



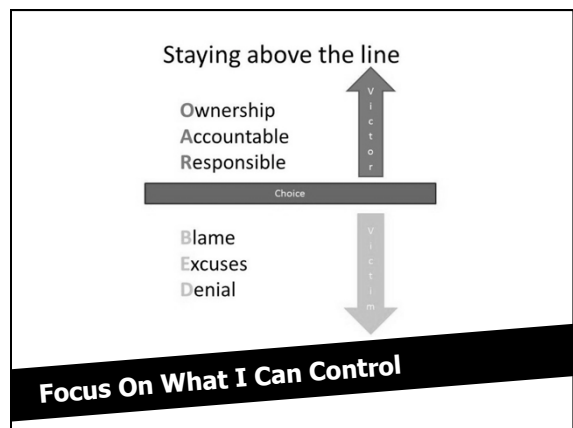
***“Everyone Is Right Now
Doing The Best They Can
With The Resources They Have
Available To Them”***

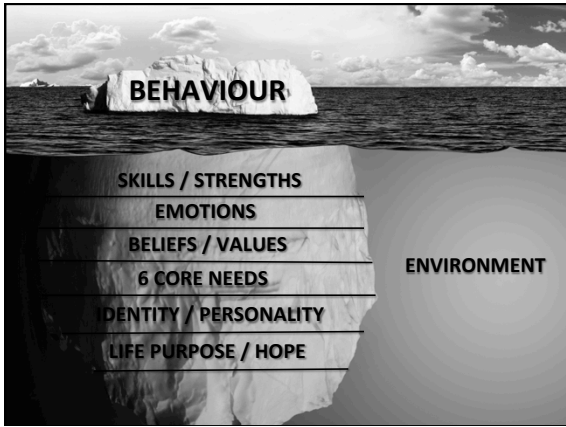
Judgment Free Zone

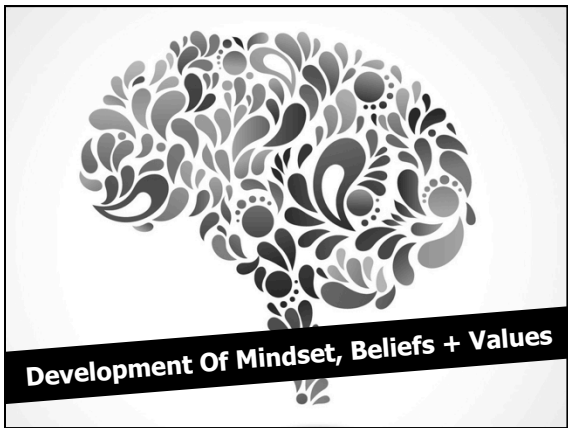
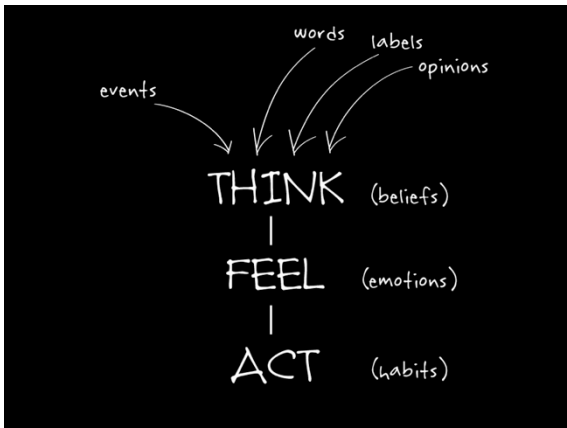
Young people are not their behaviours.

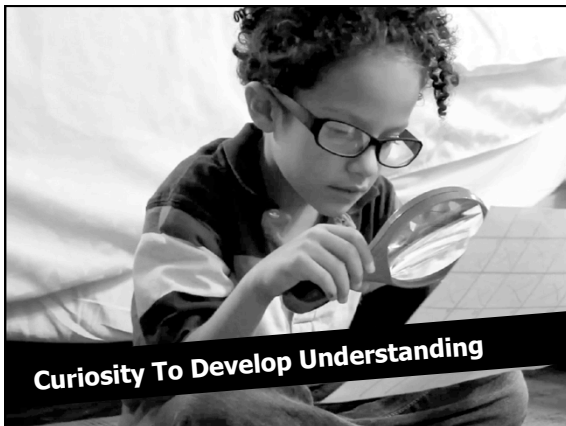
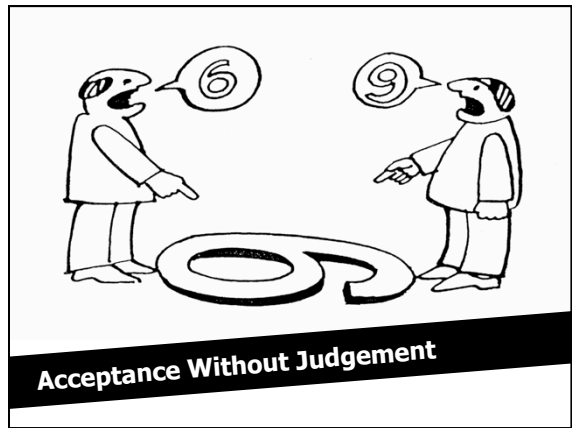
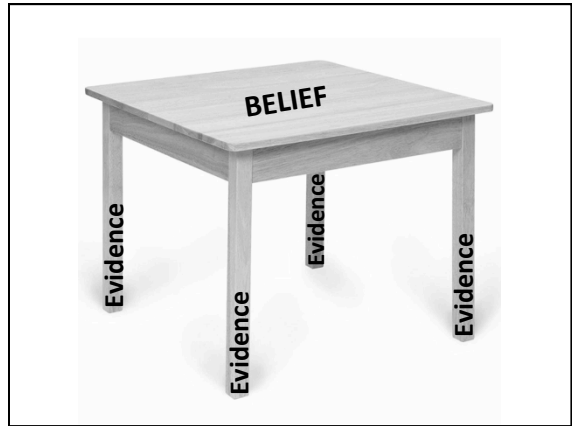
*They are not a problem to be solved,
Or an issue to be fixed,
But they are human beings who are unique,
valuable and on a journey of discovering who
they are, where they fit and what they have
to offer.*

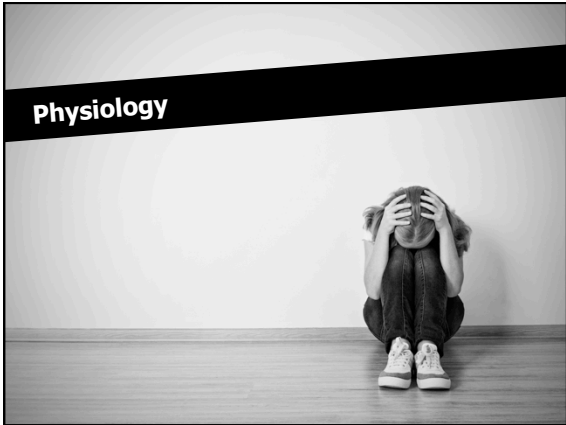
Young People Are Gold













1. Relationship is #1

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!



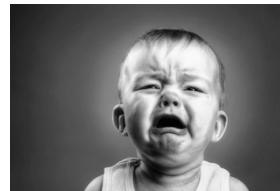
- Relate on a personal level
- Take interest in things that interest your students
- Fight for connection over correction
- Remember the 3 fears
- Need for Love + Connection



2. Manage Yourself

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

3. Tune In



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.

4. Reward The Positive

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

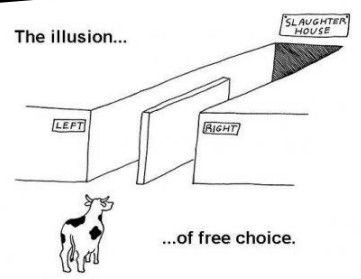
How can we use game dynamics in the classroom for greater motivation and engagement?



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


5. Empower With Choice

The illusion...



Empower With Choice

Empowering students with choice helps to avoid power struggles and gives the young person an opportunity have some ownership over their challenges and creating solutions.



- Capability awareness
- Avoid power struggles
- Solution oriented approach
- Take responsibility
- Feel empowered
- Improve self belief + self esteem



6. Re-frame Success

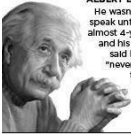
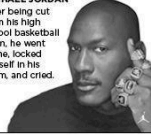


Redefine Success and Failure

A student's definition of success and failure will play a huge role in helping them or hindering them to grow their capacity and discover their true potential.



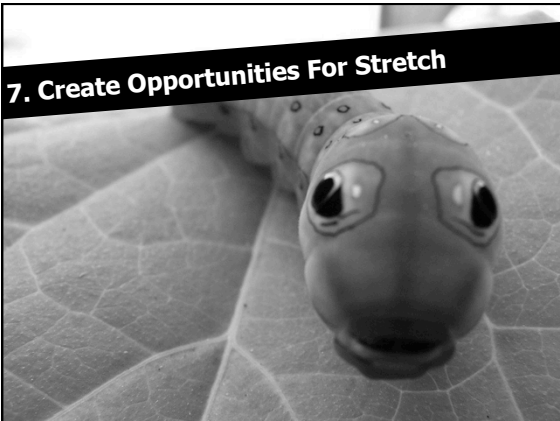
- "REAL Success"
- Failure leads to success
- Capability – Confidence Continuum

FAMOUS FAILURES

| | |
|---|--|
|  <p>ALBERT EINSTEIN He wasn't able to speak until he was almost 4-years-old and his teachers said he would "never amount to much"</p> |  <p>MICHAEL JORDAN After being cut from his high school basketball team, he went home, locked himself in his room, and cried.</p> |
|  <p>WALT DISNEY Fired from a newspaper for "lacking imagination" and "having no original ideas."</p> |  <p>STEVE JOBS At 30-years-old he was left devastated and depressed after being unceremoniously removed from the company he started.</p> |

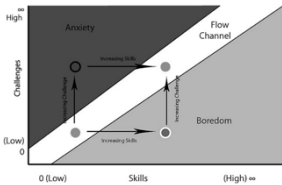
Failure Leads To Success – 4 F's

7. Create Opportunities For Stretch



Struggle Develops Strength

As a student works through a struggle it develops their confidence and their capacity to do it again, building their resilience and their self belief.



- Break the comfort zone boundaries
- Growth requires stretching
- Set stretch goals – based on past performances
- Acknowledge and praise stretch and the journey
- Use choice and questioning

Mihaly Csikszentmihalyi, Flow Channel. Adapted from 1988 Flow: The Psychology of Optimal Experience

