

POWER UP WEEKLY

"GRATITUDE HELPS US SEE WHAT IS THERE INSTEAD OF WHAT ISN'T."

DURING THE MONTH OF NOVEMBER WE WILL FOCUS ON DEVELOPING GRIT, AN ATTITUDE OF GRATITUDE, AND A CONTINUATION OF JENSEN'S TIPS.

CONGRATULATIONS TO TAYLOR MOWERY AT ROCHELLE SCHOOL OF THE ARTS, WINNER OF THE INFLATABLE LOUNGER! BE SURE TO ANSWER THIS WEEK'S QUESTION TO THE ENTER THE CONTEST TO WIN _____.

~OFFICE OF ACCELERATION & INNOVATION

JENSEN'S 10 MOST EFFECTIVE TIPS FOR USING BRAIN-BASED TEACHING AND LEARNING

IT'S CONFIRMED: SOCIAL CONDITIONS INFLUENCE OUR BRAIN IN MULTIPLE WAYS WE NEVER KNEW BEFORE.

SOCIOLOGY IS GUIDED BY THE JOURNAL OF SOCIAL NEUROSCIENCE. SCHOOL BEHAVIORS ARE HIGHLY SOCIAL EXPERIENCES, WHICH BECOME ENCODED THROUGH OUR SENSE OF REWARD, ACCEPTANCE, PAIN, PLEASURE, COHERENCE, AFFINITY AND STRESS. IN FACT, POOR SOCIAL CONDITIONS, ISOLATION OR SOCIAL "DEFEAT" ARE CORRELATED WITH FEWER BRAIN CELLS! NOBODY KNEW THIS OCCURRED FIVE OR TEN YEARS AGO.

PRACTICAL SCHOOL APPLICATION: DO NOT ALLOW RANDOM SOCIAL GROUPINGS FOR MORE THAN 10-20% OF THE SCHOOL DAY. USE TARGETED, PLANNED, DIVERSE SOCIAL GROUPINGS WITH MENTORING, TEAMS AND BUDDY SYSTEMS. WORK TO STRENGTHEN PRO-SOCIAL CONDITIONS. TEACHER-TO-STUDENT RELATIONSHIPS MATTER, AS DO STUDENT-TO-STUDENT RELATIONSHIPS.

Citations: Champagne FA, Curley JP. (2005) How social experiences influence the brain. *Curr Opin Neurobiol*. Dec;15(6):704-9. R. M. Sapolsky (2005) The Influence of Social Hierarchy on Primate Health Science, April 29; 308(5722): 648 - 652. Yap, J. Yap, J. (2006) *Behavioral Brain Research*. Sept 25; 172(2):344-50

How to Start a Gratitude Journal & Why You Need One

Have you ever heard of a gratitude journal? A gratitude journal is a place you write down things you are thankful for. Gratitude journals are great for those of us that don't have a lot of time to devote to long journal entries. If you are curious about how they can help you, here how to start a gratitude journal and why you need one.

WHY YOU NEED A GRATITUDE JOURNAL

It helps you find gratitude on days where it seems hopeless - Hopeless feelings are hard to overcome, but if you are able to see things you are grateful for, even if they seem small at the time, you will start to develop a more positive attitude about life.

It helps banish negativity -

When we focus on positives more than negatives, we will naturally start to become more positive in our thinking and processing.

It helps with goal setting and seeing progress - If you want to get to a place of positivity or see a goal come to fruition, a journal can help you look back and see it happening.

HOW TO START A GRATITUDE JOURNAL

Get a notebook that you will love writing in - One of the best ways to make a habit like this something you want to do is by making it fun at first. For many of us, that means getting a crisp new notebook or even a nice leather-bound journal to start the journey in. **Be consistent in writing in your journal and make it a habit** - They say it takes 30 days to form something into a habit. Try setting aside a scheduled time each night before bedtime to write in your journal. If you have a hard time remembering, set an alarm on your phone. **Try to be as specific as possible when writing** - When you write down each thing you are grateful, try to be descriptive on the 'whys' when it comes to your feelings of gratitude.

Write at least 3 things you are grateful for each day - It may be hard at first, but try to at least write 3 things you are grateful for every time you make a new entry in your journal. This helps you think about your world around you in a more complex way.

If you are not willing to learn, no one can help you.

If you are determined to learn, no one can stop you.

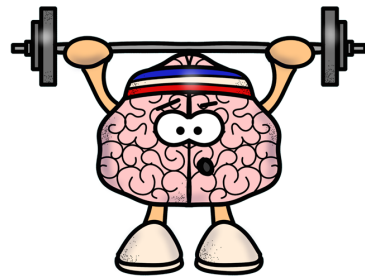
FOSTERING GRIT IN THE CLASSROOM

TEACHABLE MOMENTS: IF YOU'VE BEEN TEACHING FOR MORE THAN 10 MINUTES, YOU'VE LIKELY TAUGHT SOME TRICKY CONTENT THAT REQUIRES MULTIPLE EXPLANATIONS. AS YOU SCAN THE ROOM, YOU SEE THEIR FRUSTRATION. YOUR STUDENTS ARE DESPERATELY TRYING TO HANG ON, BUT IT LOOKS AS THOUGH A FEW STUDENTS ARE READY TO LET GO OF THE ROPE. THE LIGHT IN THEIR

EYES GETS DIM AND MAY EVEN TURN OFF COMPLETELY. THEIR FRUSTRATION TOLERANCE GETS SURPASSED AND ITS AN UPHILL BATTLE TO REGAIN THEIR ATTENTION. USE THESE MOMENTS TO YOUR ADVANTAGE. **MAKE AN EXAMPLE OF THE PRESENT SITUATION.** STOP THE LESSON COMPLETELY AND FORGE A NEW PATH. FOR IMPACT, I MIGHT EVEN STOP THE LESSON MID-SENTENCE AND WRITE THE WORD "GRIT" ON THE BOARD. THEIR CONFUSION WILL NOW BE A RESULT OF THE SURPRISE HALT IN THE LESSON IN LIEU OF THE DIFFICULT CONTENT YOU WERE TEACHING. **BAM! NOW YOU HAVE THEIR ATTENTION!** FOLLOW UP BY ASKING STUDENTS WHAT THEY KNOW ABOUT GRIT. HOW IS GRIT RELATED TO GROWTH MINDSET? WHAT DOES IT LOOK LIKE? HOW DOES IT FEEL? WHAT DOES IT SOUND LIKE? AT THE CONCLUSION OF THIS DISCUSSION, STUDENTS WILL BE MORE WILLING TO GIVE THE LESSON ANOTHER SHOT. REMEMBER THAT GRIT IS NOT ABOUT COMPLETING THE TASK SUCCESSFULLY, BUT RATHER EMBRACING THE PROCESS WITHOUT GIVING UP.

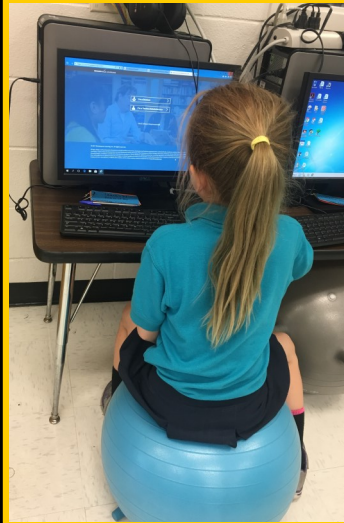
CREATE A GRIT BOARD: EXHIBITIONS OF GRIT ARE ALL AROUND US. IDENTIFYING AND LABELING EXAMPLES OF GRIT IN LITERATURE, WORLD EVENTS, AND REAL LIFE SITUATIONS WILL SERVE TO ESTABLISH WORKING MODELS THAT STUDENTS CAN USE TO COMPARE THEMSELVES. CREATE A WALL OR BULLETIN BOARD WHERE STUDENTS CAN JOT DOWN THOSE EXAMPLES AND POST THEM. STICKY NOTES OR INDEX CARDS SHOULD BE READILY ACCESSIBLE FOR STUDENTS TO PIN ON THE BOARD. DON'T FORGET TO ALLOW THEM TO USE EXAMPLES FROM THEIR OWN FAMILY, FRIENDS, OR CLASSMATES. IDENTIFYING, DISCUSSING, AND LABELING EXAMPLES OF GRIT IN THE REAL WORLD CAN SURELY SERVE AS A POWERFUL STRATEGY FOR MODELING THIS CONCEPT FOR STUDENTS.

The BRAIN is like a Muscle



Your brain gets **STRONGER** when you embrace challenges!

Movement in the Classroom



In my first grade classroom movement is a NECESSITY- for me and my students. We love to use movement when working with our high frequency words of the week. We clap, stomp, jump to the syllables in our words. Partner work is a must, it's fun to work with others and they get to move to new places in the classroom so they are not just sitting at their desk all day. We takes brain breaks using GoNoodle when we need a quick break. GoNoodle also has "calm down" videos that we

like to do before we take tests. Students have flexible seating options in the room, giving them opportunity to wiggle and bounce as they learn. You can catch us singing songs and performing for others too! ~Taylor Mowery, Rochelle School of the Arts

YOUR CHANCE TO WIN! SEND AN EMAIL TO: OAI@POLK-FL.NET

PLEASE RESPOND TO THE FOLLOWING STATEMENT:

HOW DO YOU DEMONSTRATE AN ATTITUDE OF GRATITUDE IN YOUR CLASSROOM AND SCHOOL SITE?