

Starting Strong: A Strengths Based Approach to Start the School Year



Christa M. Tinari, MA

www.peacepraxis.com

ctinari@peacepraxis.com

It's been a (few) year(s)!



A series on education during the pandemic

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Please share in chat.

What strengths helped you survive and maybe even thrive through the worst of the pandemic?

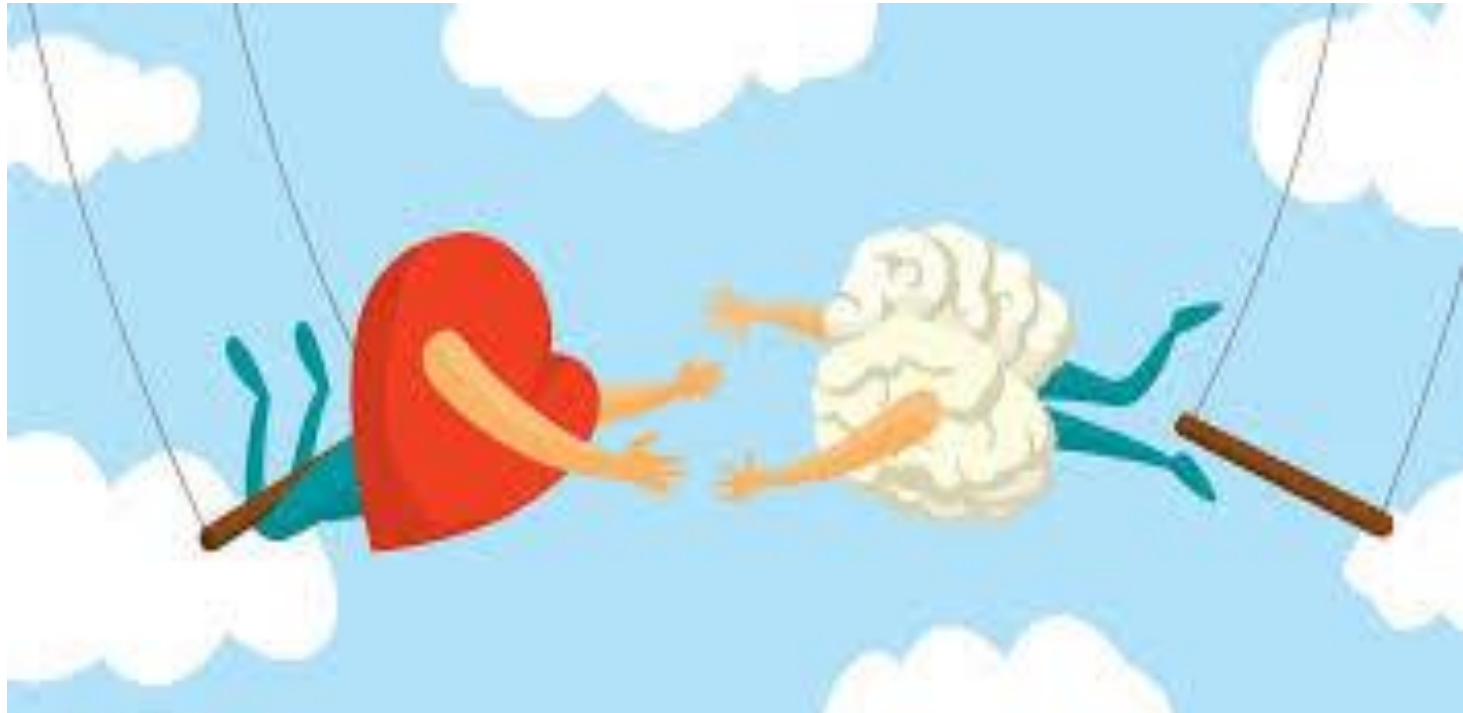
What is a strength?

A strength can be internal, external, or even the flip side of your weakness!

We are born with strengths, and we can cultivate or develop new ones.



Strengths of Head, Heart & Hands



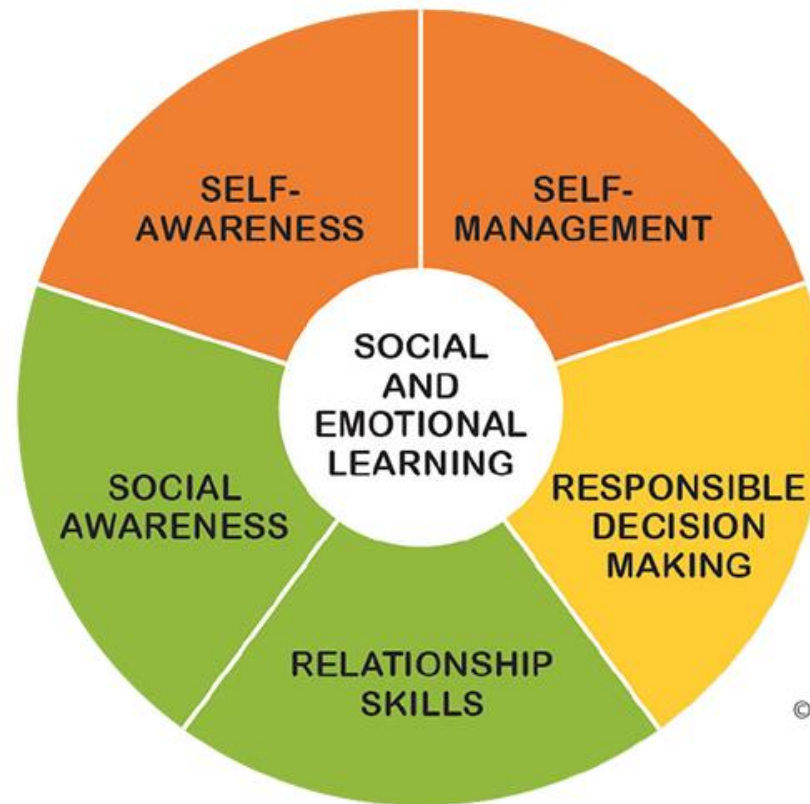
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Internal Strengths

- Attitudes, mindsets, beliefs, values
- Personality trait
- Knowledge/experience
- Skills/talents/abilities
- Physical or mental health/well-being
- Passions/interests

SEL: 5 Competencies

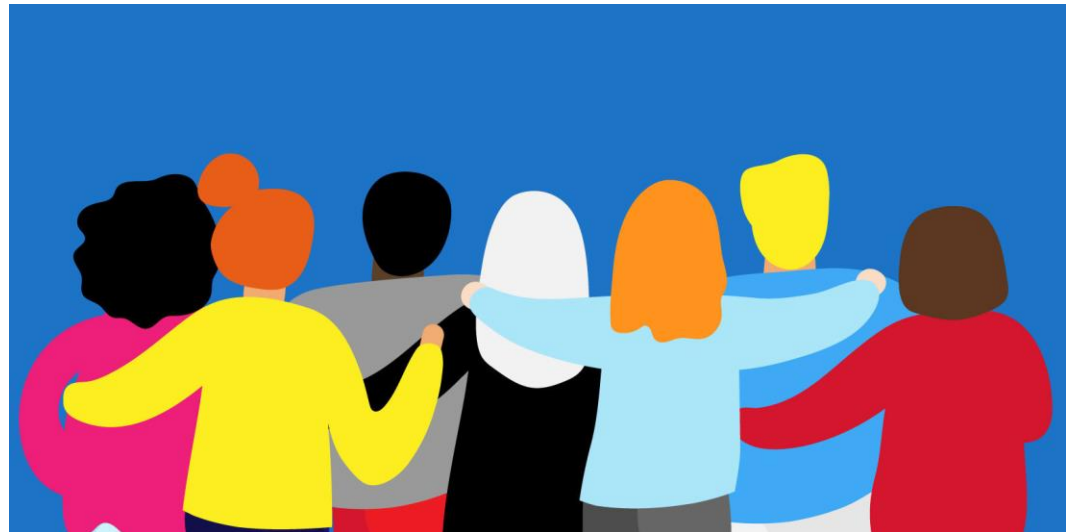
Figure 1
Social and Emotional Learning Competencies



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External Strengths

- Opportunities
- Social supports
- Resources
- Position/role
- Culture or context



Challenges Can Reveal Our Strengths



Share in Chat

What types of strengths are you aware of in yourself, your colleagues and your students?

What strengths have you overlooked?

Beware of Negativity Bias!

Negativity bias refers to our tendency to “attend to, dwell on, learn from, and use negative information far more than positive information” *(Vaish, Grossmann, & Woodward, 2008, p. 383).*

[Article Link](#)

Discuss

How does the negativity bias show up for you in everyday life and in teaching or counseling specifically?

Overcome Negativity Bias with Strengths-Based Habits

- Know/discover your own strengths.
- See strengths in parents, students and colleagues.
- Apply strengths to overcome challenges.
- Adopt a growth mindset.

Overcome Negativity Bias with Strengths-Based Habits

- Interrupt negative internal-talk.
- Find the strength in the "weakness."
- Notice what is right and what is working (and dwell on it).
- Appreciate and acknowledge!

Strengths-Based Prompts

- 1. Something I got better at this year...*
- 2. A strength I discovered in myself...*
- 3. Something positive I learned about myself ...*
- 4. Three strengths I'm glad I have...*
- 5. Something new I learned how to do ...*
- 6. A goal that challenged me...and how I overcame the challenge*
- 7. Someone who has supported me or will support me this year...*
- 8. A strength I see in my friend...*
- 9. A unique way that I can contribute to this project...*
- 10. Something that is going well for me at home, at school...*
- 11. A positive mindset (or thought) that will help me today...*

Positive School Climate

What elements create a positive school climate?

<https://www.menti.com/alh1onz1t47e>

(voting code: 3274 4427)



*How can our
strengths help us
now?*

*What strengths
are you equipped
with this school
year?*



Free Resources

[Positive Emotions in the Classroom: Tips for Boosting Curiosity, Hope and Belonging](#)
(article)

[The Social, Emotional and Ethical Learning curriculum](#)

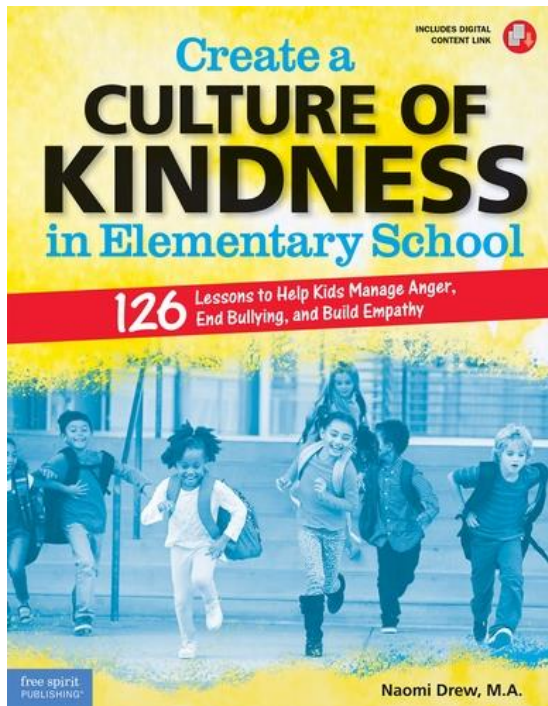
[The SEE Learning Playbook](#)

[The Feel & Deal Feelings Check-in Faces](#)



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