

The Power of Positivity in Eight Minutes

Sweet teacher - We've all heard the research. We know about the power of positivity spiritually, as we praise God. We know about it from a health standpoint, like hugs and gratitude journals. We sigh sometimes and add, "Be positive" to our to do list, but today let's walk through it for a few minutes – eight actually – together. Love and hugs - Bethany

Minute One:

Take 30 seconds to *close your eyes and deep breathe*. Focus on releasing your shoulders from up by your ears and letting the breath settle your spirit.

Minute Two:

Set your timer for one minute, the *list every tiny thing that has gone RIGHT today* - literally, everything. (Idea: Did your alarm go off? Did everyone in your house wake up healthy? Did you have clothes in your closet to wear? Did you have a safe drive to work? Keep going...)

Minute Three:

In Luke 18, Jesus calls the children to him. *Why do YOU think Jesus focused on the children* for that moment? Set your timer for one minute and write about it.

Minute Four:

In one minute, write the story of *how you decided to become a teacher*.

Minute Five:

It's often easy to think of one student that we have a relationship with that is easy to love. It can be hard to think of reasons to love ALL of our kids. Take one minute to *write what you love about the kids you currently teach*. (Idea: Write a narrative or a list, start general and drill down to individuals or start with individuals and move to bigger trends.)

Minute Six:

For one minute, *write what you enjoy about your coworkers and school*. Use the same concept as we did above with our students. Be specific.

Minute Seven:

What are some of your superpowers? At home, emotionally AND in the classroom. Take a minute and *brainstorm all the things at which you excel*.

Minute Eight:

Think of someone that might need to hear from you today - a student, a friend, a family member. In our last minute, *write something good you want that person to know* (If you have your phone and want to text this one, go for it.) As before, give yourself a minute to complete the task.

Now, close your eyes and breathe deeply again.

"You are loved with an everlasting love and underneath are the everlasting arms." - Elisabeth Elliot