

Psych Bytes



Power Up! Be a Positive Charge

School Psychology Awareness Week (SPAW) is Nov. 13-17

As professionals in education we are making a commitment to “Power Up!” as a source of energy and inspiration for our students and families. The simple goal of the week is to illuminate the many ways that thoughtful action leads to positive outcomes for students, staff, and the school community at large. The theme for this year’s School Psychology Awareness Week, “Power Up! Be a Positive Charge,” aims to inspire all members of the school community to recognize their own capacity for positive action.

Student Activities Related to Gratitude

1

GRATITUDE LETTERS

Give students an opportunity to write a letter of gratitude to someone that has made a difference in their worlds

2

DAILY GRATITUDE

Start/end the school day with a ‘gratitude reporter’ making a statement of gratitude toward a classmate

3

GRATITUDE JOURNAL

Students write 3-5 sentences (or draw a picture!) about people and activities they are grateful for



Brainstorming

Use lightbulb picture and have students write down a way they can positively contribute to the school community

Goal Setting

Have students set a goal for specific actions they can take to be a positive charge in their lives and those of others

Daily Theme

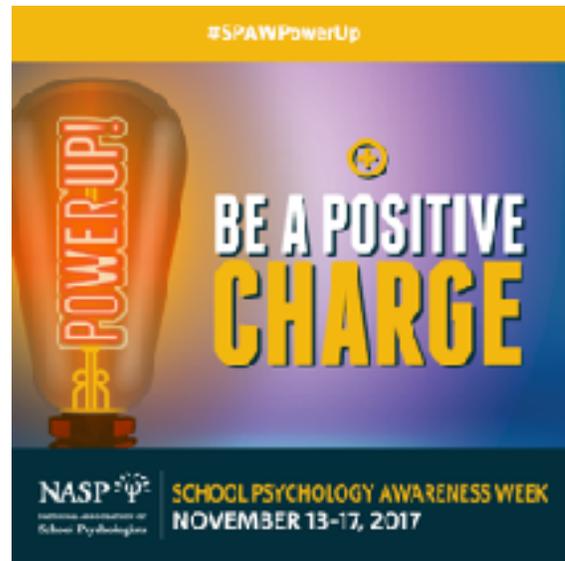
Pick a theme (i.e. greeting others, thanking others, school stewardship) to review at morning meeting for everyone to focus on for the day.

Staff Activities

Adults matter, too! As adults working in schools the job to meet all our students' needs can sometimes feel overwhelming. Here are some ideas to help you spark a positive charge for yourself and your fellow educators:

1. **Recognition:** Take time to recognize the small things your colleagues are doing to make an impact on students' lives. There is power and momentum in the small things! Consider extending this recognition to families and community members that have an impact on your students as well.
2. **Involvement:** Reach out to parents or community groups interested in organizing family-friendly events. Events could include fundraisers, homework help/tutoring, cultural activities, trainings on alternatives in discipline, trainings on completing the FAFSA, etc.
3. **Recharge:** Create a culture where you and your colleagues encourage each other to engage in activities that are enjoyable and relaxing. Taking time to 'power up' relieves stress, builds resilience, and increase optimism.

*All information taken from nasponline.org



Additional Resources for Teaching Gratitude and Resilience:

Gratitude Works Program:

<http://www.nasponline.org/research-and-policy/advocacy-tools-and-resources/school-psychology-awareness-week-2017/gratitude-works-program>

Gratitude Activities for the Classroom:

https://greatergood.berkeley.edu/article/item/gratitude_activities_for_the_classroom

Resiliency Resources:

<https://safesupportivelearning.ed.gov/resiliency-resources>

Growth Mindset Resources:

<https://www.edutopia.org/article/growth-mindset-resources>

Here's what to look forward to in December:

ADHD Resources

**Congratulations to last month's drawing winner:
*Lenette Sprunk from the ESU.***

CLICK ON THE FOLLOWING LINK TO BE INCLUDED IN OUR MONTHLY DRAWING.

<https://goo.gl/forms/yxv9MmZw4EJkqfDs1>

ONE WINNER WILL BE CHOSEN FROM OUR ENTRIES EACH MONTH.

PSYCH BYTES BROUGHT TO YOU BY . . . THE SCHOOL PSYCHOLOGISTS OF ESU 7:

ANN DUBAS, BRANDY ROSE, CASSIE PROTHMAN, HALEY STROBEL, JACKIE TERNUS, JOLYNN MESCHER, APRIL BECKER