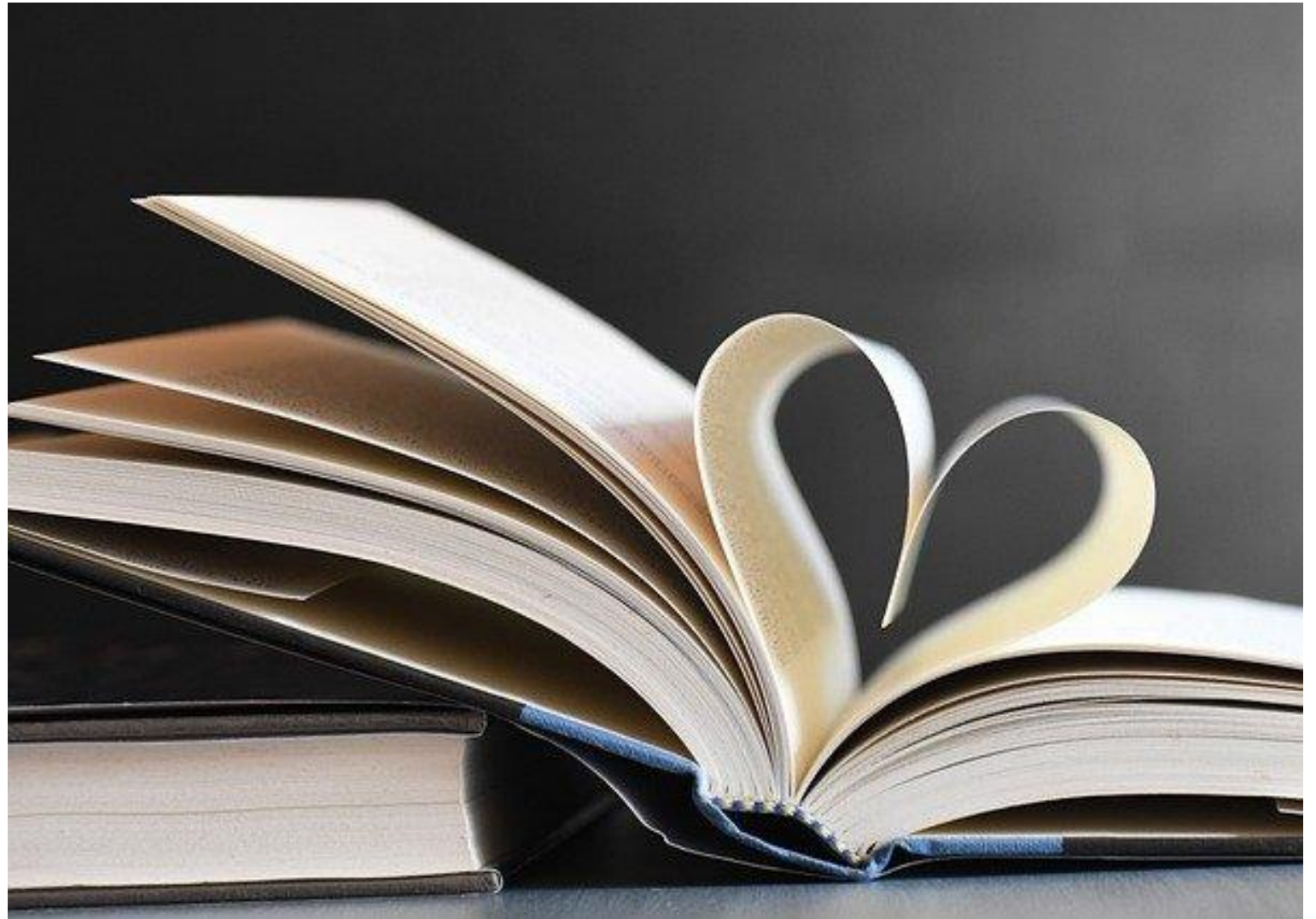


Finnish approach to positive education

December 14, 2021
EXPO 2021

Dr Eliisa Leskisenoja
MEd Suvi-Tuuli Kaleva



Three good things



Every night, just before you go to bed, sit down for a while and look back at your day.

Think of 3 things that went well during the day.

Write them down.

Try this tonight – it may be the best 3 minutes of your day!



We need
positive
education!



Happy kids
learn better!

Noddings 2003



The happiness advantage

Achor 2011



Advantages of positive education for teachers

"Positive mindset makes the work more enjoyable."

"It's nice to come to work because of warm and caring colleagues."

"I find more meaning in my work."

"I have learned to use my strengths at work and in life in general"

Well-being
can be
taught!



The double helix of positive education



Seligman et al. 2009

The goals of positive education:

- Promoting children's well-being in a **systematic** and **goal-directed** way
- Accepting and appreciating children just as they are
- Focusing on the positive
- Believing in children's abilities and opportunities
- Identifying and cultivating character strengths
- Practicing pedagogical love
- High quality teaching



What positive education is not:

- Denying negative emotions and experiences
- Avoiding or "glittering" challenges
- Lowering the level of expectations
- Overprotecting students; sweeping all the obstacles out of their way
- Bestowing false or undeserved praise
- Accepting inappropriate or disrespectful behaviour



Pedagogical love

Love is what separates good and great. Good teachers know their lesson plans. Great teachers know and love their students.

If you want to build a great team, business, family, school or organisation, love the people you lead and work with.

Jon Gordon



A meta- framework

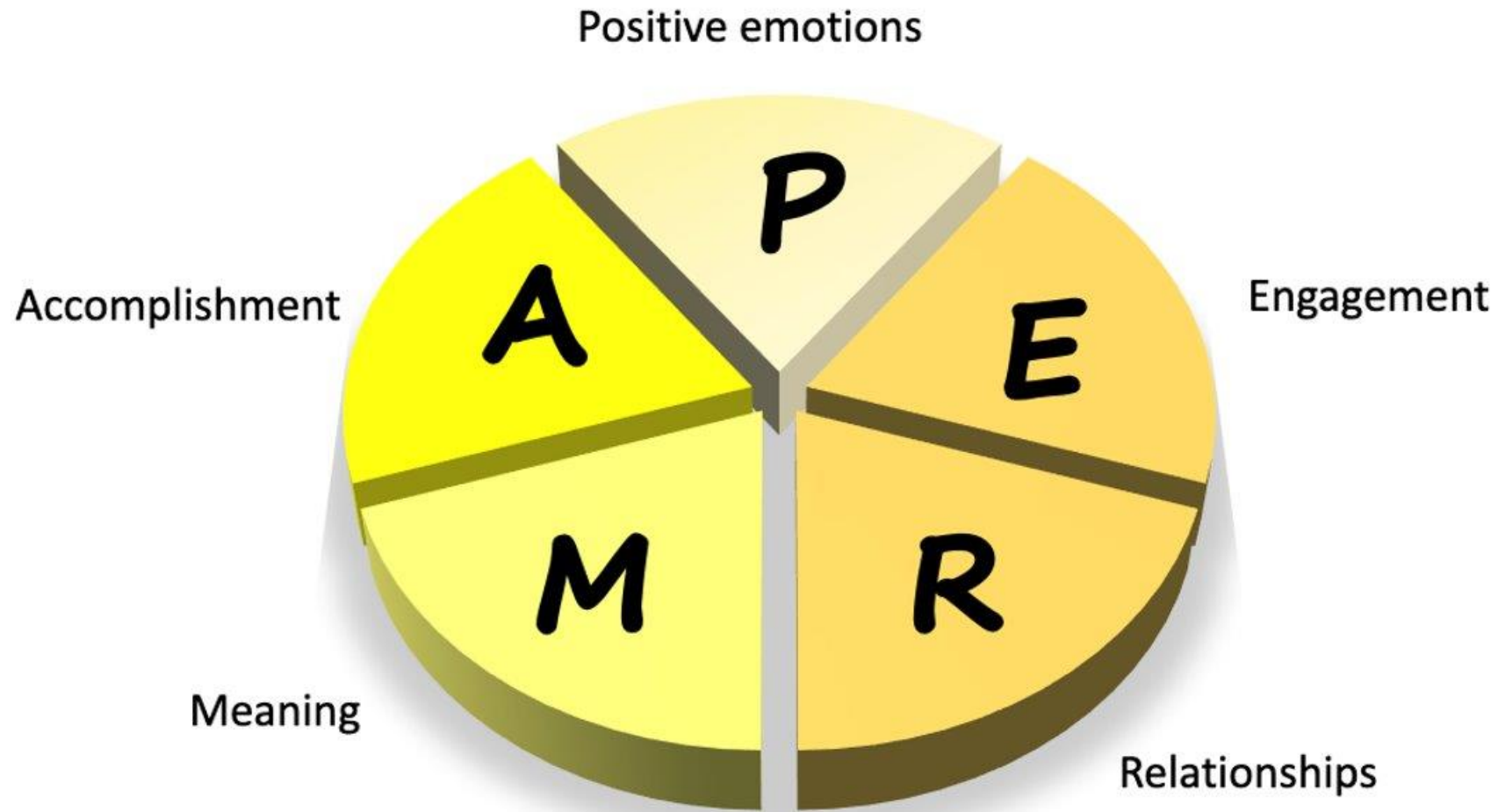


Well-being skills

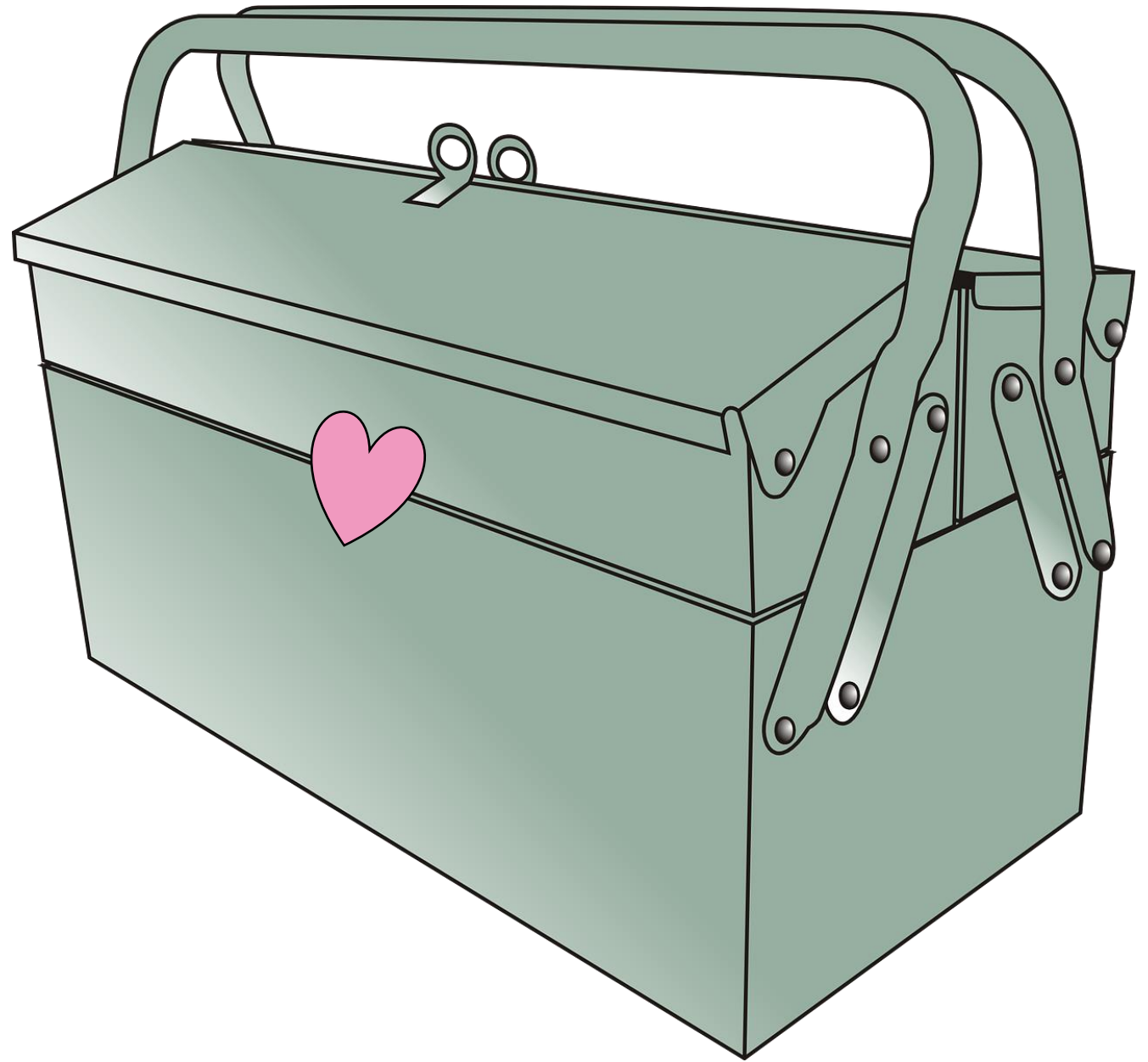
- 1) Happiness skills
- 2) Emotional skills
- 3) Social skills
- 4) Learning skills
- 5) Mindfulness skills
- 6) Self-leadership skills
- 7) Strengths skills
- 8) Health skills

Avola & Pentikäinen 2019

The building blocks of well-being



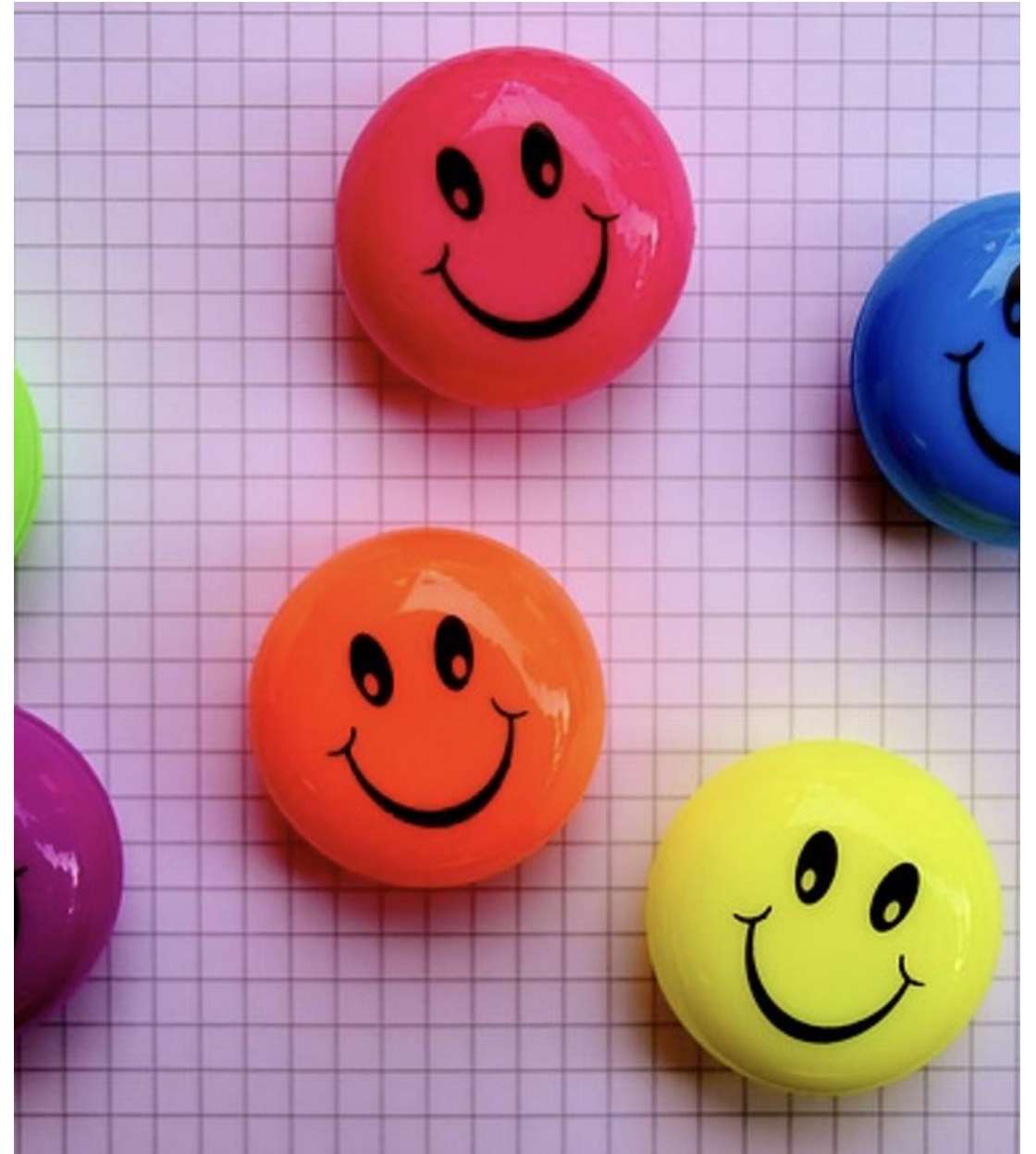
Positive education tools



Gratitude rituals



Humour



Breathing techniques



Greeting signs



Acts of kindness



Complimenting exercises



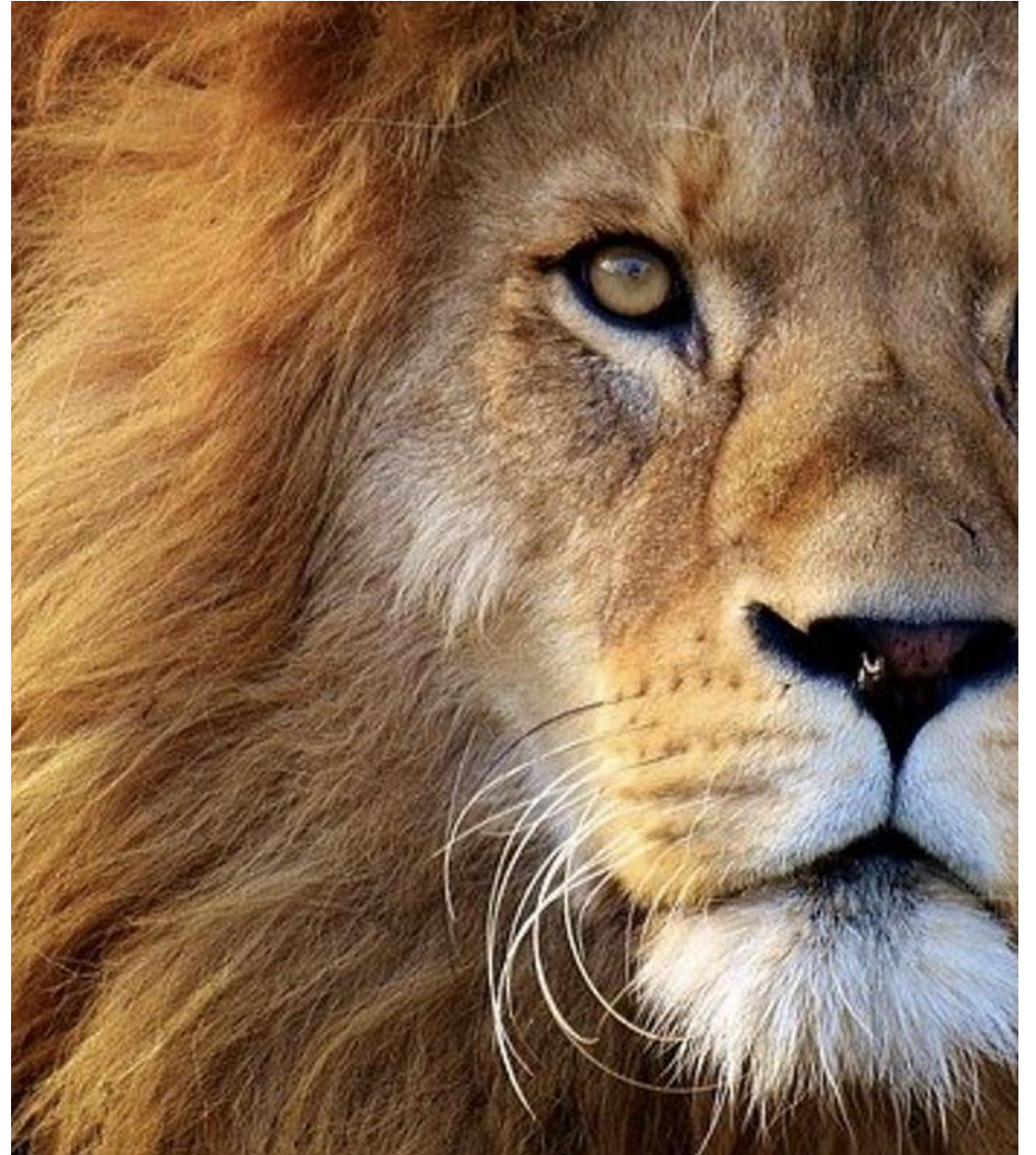
Positive feedback



Positive home school cooperation



Character strengths



Strength-based
education

Character
education



The VIA- classification of character strengths



WISDOM

- 1. Creativity
- 2. Curiosity
- 3. Judgement
- 4. Love of learning
- 5. Perspective

JUSTICE

- 13. Teamwork
- 14. Fairness
- 15. Leadership

COURAGE

- 6. Bravery
- 7. Perseverance
- 8. Honesty
- 9. Zest

TEMPERANCE

- 16. Forgiveness
- 17. Humility
- 18. Prudence
- 19. Self-regulation

HUMANITY

- 10. Love
- 11. Kindness
- 12. Social intelligence



TRANSCENDENCE

- 20. Appreciation of beauty and excellence
- 21. Gratitude
- 22. Hope
- 23. Humour
- 24. Spirituality

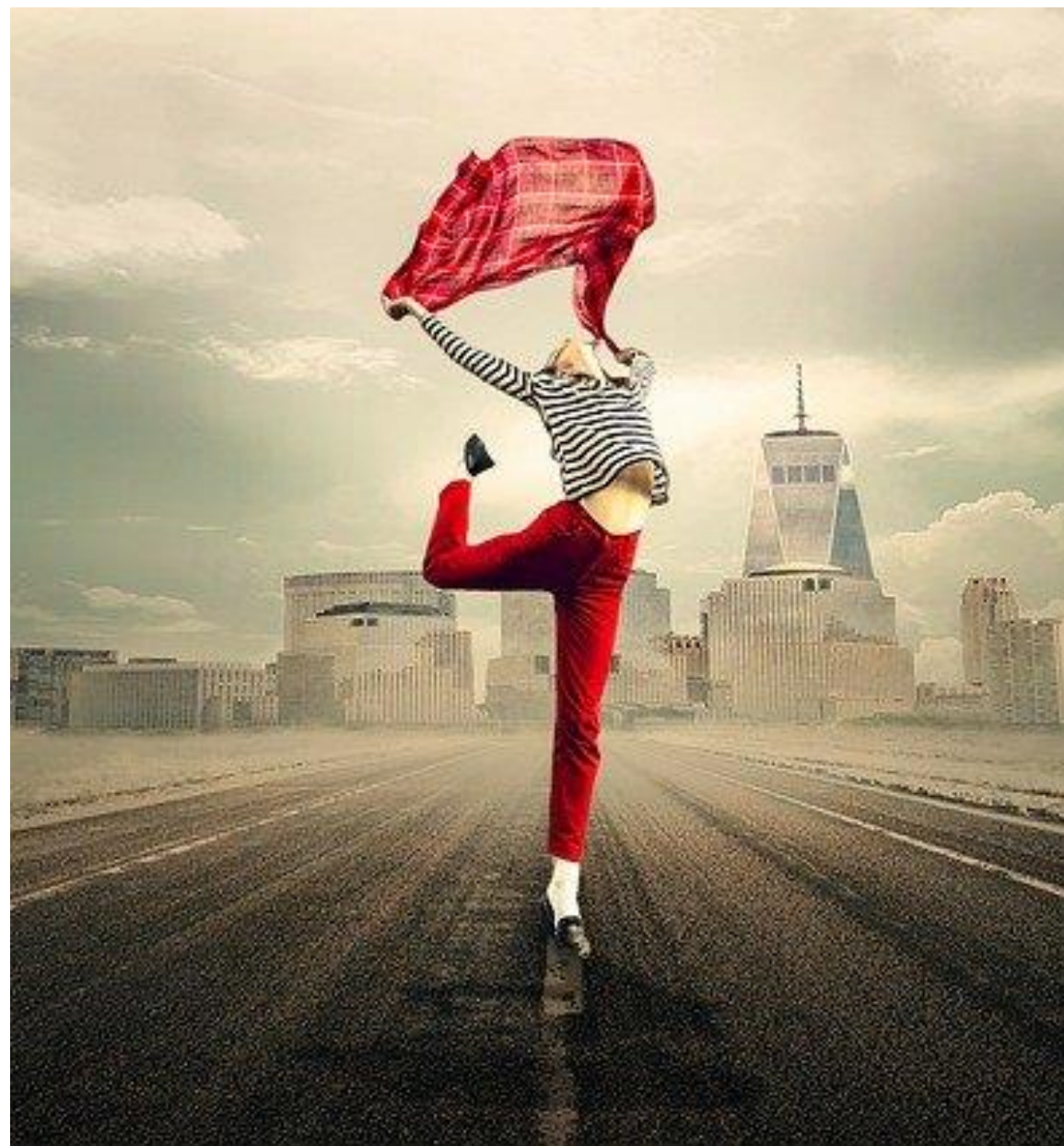
Goal setting



UNIVERSITY OF OULU



Strength-based assessment



When you
enter the
room,
what do you
bring along?



Thank you!

