

Lesson Plan for teachers



Development of Emotional Skills of Students

POSITIVE ATTITUDE

TOOL 1

Activity for students in class

Name of the Tool

The Positive Circle

Objectives of the Tool

“The positive circle” tool aims to foster positivity in the classroom and make it a habit to pay compliments to each other. The goal is not to avoid anyone and to teach students to give and to receive compliments. This way the teacher creates a positive attitude in the classroom, where students accept and respect each other.

Connection of the activity to the skill

“The positive circle” is a tool that effectively builds self-esteem in students. When children grow up, it is very important for their emotional growth how they value themselves. Often their attitude towards themselves but also to peers is very difficult. It is proven, that it is easier to name 10 negative aspects of oneself than positive ones.



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Unfortunately, the human brain tends also to remember only the negative comments or insults we hear from our peers. Therefore, this tool is designed to focus on the positive things and to find a good thing to say about every single classmate. This fosters a positive attitude.

Outcomes

The main outcome of this tool is the raised self-esteem of students and a positive feeling after hearing a compliment about themselves from another peer. If the activity is being repeated regularly, the positive attitude of all students to each other will be higher and students will learn to pay compliments to each other more often.

Introduction of the Tool

This tool is based on mainly on giving and receiving compliments to each other. Students must understand how important compliments are and how much they can change the self-esteem of their peers for the better. The idea of the tool is to sit in a circle and to pay each other compliments. Most importantly, the tool is designed in a way that no students can be skipped or overlooked.



Required time

The timing of this tool depends on the number of students you have in the class. However it is not a long activity. In total, it shouldn't be longer than 15-20 minutes.

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It can be repeated once a week or once a month to foster positivity on a regular basis and to build better relationships between students.

Resources, material needed

For this tool you don't need any extra material because it's a talking exercise where you sit in a circle and pay compliments to each other without any worksheets, cards or materials to write down anything. Therefore the tool can be implemented online as well. To make the process easier for the students you can prepare a set of sentence starters. Here are some examples:

- „I like your...”
- „You have a nice...”
- „I think you are...”
- „You were a good friend when...”
- „I like how you...”
- „It was nice of you to...”

Tips for implementation of the tool by teacher

1. **Step 1:** Sit with all the students in a circle on the floor.
2. **Step 2:** You (the teacher) can start in order to give an example. Choose a random student and pay him/her a compliment.
3. **Step 3:** This student should say “thank you”, make a gesture of “thumbs up” and hold it until the end of the activity. This way everyone sees, who has already received a compliment and who is still waiting for his/her turn.
4. **Step 4:** The same student chooses another student and pays him/her a compliment. The second student does the same gesture and chooses another student.
5. **Step 5:** Do this until everyone has received a compliment, including yourself.

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- 📍 **Step 6:** After the activity, ask the students how they felt receiving a compliment and talk about the impact

Age group most suitable for the tool implementation

The tool is foreseen for every age group because on all stages of life it is important to focus on the positive aspects in people, to see the good in them and acknowledge it by paying them compliments.

Suitability of the tool (possible issues, offline/online implementation, adjusting the tool for specific environments, students with special needs, etc.)

This tool can be implemented both, online and on-site.

It is suitable for all students because it doesn't involve any manual work. If for a reason it is impossible for a student to make the required gesture, he/she can indicate their turn in a different way, for example by smiling or changing their position.

It can be implemented online as well, where you can use available functions or digital tools on video communication platforms to indicate who has received a compliment already, for example through the function "thumbs up".

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Development of Emotional Skills of Students

POSITIVE ATTITUDE

TOOL 2

Activity for students in class

Name of the Tool

Gratitude Journal



Objectives of the Tool

The “Gratitude Journal” aims to develop the skill of positive thinking and a positive attitude in students in general. Thanks to the regularity of the tool, the objective of having a positive attitude every day is an ongoing process. The goal is therefore to stay positive and find things to be grateful for every day.

Connection of the activity to the skill

Positive thinking or in general having a positive attitude can be trained in various ways. A person/student cannot learn to be positive in one single lesson. It must be an ongoing process in order to train and maintain a positive attitude. That’s why this tool is therefore a great way to focus on the things we are grateful for.

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A positive attitude is not only about focusing on the good experiences but also on the impact and development in after experiencing something difficult. We should be grateful for all our experiences in life. This approach will consequently foster a positive attitude in us.

Outcomes

The main outcome of this tool is the individual initiated journal which will be continued by all students at home or at a specific time in the week/month again together in the class.



The further learning outcome is the development of reflexive skills and the fostering of maintaining a positive attitude all the time by seeing a benefit in both positive and negative experiences.

Introduction of the Tool

This tool is based on the initiation of a gratitude journal, as the name of the tool says. It can be a powerful tool, which can be used by all age groups in all classes as an individual reflective exercise. The gratitude journal is recommended by many psychologists, therapists and professional educators. It boosts self-esteem and the feeling of acknowledging all good things in life but also the negative experience which are strengthening our character. It can be implemented in many different ways according to the age of your students.



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Required time

The timing of this tool takes around 30 minutes including the introduction of the tool, the explanation, the implementation and the reflection afterwards.

Resources, material needed

All students will need an empty notebook or journal where they could write in on a regular basis. In order to initiate this activity, you can prepare a worksheet or empty paper sheets where they could write down what they are thankful for.

This is a helpful list of aspects to be grateful for in different age groups:

- A person in school/at home who I am grateful for is...
- A game I enjoy and am thankful for is...
- My favorite part of this day/week was...
- ... made me smile today/this week.
- Something I learned today was...
- The experience of... taught me that...

Tips for implementation of the tool by teacher

- 📍 **Step 1:** All students should bring an empty notebook of their choice where they will be able to write in every day.
- 📍 **Step 2:** Ask students to think and write down what they are thankful for in general. To help them fulfill this task, you can ask them to list 5 persons, some events (big or small) in their life, a toy/game or place they are thankful for. Ask what else you could be grateful for. Let them be creative.

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- ♥ **Step 3:** After finishing this step, ask the students to read aloud what they are grateful/thankful for if they want to.
- ♥ **Step 4:** Give instructions to your students, to repeat this step every evening or every weekend in order to reflex on what happened this day/week and to acknowledge the good and bad things that happened and to analyze how those events helped them and in what way.
- ♥ **Step 5:** In a brainstorming session you can write down a list of aspects they could be thankful for.

Age group most suitable for the tool implementation

The tool is foreseen for every age group because on all stages of life, people have different goals and dreams so it can be adjusted to the situation and stage of the students.

Suitability of the tool (possible issues, offline/online implementation, adjusting the tool for specific environments, students with special needs, etc.)

The practical implementation of this tool can depend on the level of your students – If they are very young, they can draw instead of writing down what they are thankful for.

This tool can be implemented both, online and on-site. The tool can be done online on laptops to be more ecological and avoid buying another notebook.

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