

POSITIVITY - YOUR SELF-HELP GUIDE



## WHEN YOU WAKE UP IN THE MORNING ARE YOU HAPPY TO GO TO WORK BECAUSE YOU LOVE YOUR JOB?



LOW SCORE 0-4: When you wake in the morning, check out your positivity level before your feet even hit the floor. If it's low, think how can I boost this? Music, a cup of tea, brisk ten-minute exercise, taking some deep breaths in the garden or even a sing in the shower might help.



MID SCORE 5—7: notice during the day when your positivity is high and when you feel it lower. You could record these results to find any patterns. Starting the day in a happy state will usually mean that your day will go better and people you work with will be happier from the ripple effect.



HIGH SCORE 8-10: super happy, skipping into work. Do you have a personal anthem? If not, find one! Smile and share that positivity - it could make someone's day.





### HOW MUCH DO YOU CARE ABOUT YOUR COLLEAGUES?



LOW SCORE 0-4: some people we work with can suck our positivity. However, we can also be the lemon sucker when we don't like someone or hold a grudge for something they borrowed and never returned. Think of others a little more. Start small with simple smiling and greeting everyone in your workplace with 'Good morning'! Anika is a great example here.



MID SCORE 5-7: as you feel more positive you may want to leave treats on desks or write notes to members of staff who make a difference. Or bake something tasty like Suzanne does. Start to look for the good in your colleagues and see them as people just like you- with problems just like you.



HIGH SCORE 8-10: you may like to start a positivity board where people make positive comments about other members of staff. Organise a tea party during a staff meeting or look for companies to give freebies for staff - everyone loves free pens! Steph does this brilliantly - ask her how.





#### DO YOU OFTEN LAUGH AND ENJOY LEARNING WITH THE CHILDREN YOU TEACH?



LOW SCORE 0-4: laughter has so many health and well-being benefits. What is it about teaching and learning with children that you don't enjoy and how can you change that? Thriving, happy children are more successful, and when your group thrive the data will speak for itself.



MID SCORE 5-7: if it's the curriculum itself that limits this then inject some positivity factor. We all teach to the curriculum, but we can inject our personality into the day. Maria is a fabulous example of this. Observe her.



HIGH SCORE 8-10: keep doing what you are doing. Share laughter with your colleagues and start a ripple effect.







## WOULD YOUR COLLEAGUES AND YOUR PUPILS, IF ASKED, SAY YOU WERE A POSITIVE PERSON?



LOW SCORE 0-4: think about what stops you feeling positive. Lots of people in school are teaching with sensational results and still maintaining a positive ethos within their classroom. Observe them. Have a chat. Find out how Julie does this so brilliantly.



MID SCORE 5-7: before you start work in the morning ask yourself what would you love to be able to say at the end of the day when someone asks you how your day has been. What do you need to do during the day to make that response happen?



HIGH SCORE 8-10: why not ask your class/colleagues what they think makes you a positive person and share the results. Encourage and inspire others. Maximise those brain chemicals!





#### HOW DETERMINED ARE YOU TO IMPACT ON STANDARDS BY MAINTAINING A POSITIVE CLASSROOM ETHOS?



LOW SCORE 1-4: what's stopping you? Consider the benefits of positivity. Always start with your own positivity and infect others in the process. Lisa and Trish are great in this area - ask them what they do.



MID SCORE 5-7: to increase your positivity your classroom ethos could include more positivity techniques. Ask the children, what more could you do? Stacey has some great ideas about working with individuals. Ask her.



HIGH SCORE 8-10: how can you impact on other staff members and encourage them to generate more positivity? Is a colleague struggling? Offer to help.





#### DURING THE WORKING DAY HOW HARD DO YOU TRY TO MAINTAIN A POSITIVE MOOD?



LOW SCORE 0-4: maybe you moan a great deal because you feel helpless. Have you tried magic wand therapy? Lucy is our expert here and can even supply the wand. What lifts your mood? Why not get a positivity buddy to encourage you - positivity is better in twos.



MID SCORE 5-7: identify what sucks your positivity. Can you find a solution for this? Ask a positivity buddy for advice.



HIGH SCORE 8-10: you know maintaining positivity is daily work and you do it. Check out your team. Do they need a positivity buddy? Helping others releases positive hormones into your brain and makes you feel even better. Remember to say thank you to those who help you to be so positive.





# AT THE END OF THE WORKING DAY WOULD YOU SAY, 'I'VE DONE A GREAT JOB TODAY'?



LOW SCORE 0-4: repeat 'I've done a great job today' to your positivity buddy or yourself as you leave work every day for a whole month. Remember the effect of positive words on the brain. Tell Adam, Kaitlin or Lucy. They would love to know.



MID SCORE 5-7: appreciate the work you do more. At the end of each day, write or speak to your positivity buddy about two things that went well today. Just talking about it will boost positivity hormones. Stay positive.



HIGH SCORE 8-1 0: you know you do a great job, so why not record for a whole month the differences you make daily. Have a shout-out board at home or in the classroom that you write on daily or you could have a journal. This way you can see how much you achieve in a month. Celebrate yourself!





### DO YOU THINK YOU MAKE A DIFFERENCE DOING YOUR JOB?



LOW SCORE 0-4: often we feel like we don't because no one ever tells us what we do right. When they do, we dismiss it. Start to tell others: 'I love what you did with that board/child/lesson/parent', etc. If you don't feel confident to say it, then write it on a post-it note. Praising others will help you to feel more positive.



MID SCORE 5-7: you need more appreciation too, so start with some self-appreciation. Look at your strengths, appreciate them and do them more often. Change your speech to 'I'm really good at...' Take more time to share positive results with others. Self-love is the way.



HIGH SCORE 8-10: make sure you are not being overly positive and being too much of a giver, leaving little energy for you or your life. Often when we score high, our self is the last person we think of. Reward your high score with some time out. Book a treat time just for you - it could be as simple as a bubble bath.





## HOW FLEXIBLE ARE YOU TO CHANGES AT WORK?



LOW SCORE 0-4: change may feel uncomfortable, but instead of reacting negatively why not take some time to think about what's being asked? If you are not sure of why something is happening ask. Even a quick deep breathe in a cupboard will make a situation seem clearer. Then, just go with it. You have got this!



MID SCORE 5-7: are you resisting change because it interferes with your routine? Do you moan about change instead of telling the person making the change what your concerns are? Have you tried magic wand therapy? If in doubt - ask. You are always welcome to do so.



HIGH SCORE 8-10: you're like a chameleon to change and this is a brilliant skill. Positivity increases your resilience and confidence to have a go. How can you use your skill to help others? Elaine has incredible skills with managing change. Talk to her.





## DO YOU SEE LEARNING IN THE MISTAKES YOU MAKE AND THEN ACT ON IT?



LOW SCORE 0-4: don't beat yourself up. Everyone makes mistakes. Mistakes are learning opportunities and no-one is perfect. Many great people failed many times. It's not the mistake you make that matters. It is how you learn from it.



MID SCORE 5-7: are you focused on your weaknesses and unaware of all your strengths? Have the mistakes you made been disastrous? Your challenge is to grow the self-confidence to admit your mistakes and look for and enjoy the learning.



HIGH SCORE 8-1 0: can you admit a mistake as well? Sharing your mistakes or down days plus learning can inspire others. Also seeing the humour with a positivity buddy will make any mistake soon turn into learning and laughter. Sam Ham is our resident expert at seeing the funny side here. Talk to him.

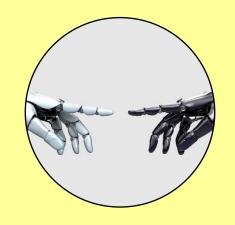


### NEXT STEPS:



**FUTURE:** 

WHAT DO YOU
NEED TO DO TO
ACHIEVE
POSITIVITY?



ENGAGE:

WHO CAN HELP?



DELIVER:

WHAT WILL YOU DO TO MAKE IT HAPPEN?