

POWER UP WEEKLY

"THE WAY TO DEVELOP THE BEST THAT IS IN A PERSON IS WITH APPRECIATION AND ENCOURAGEMENT." CHARLES SCHWAB

WELCOME BACK! WE HOPE YOU HAD A RESTFUL AND RESTORING WEEK. WE CONTINUE WITH OUR JENSEN'S TIPS AND CONCLUDE OUR GRIT AND GRATITUDE SECTION THIS WEEK.

CONGRATULATIONS TO ADRIENNE GRIFFIN OF BLAKE ACADEMY, WINNER OF THE JOURNAL. BE SURE TO ANSWER THIS WEEK'S QUESTION TO WIN A 2018 OFFICE BUNDLE.

~OFFICE OF ACCELERATION & INNOVATION

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

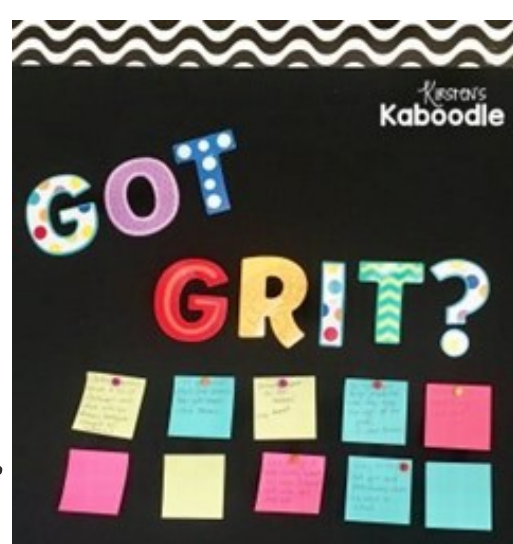
CHRONIC STRESS IS A VERY REAL ISSUE AT SCHOOLS FOR BOTH STAFF AND STUDENTS. RECENT STUDIES SUGGEST 30-50% OF ALL STUDENTS FELT MODERATELY OR GREATLY STRESSED EVERY DAY. ACUTE AND CHRONIC STRESS IS EXPLORED IN THE JOURNAL STRESS, THE INTERNATIONAL JOURNAL OF STRESS MANAGEMENT, THE JOURNAL OF ANXIETY, STRESS AND THE JOURNAL OF TRAUMATIC STRESS. IN SOME SCHOOLS, THE NUMBERS ARE DOUBLE THAT! FOR THOSE FROM POVERTY, THE NUMBERS CAN BE HIGHER. THESE PATHOGENIC ALLOSTATIC STRESS LOADS ARE BECOMING INCREASINGLY COMMON AND HAVE SERIOUS HEALTH, LEARNING AND BEHAVIOR RISKS. THIS ISSUE AFFECTS ATTENDANCE, MEMORY, SOCIAL SKILLS AND COGNITION. SOME STRESS IS GOOD, CHRONIC OR ACUTE STRESS IS VERY BAD FOR BEHAVIOR AND LEARNING.

PRACTICAL SCHOOL APPLICATION:

TEACH STUDENTS BETTER COPING SKILLS, INCREASE STUDENT PERCEPTION OF CHOICE, BUILD COPING SKILLS, STRENGTHEN ARTS, PHYSICAL ACTIVITY AND MENTORING. THESE ACTIVITIES INCREASE SENSE OF CONTROL OVER ONE'S LIFE, WHICH LOWERS STRESS. ALL OF THESE CAN REDUCE THE IMPACT OF STRESSORS.

FOSTERING GRIT IN THE CLASSROOM 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.



8 Ways to Foster Gratitude in Your Students

1. Draw students' attention to the positive things that happen.

Children learn by example. The more they hear you express gratitude, the more naturally they will express gratitude themselves. Include gratitude in daily conversations by focusing on the small wins that occur. If we make it part of our regular classroom routines to celebrate the little things, children will learn to do the same.

2. Thank students for their efforts, both verbally and with compliment slips.

Another way to model gratitude is to sincerely thank students for their hard work and cooperation. A genuine compliment from a caring teacher is something that a child might never forget. It doesn't have to be just a verbal affirmation: you can also acknowledge good deeds by giving out compliment slips.

3. Give kids ownership of and responsibility for the classroom.

Giving your students classroom jobs and other responsibilities will show them that things don't magically get done on their own. Not only are these strategies great learning opportunities for kids, but they will also teach students to empathize and collaborate with you as they participate in all the hard work behind the scenes.

4. Build a newfound appreciation for basic necessities by having students create them from scratch.

Nothing makes you more grateful for your food than growing it yourself. Let students experience the hard work that goes into caring for a small garden in a classroom greenhouse or school yard. Or, have students attempt to knit a scarf or follow a clothing pattern to make a shirt.

5. Read books about gratitude.

One of the simplest ways to start teaching kids the concept of gratitude is by reading aloud stories with gratitude as their theme. You can integrate these texts right into your ELA curriculum.

6. Find a creative way to keep a class gratitude journal.

Every week (or everyday, if you prefer,) ask your students to write about one thing they are grateful for. Not only does this give them time to think about the things they should be thankful for, but it provides a meaningful way to practice their writing skills. I've also done a shared class gratitude journal where one student is responsible for writing something they're grateful for each day during dismissal, and we read it together at the end of the month.

7. Perform a gratitude visit (write a letter to someone they've never thanked.)

Have students write a letter to someone who has helped them, but whom they never previously thanked.

8. Give students an opportunity to make a difference for the less fortunate.

Children often have no idea about the world outside of their small community, and I've found they are deeply touched when given the chance to explore what life is like for other people. Sharing books and internet resources about life in developing nations allows children to see their privilege in a whole new light. Encourage students to find ways to use the skills you've taught them to meet a need in the world, from helping kids who live in poverty to making a difference for those affected by natural disasters. Students can practice math, reading, and writing skills through fundraisers and partnerships with charities. You can make these efforts a year-long project that students devote just an hour or two each month.

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

PLEASE RESPOND TO THE FOLLOWING STATEMENT:

HOW DO YOU TEACH STUDENTS TO HAVE AN ATTITUDE OF GRATITUDE AND A HEART OF THANKFULNESS?