

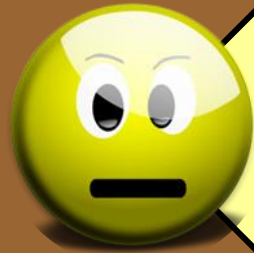
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**WHEN YOU WAKE UP IN THE MORNING
ARE YOU HAPPY TO GO TO WORK BECAUSE
YOU LOVE YOUR JOB?**



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.



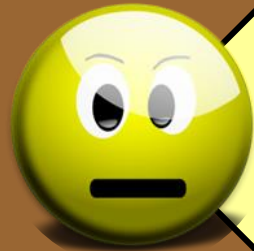
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HOW DETERMINED ARE YOU TO IMPACT ON STANDARDS BY MAINTAINING A POSITIVE CLASSROOM ETHOS?



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.



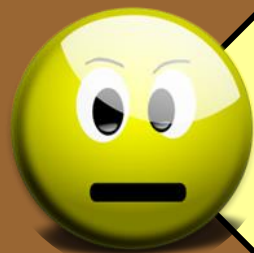
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DO YOU THINK YOU MAKE A DIFFERENCE DOING YOUR JOB?



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.

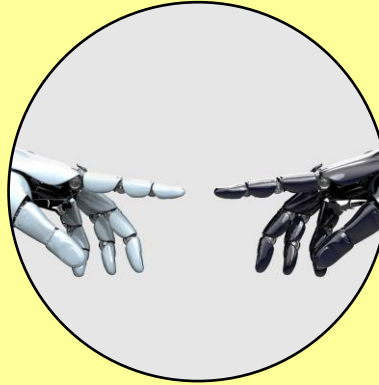


NEXT STEPS:



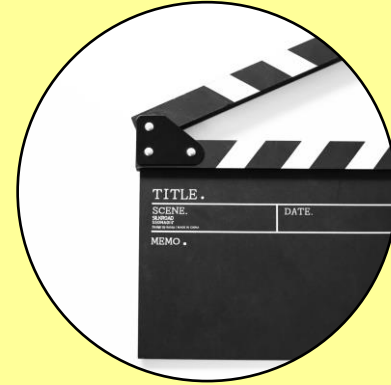
FUTURE:

WHAT DO YOU
NEED TO DO TO
ACHIEVE
POSITIVITY?



ENGAGE:

WHO CAN HELP?



DELIVER:

WHAT WILL YOU
DO TO MAKE IT
HAPPEN?

