

Bringing Your "A" Game Everyday



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Introduction



Housekeeping



Objectives:

- **How to remain positive throughout your day even when things seem to be overwhelming?**
- **How to shift your mindset to a more positive outlook?**



How are you showing up for your students?

How are you feeling about the school year, thus far?

<https://www.menti.com/alfdo9ip91dj>



Quote

**The trick to having
happy students
is to first be
happy yourself.**

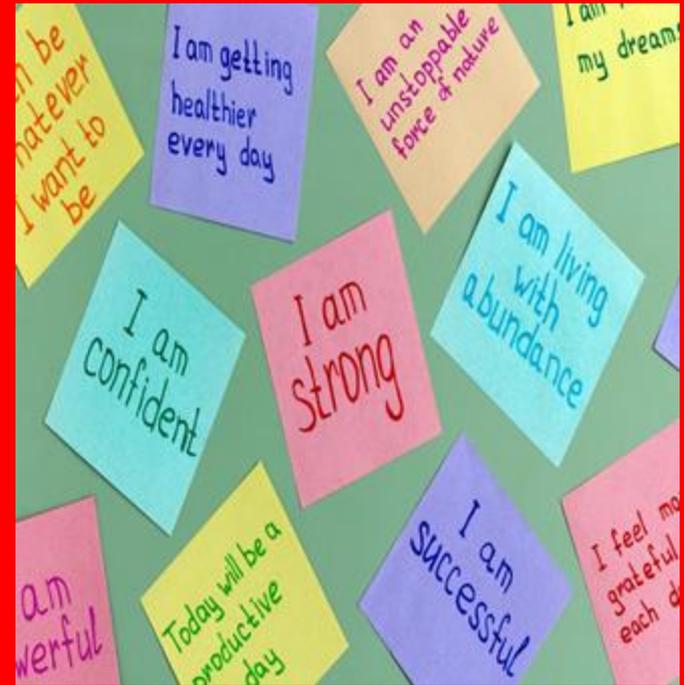
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The Science Behind Affirmations

Affirmations can enhance one's life in a variety of ways.

Some examples include:

- self-control
 - self-efficacy
 - academic achievements
 - happiness and meaning in life
 - promoting health and behavior change
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- Affirmations are short statements.
 - Affirmations can be repeated multiple times a day.
 - Affirmations can improve life satisfaction and well-being.



Video



How Do You Prep Yourself For A Positive Day?



<https://www.menti.com/al9adubvj43t>



Positive Mindset

"Positive thinking will let you do everything better than negative thinking will." - Zig Ziglar



Importance of Teacher Teaching Emotions

Concerning teacher emotions, such a concept is socially created, and personally enacted ways to being that arise from conscious and unconscious judgements relating to one's view regarding their successes or achieving goals or maintaining standards (Frenzel et al., 2021).

Teacher emotions are essential for the following reasons:

- Student outcomes
- Teachers' teaching behaviors (relationships with their students and implementations of instructional strategies)
- Students' behaviors in the classroom and beyond the classroom environment

Video



Why Is Goal Setting Important?

Clarity: Goals provide a clear roadmap for what you want to achieve and where you want to go.

Motivation: Goals can motivate you and give you a positive view of yourself.

Focus: Goals help you stay focused on what's important to you and reduce distractions.

Measurement: Measuring your progress can help you prioritize tasks and adjust your plan of action.

Purpose: Goals give you a sense of purpose and direction in life.

Accountability: Goals can help you hold yourself accountable.

Achievement: Goals can give you a sense of achievement.

Behavior: The act of setting goals can help clarify your behavior.

Procrastination: Setting goals can help you avoid procrastination.



SMART Goals



When creating your goals such goals should be ...

Specific: The goal should be clearly defined

Measurable: The goal should be measurable in progress

Achievable: The goal should be attainable within a certain time frame

Relevant: The goal should be relevant to your long-term goals

Time-bound: The goal should have a realistic date for completion

Activity

Task: Participants will create a goal to set intentions for the remainder of the school year. The goal should include 1-2 positive affirmation statements.

Example: During teacher meeting, when I receive a constructive feedback, I will use 2-3 positive affirmations to regulate my emotions





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Resources

[Resource](#) - Social Emotional Resources

Videos

Positive Affirmations for Children: <https://images.app.goo.gl/7gmoJTL55fZMVNoP9>

How to Respond When Students Disrespects You: <https://youtu.be/XNeKuHf9wD?si=g0AK-apQyQGInWH0>

Books

My Mouth is a Volcano - by Julia Cook

Clark the Shark - by Bruce Hale

What Should Danny Do - by Grant and Adir Levy

The Wolfe White Learned Self-control - by Orianne Lallemand

Games

Pop the Bubbles

Website

Trauma-Informed Teaching Strategies: <https://ascd.org/el/articles/trauma-informed-teaching-strategies>

10 Middle School Classroom Management Strategies that Work: <https://www.hmhco.com/blog/middle-school-classroom-management-strategies>

How Educators Recognize and Intervene When Student Behavior is Escalating: <https://iris.peabody.vanderbilt.edu/module/bi1-elm/cresource/a2/p04/>

Questions
And
Answers!

Reference

Quirk, M. (2023). The Science Behind Self Affirmation. Retrieved from:
<https://www.psychologytoday.com/us/blog/the-age-of-overindulgence/202307/the-science-behind-self-affirmations>

Thank you!!



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