



If You Believe It, You Can Achieve It?



Move The Milk



3 Foundational Ideas

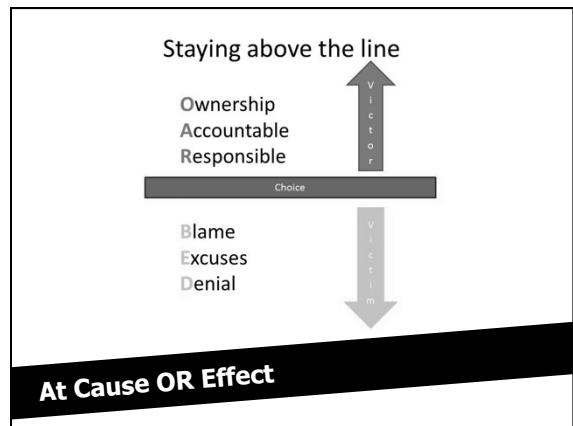
***“Everyone Is Right Now
Doing The Best They Can
With The Resources They Have
Available To Them”***

Acceptance Without Judgement

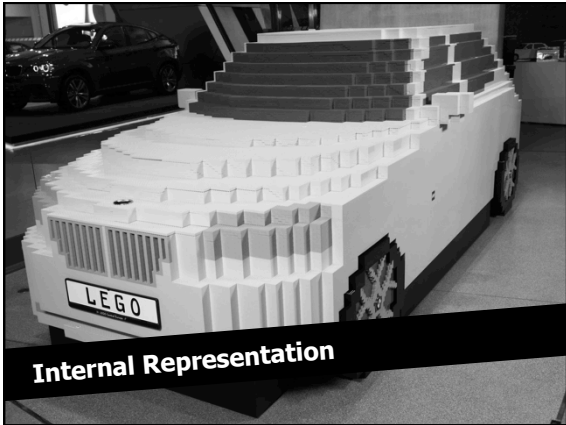
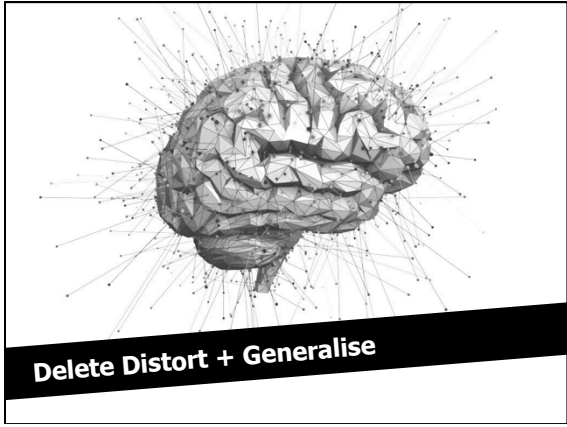
Young people are not their behaviours.

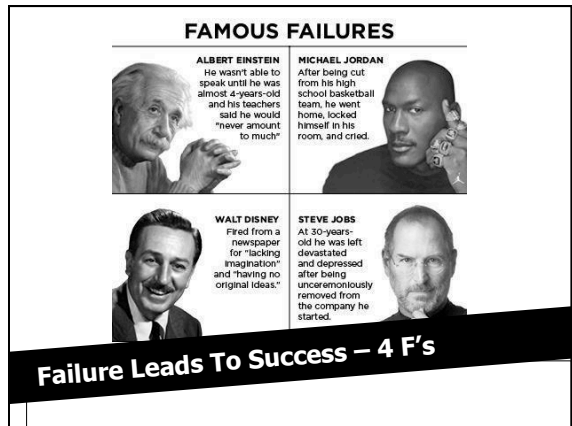
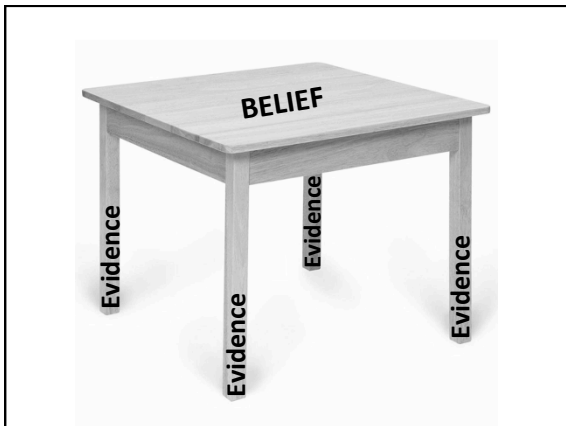
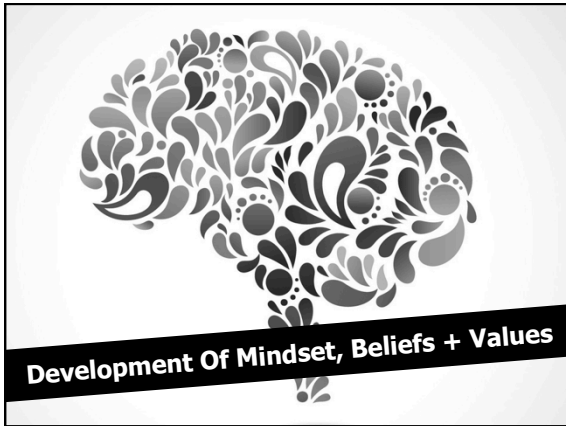
*They are not a problem to be solved,
Or an issue to be fixed,
But they are human beings who are unique,
valuable and on a journey of discovering who
they are, where they fit and what they have
to offer.*

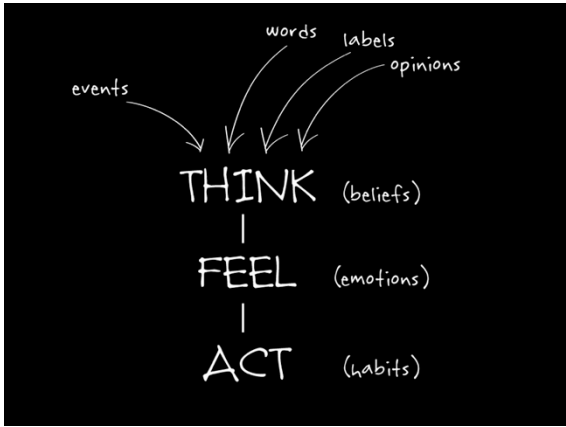
Young People Are Gold

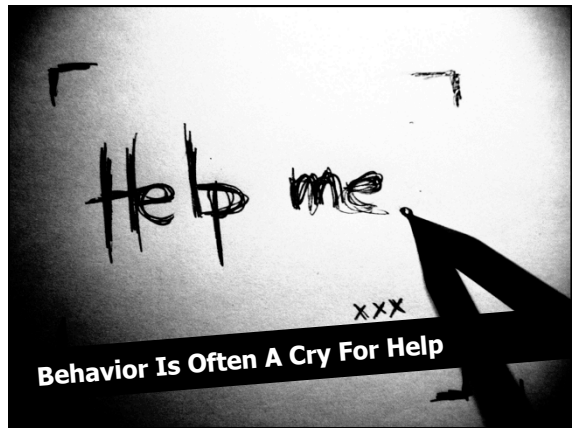
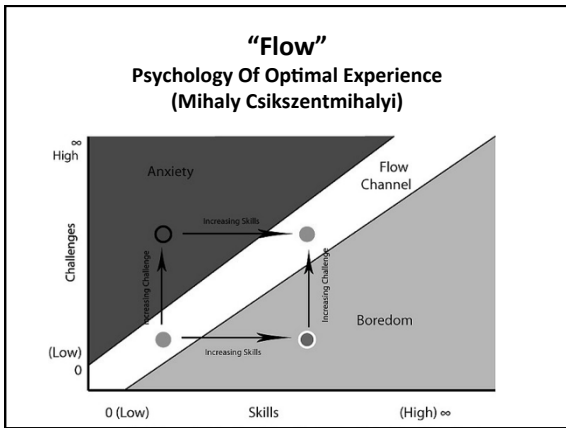
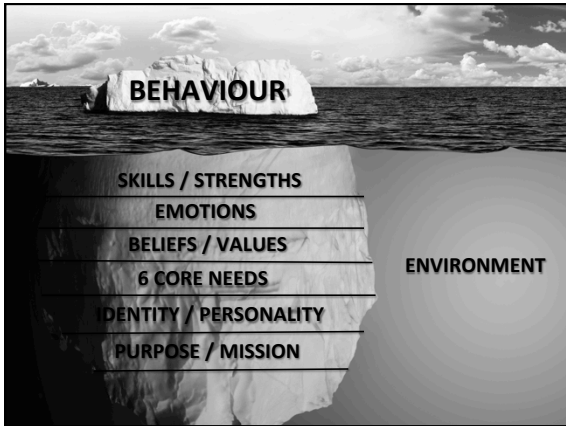


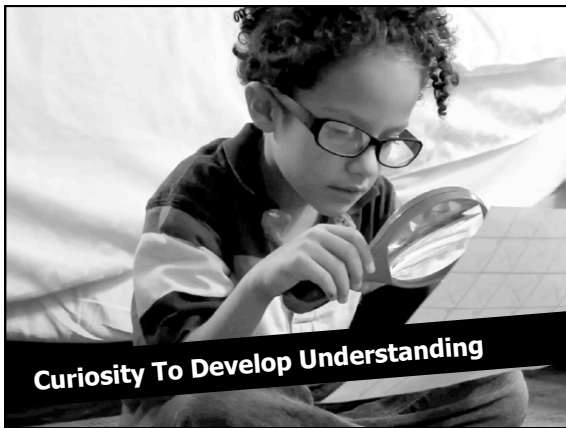
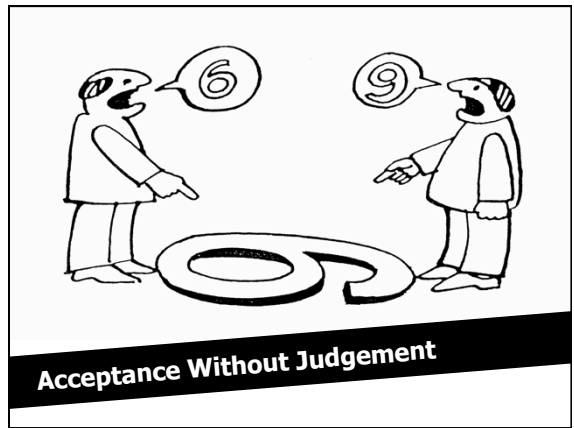
At Cause OR Effect














Relationship, Relationship, Relationship

It may not be your job for students to LIKE you, but if students don't LIKE you they will not LEARN from you!

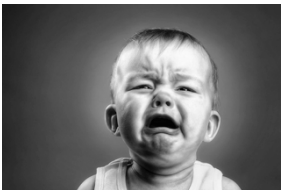


- Relate on a personal level
- Take interest in things that interest your students
- Fight for connection over correction
- Remember the 3 fears



Emotional Self Management Is Key To Positive Outcomes For Your Young People

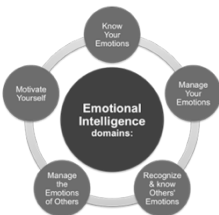
Your skills and competence can be completely derailed by an inability to manage your own emotions and responses when things get challenging



- Show your students that their challenges and behaviours are a piece of cake
- Create certainty + calm
- Model resilience + self management

Social + Emotional Learning Transforms Academic Performance, Social Interactions + Well Being

Durlak, Weissberg et al.'s recent meta-analysis of 213 rigorous studies of SEL in schools indicates that students receiving quality SEL instruction demonstrated:




- Better academic performance
- Better attitudes + behaviours
- Increased motivation to learn
- Reduced aggression
- Better classroom culture
- Reduce depression, anxiety + stress



What You Tune In To Will Dictate What You Pick Up


As a trusted adult your focus needs to be on what you want to see in your young people and in yourself.



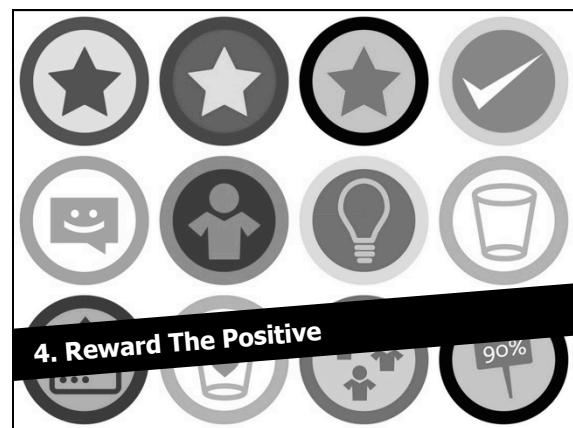
- Pygmalion + Golem Effects
- Student self assessment
- Ask empowering questions
- Choose what you focus on
- What needs, fears, beliefs may be at play in behaviours?
- Attention + State

Growth Mindset Encourages Young People To Learn, Grow + Develop

When young people and educators have a growth mindset, they understand that intelligence can be developed. Students focus on improvement instead of worrying about how smart they are.



- **Adults** – Praise the young persons efforts + strategies. Don't focus on the end result, focus on the process taken.
- **Young Person** – Strive to grow and don't shy away from failure, focus on the process.



Reward Vs Punishment

Punishment has *less* of an impact on managing or modifying behaviour than, positively rewarding desired behaviour.



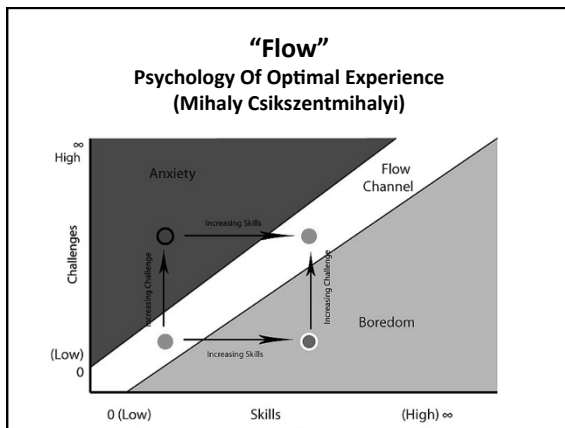
- Focus on **rewards** for positive behaviour.
- **Smaller** and more **immediate** vs Larger and more distant rewards.
- **Peer reward/recognition** have huge impact.

Gamification In The Classroom

How can we use game dynamics in the classroom for greater motivation and engagement?



- Match skill level to challenge
- Gradual increase in challenge
- Reward – points, badges, levels
- Social Recognition
- Leaderboard + Clear Progress
- Missions + Challenges
- Fun



The Power Of Contribution

“...we scientists have found that doing kindness produces the single most reliable momentary increase in well-being of any exercise we have tested.”
 - Martin Seligman, Founder of Positive Psychology

GIVING

Changes Everything

- Social contribution
- Classroom contribution
- MAD projects
- Help peers
- Random acts of kindness



Effectiveness Of Your Communication is 100% The Response You Get

It is our responsibility to ensure that our communication is received and understood.



- Clarifying questions
- Ensure attention
 - 3 step attention getting
- Empowering questions
- Say what you want
- Empathetic enquiry
- Speak life




Find Your Strengths and Use Them

"...people who felt they were using their strengths have more positive emotion, greater vitality and self-esteem, compared with people who did not feel they used theirs." - UK Study



- DISC / MBTI Profile
- Strengths
- Passions + Interests



"She's not sick, she's a dancer!"

THANK YOU!

Nathan Hulls

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