action



1. Know what is positive for each child
2. Look through a positive filter and comment or inquire positively
3. Know about the nature of students' relationships
4. Encourage students to appreciate and interact positively with one another
5. Facilitate repeated, positive experience. Fun, enjoyment, shared laughter and a sense of success.
6. Build learning around intrinsic interests or cultivate intrinsic interests
7. Link activity to the bigger picture of children's lives –aspirations
8. Create a safe environment
9. Clarify boundaries so that children can be flexible within them
10. Model positive interactions