

How You Approach Building Positive Attitudes

<p>Do you do any work outside of teaching that benefits others (such as volunteer work)? (Circle one.)</p>	<p>Frequently Sometimes Never</p>
<p>If you do this kind of work, how does it make you feel? If you don't do this kind of work, why not?</p>	
<p>List six things about your life inside and outside teaching that you are grateful for.</p>	<p>_____ _____ _____ _____ _____ _____</p>
<p>How do these things, and the gratefulness you feel for them, influence your state of mind when teaching?</p>	
<p>How might encouraging your students to engage in acts of kindness and take responsibility for their own self-talk help them improve their academic learning?</p>	