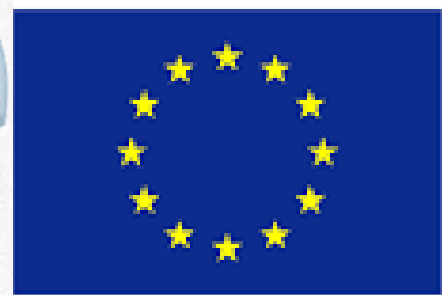


TEACHING CHARACTER: POSITIVE PSYCHOLOGY FOR EVERY TEACHER

LJUBLJANA, SLOVENIA
APRIL 2024



Erasmus+



PRIMERA COURSES
Fostering changes

TEACHING CHARACTER

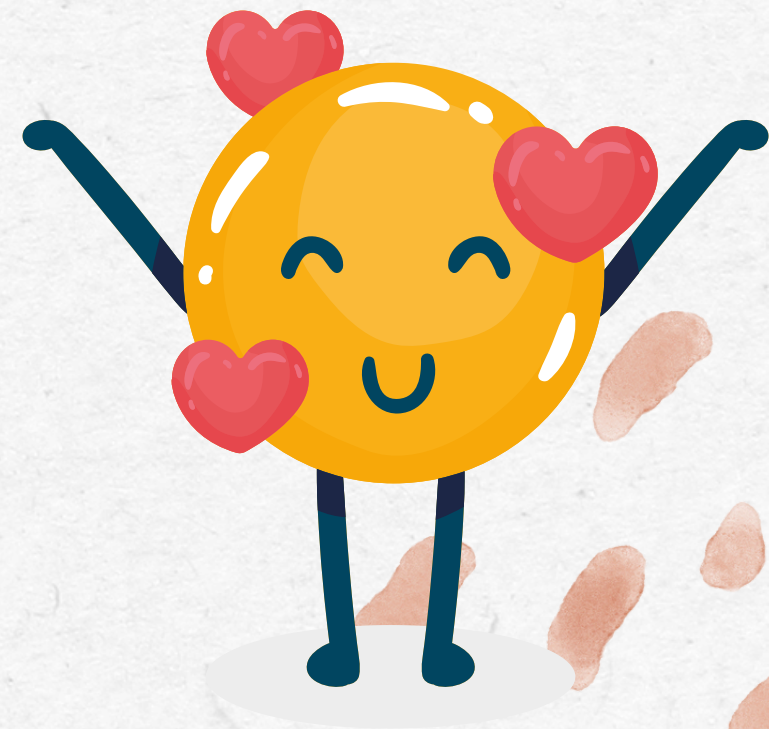
Character education includes any activities **that aim to develop desirable character traits or attributes** in children and young people.



POSITIVE PSYCHOLOGY

Is the scientific study of **what makes life most worth living.**

Focuses on the **positive events and influences in life**, including: **happiness, joy, inspiration, love, gratitude, resilience, compassion.**





CHARACTER STRENGTHS



Are **protective factors** important for our mental health.

Influenced by: **family, community, societal** and other contextual factors.

Some character strengths **can be taught** and **acquired through practice.**

STRENGTHS OF COURAGE

BRAVERY

PERSEVERANCE

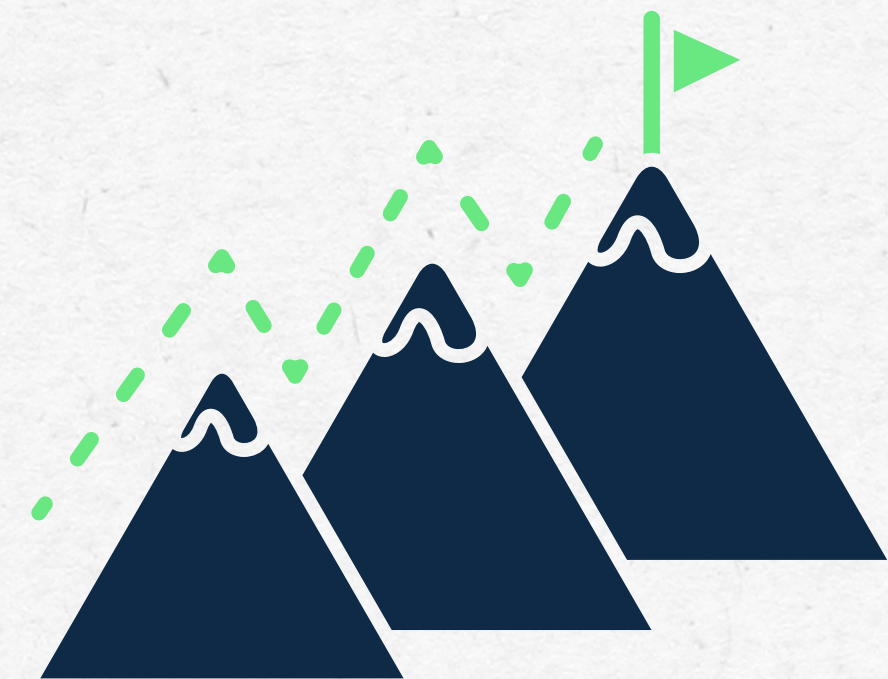
Brave

HONESTY

ZEST

zest

honest



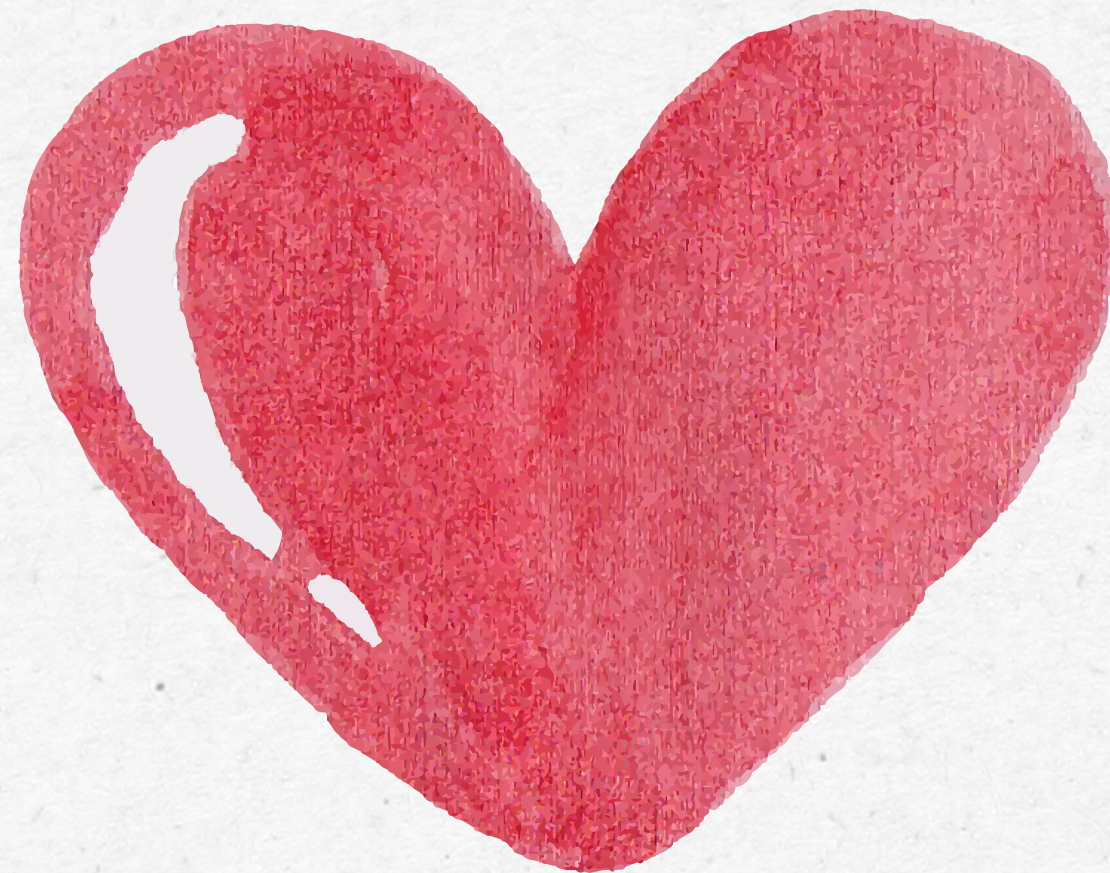
STRENGTHS OF HUMANITY

KINDNESS

Be
Kind.



LOVE



**SOCIAL
INTELLIGENCE**



STRENGTHS OF JUSTICE

FAIRNESS



LEADERSHIP

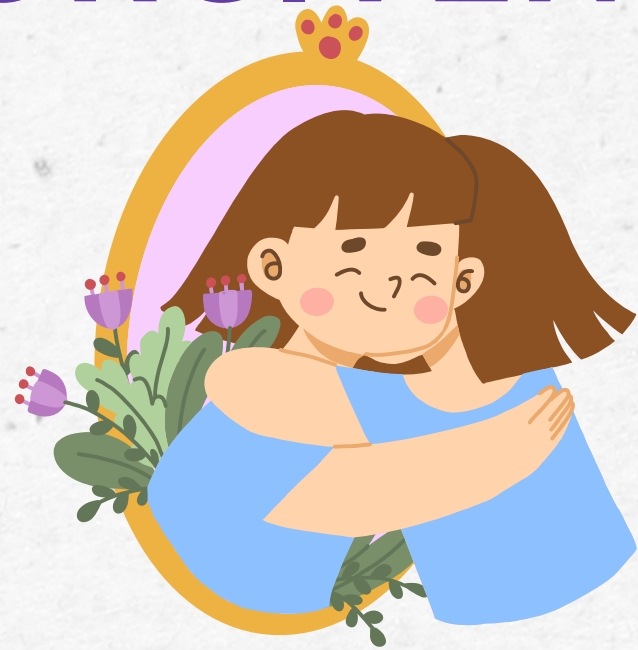


TEAMWORK

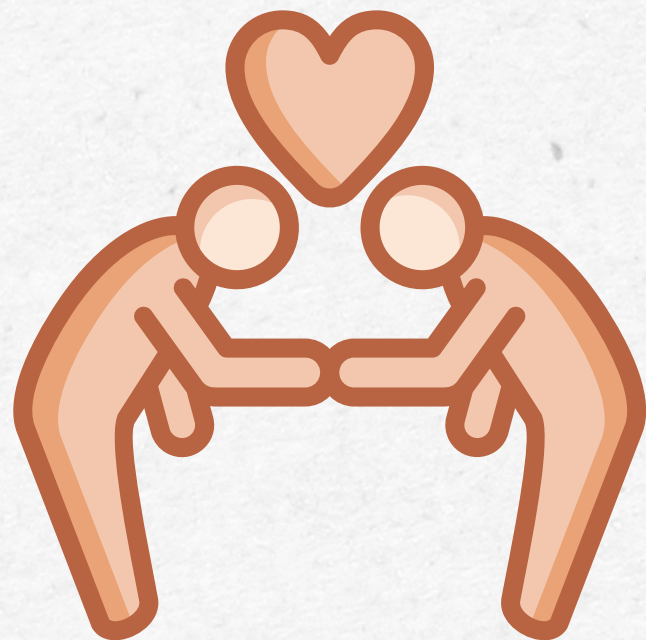


STRENGTHS OF TEMPERANCE

FORGIVENESS



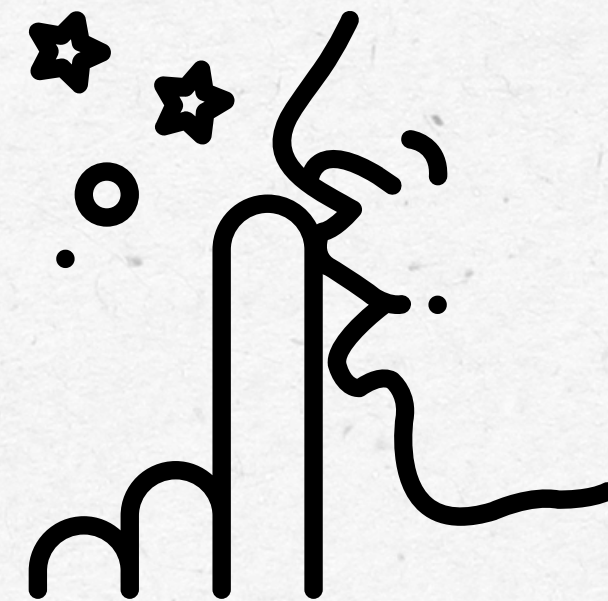
HUMILITY



SELF-REGULATION



PRUDENCE



STRENGTHS OF TRANSCENDENCE

APPRECIATION



HOPE



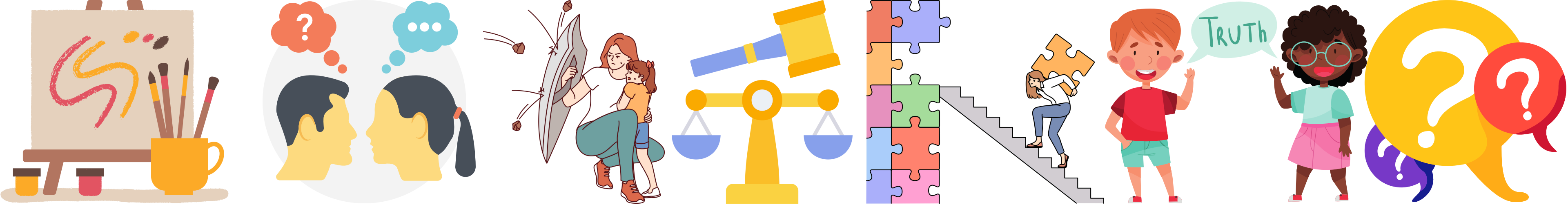
GRATITUDE



SPIRITUALITY

HUMOR





FORGIVE LOVE HOPE

CHARACTER STRENGTHS



Dream inspire Fearless



LEARN AND GROW



10 DAILY PRACTICES TO STRENGTHEN CHARACTER

1. Every night before bed, think of 3 moments or people you are grateful for.
2. Identify your top 3 strengths and find ways to bring them into your life in new ways.
3. Identify 1 strength you want to develop and make a list of practices you can do each day to strengthen it.
4. Think of people you see everyday but don't know personally.
5. Next time you are in a group setting, if you are a shy person, try to raise your hand or speak first.
6. Recognize character strengths in others and compliment them regularly.
7. Think of one of your heroes and identify the strengths you admire in them.
8. If you have an email that stressing you out, sleep on it before you send it.
9. Recognize teachable moments in real life and on screen and identify what strengths they exercise.
10. Ask people for permission to post before sharing their photo online.

Grateful

seize the day

do it for you!

5 WAYS TO CELEBRATE CHARACTER IN THE CLASSROOM

**Finding a
Strengths
Model**

**Creating a
Strengths
Superhero**

**Strengths
Family Tree**

**Secret
Strengths
Buddy**

be the best
version of
yourself 

**Strengths
in the Wild**

FIXED – GROWTH MINDSET

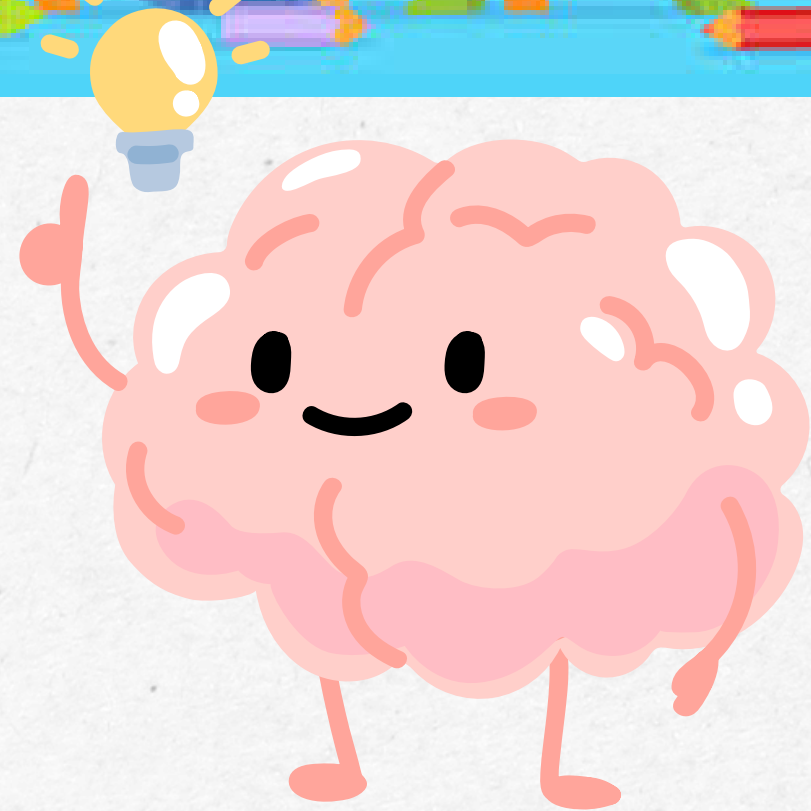
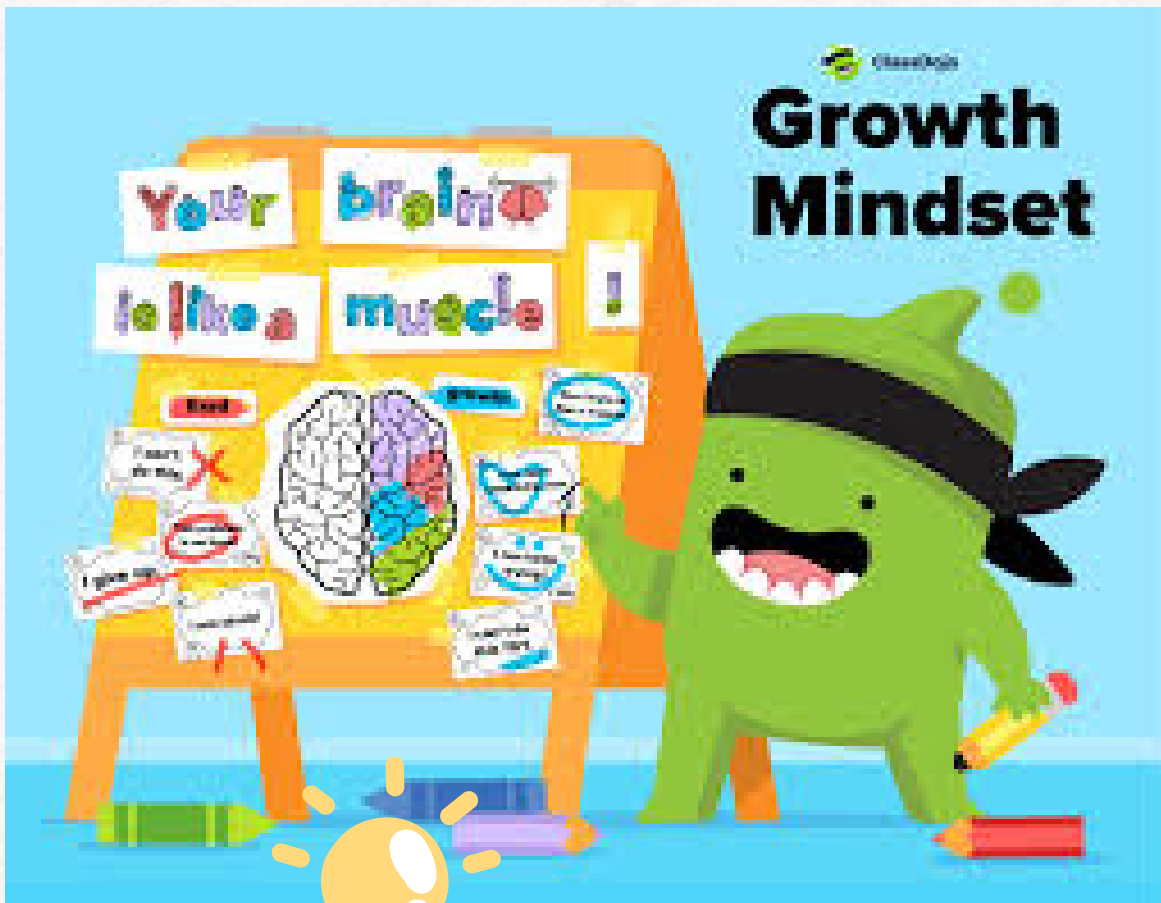
1. Learn to hear your mindset voice.
2. Identify whether these thoughts represent a fixed or growth mindset.
3. Realize your power to choose.
4. Act in line with your growth mindset.

GRATEFUL

Keep
going

YOU
GOT
THIS!

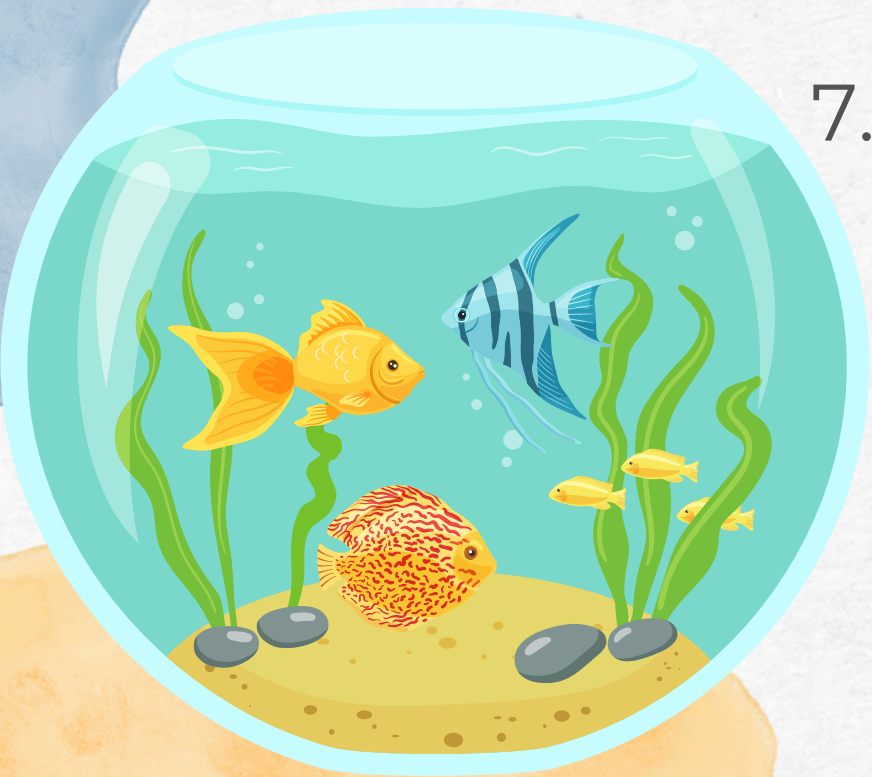
DEVELOPING GROWTH MINDSET



I am capable

AQUARIUM METHOD

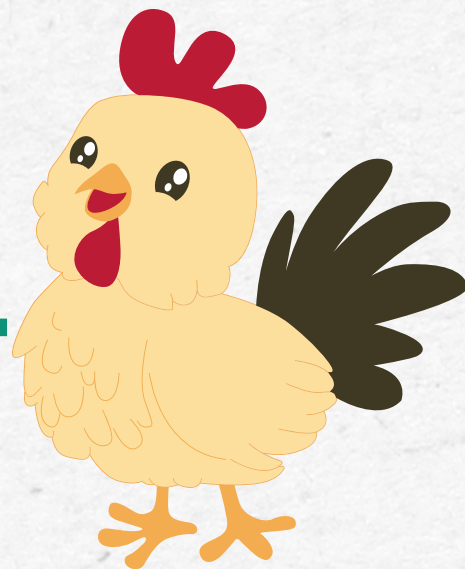
1. Introduce the topic.
2. Five chairs are placed in a circle.
3. The students sit on four chairs, one chair is empty.
4. They discuss the topic.
5. If any of the standing students would add anything, he or she sits on an empty chair.
6. If anyone from the sitting students has nothing to add, he goes out.
7. Students who stand just listen and do not comment.



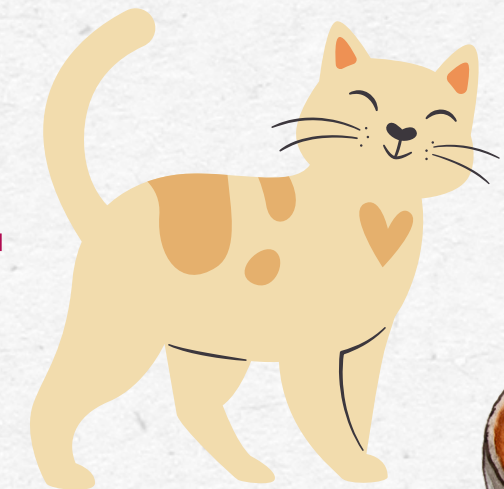
TEACHING CHARACTERS STRENGTHS BY USING STORIES

1. We read the story.
2. We divide students into groups.
3. The first group defines the meaning of the story and creates a similar story.
4. The second group seeks cases within family or friends where the point of the story was proven.
5. The third group seeks examples in their own lives, where the point of the story could help them.

CHICKEN SCOOL



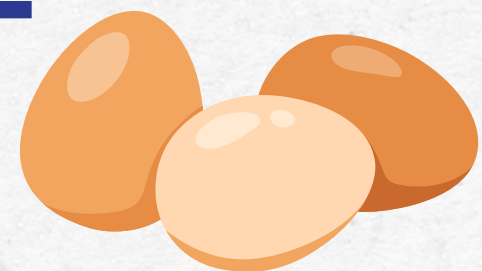
CAT SCHOOL



**THE FARMER AND
THE DONKEY**



**CARROTS, EGGS
AND A CUP OF
COFFEE**



I am SMART

SEL – SOCIAL AND EMOTIONAL LEARNING

I am SMART

Developing social skills and the ability to manage emotions

I am CONFIDENT

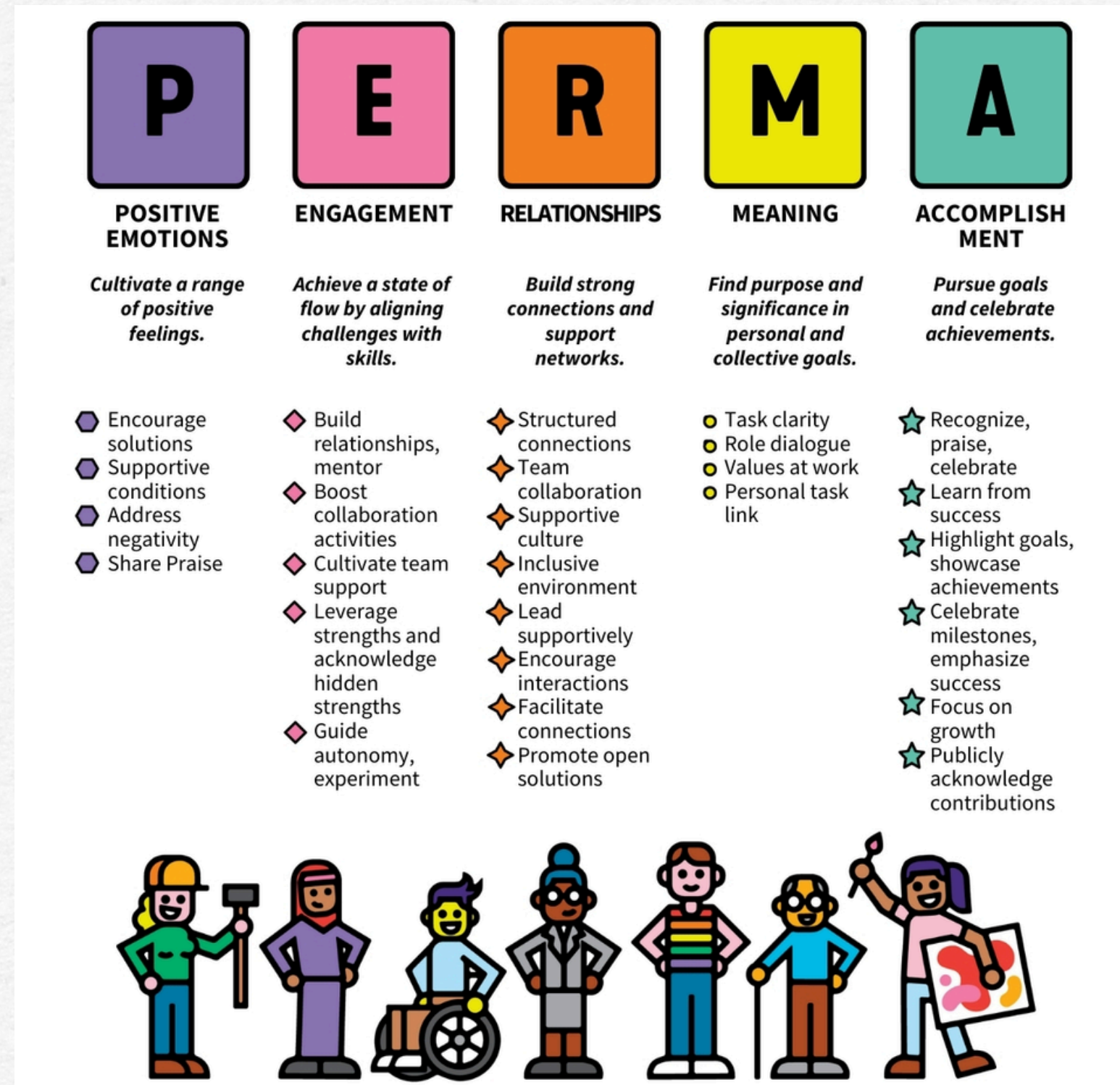
I AM STRONG

I am KIND

I'm UNIQUE



PERMA - THEORY OF WELL-BEING



The background is a light-colored, textured paper with various watercolor-style illustrations. There are several large, soft-edged shapes in shades of orange, pink, and yellow. A blue squiggly line is visible in the upper right. On the left, there are some brownish-orange spots and a blue wavy shape. On the right, there are orange lines radiating from the edge and a blue arch-like shape at the bottom right. The overall style is whimsical and hand-drawn.

**THANK YOU
VERY MUCH!**