

Practical Ways to Integrate Wellbeing into Special Education for Teachers and Students

OAR Webinar | March 20, 2024



WELCOME

MEET
Patricia

Executive Director

"I have traveled to the ends of the earth to learn from autistic individuals. My hope is that through aligning the science and skills of happiness with autism intervention, wellbeing becomes accessible to all."



WELCOME

MEET
Katie

Chief Wellbeing Officer

"I believe passionately in the potential
for human flourishing. Positive
psychology allows me to cultivate
growth through meaningful
connections and joy."



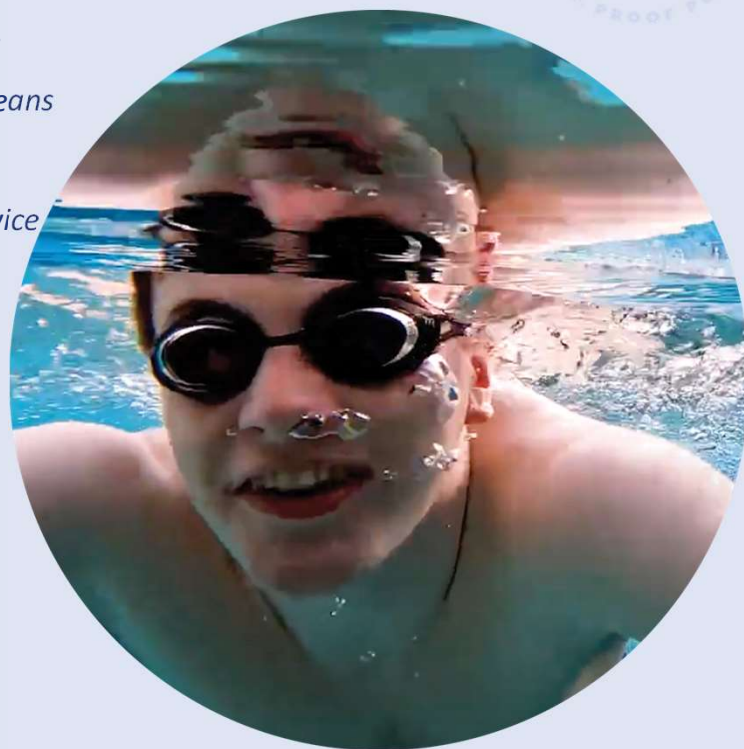


LEARN

LEARN About the International Day of Happiness

*On March 20, **The International Day of Happiness**, millions worldwide will participate in a global movement with activities promoting happiness and wellbeing. Like the United Nations, Proof Positive recognizes happiness as a universal right, which means the autism community — autistic individuals, educators, parents, caregivers, and service providers like you — deserve happiness.*

- ▶ At Proof Positive, we promote the happiness and wellbeing of all people as a partner in disability wellbeing. We know the world's 70 million autistic people and those who support them may struggle to find happiness, so inclusion in the wellbeing movement and finding happiness is vital to the overall wellbeing of society.



What Kind of Happy Are You?

There are 10 Positive Emotions to describe good feelings:







PRACTICE & TEACH

Our **What Kind of Happy Are You?** poster activity and supplemental resources (made accessible for a variety of learners) are a great way to celebrate the International Day of Happiness. Download these free activities to practice and teach happiness today and everyday.



ACTIVITY DOWNLOADS:

What Kind of Happy Are You?

-  Full 36x24 Poster (PDF)
-  Poster Activity Slips (PDF)
-  DIY Printable Poster Pieces (PDF)
-  Poster Activity Instructions (PDF)

ACTIVITY DOWNLOADS:

-  Positive Emotions Flash Cards (PDF)
-  Positive Emotions File Folders (PDF)
-  Download ALL





The Science and Skills of HAPPINESS

What is Positive Psychology?

"Positive psychology is the scientific study of human strengths and virtues. The study of what constitutes the pleasant life, the engaged life, and the meaningful life."

— Dr. Seligman

"Positive psychology is the study of the conditions and processes that contribute to the flourishing or optimal functioning of people, groups, and institutions."

— Dr. Csikszentmihalyi



PERMA+ Theory of Wellbeing



PERMA+ Theory of Wellbeing



Positive Emotions

Experiencing and striving to feel a variety of positive emotions.



Engagement

Having interests and pursuits that captivate us and leave to regular experiences of flow.



Relationships

Connect with others. Build a stronger environment in which you and others can flourish.



Mattering

Creating purpose, passion, and fulfilment by connecting to and serving something larger than yourself.



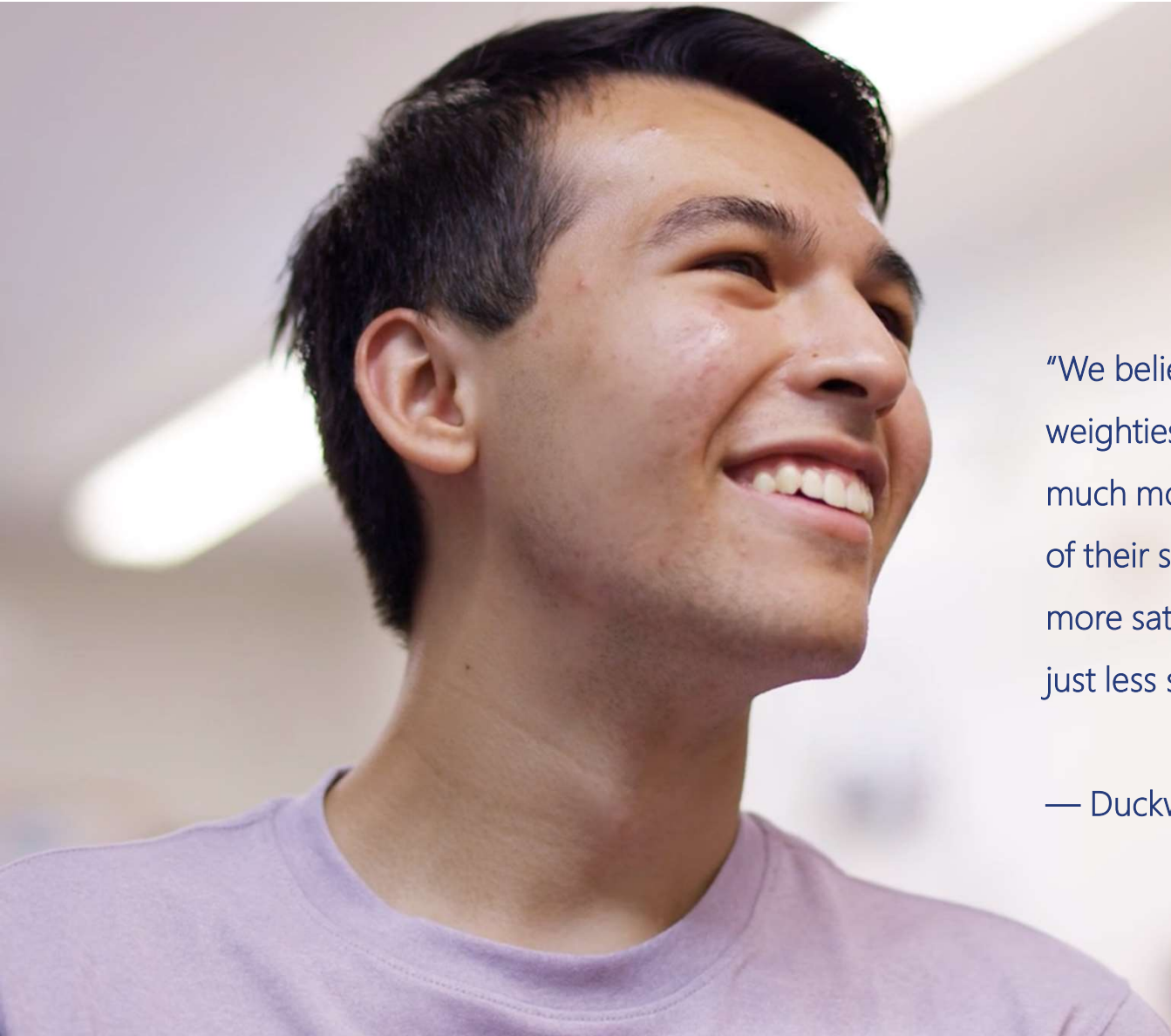
Accomplishment

Pursue bigger and better goals. Push yourself to reach new boundaries.



+Health

Engage in the 3 pillars of physical health with intention — sleep, nutrition, and movement.



"We believe that persons who carry even the weightiest psychological burdens care about much more in their lives than just the relief of their suffering. Troubled persons want more satisfaction, contentment, and joy, not just less sadness and worry."

— Duckworth, Steen, & Seligman, 2005

SKILL #1

WHAT WENT WELL



The act of training your brain
to mindfully notice, remember
and track the good things
that happen each day.



Benefits of What Went Well

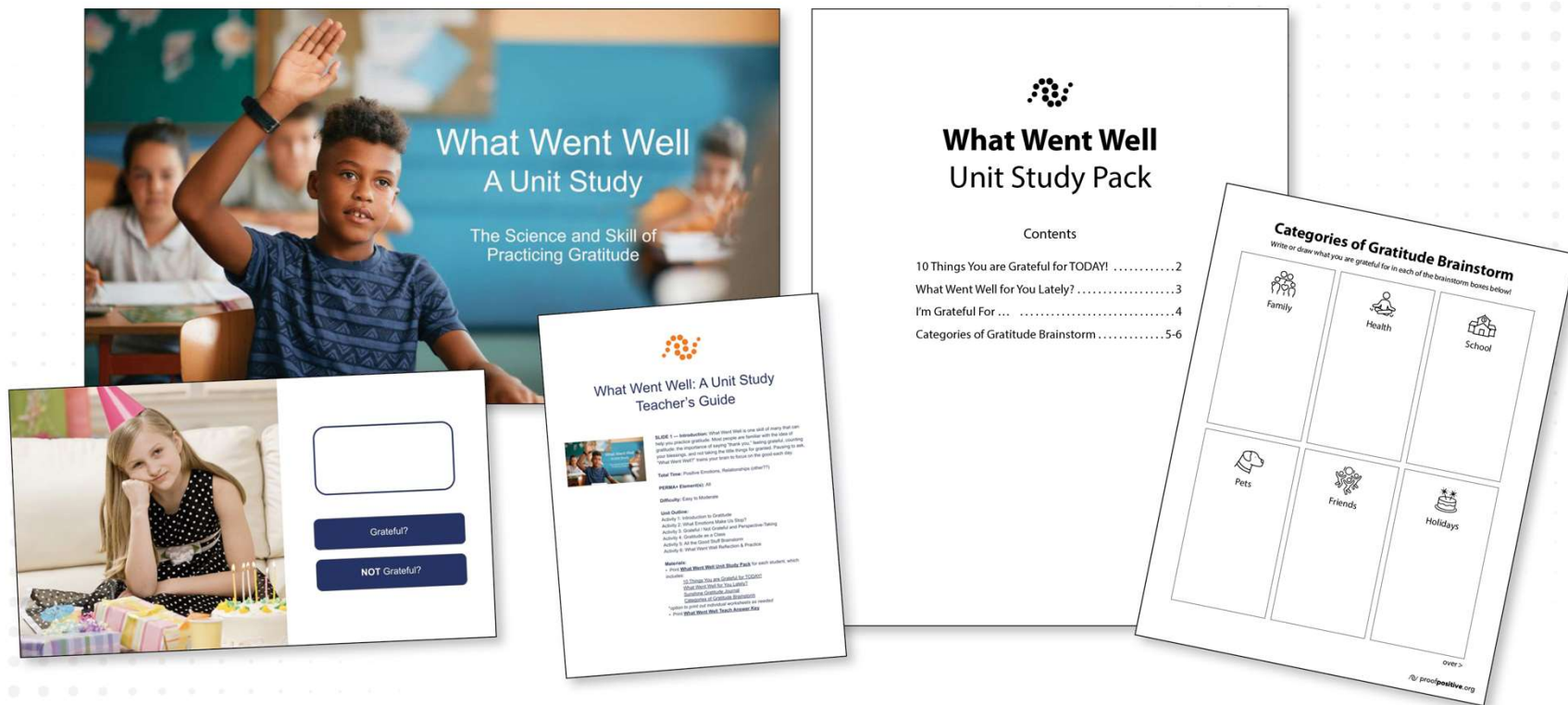
- Live longer, healthier lives
- Fall asleep faster and stay asleep longer
- Perform better at school, work and extracurricular activities
- Have stronger relationships
- Are less depressed and anxious

Based on the works of Robert Emmons and Martin Seligman

How to Practice What Went Well

- Get a journal, notepad, or app on your device
- Set a time each day that you will practice What Went Well
- Write down at least 3 good things from the day
- Reflect on what made each good thing special
- Share your good stuff with a friend or family member

Teach What Went Well



SKILL #2

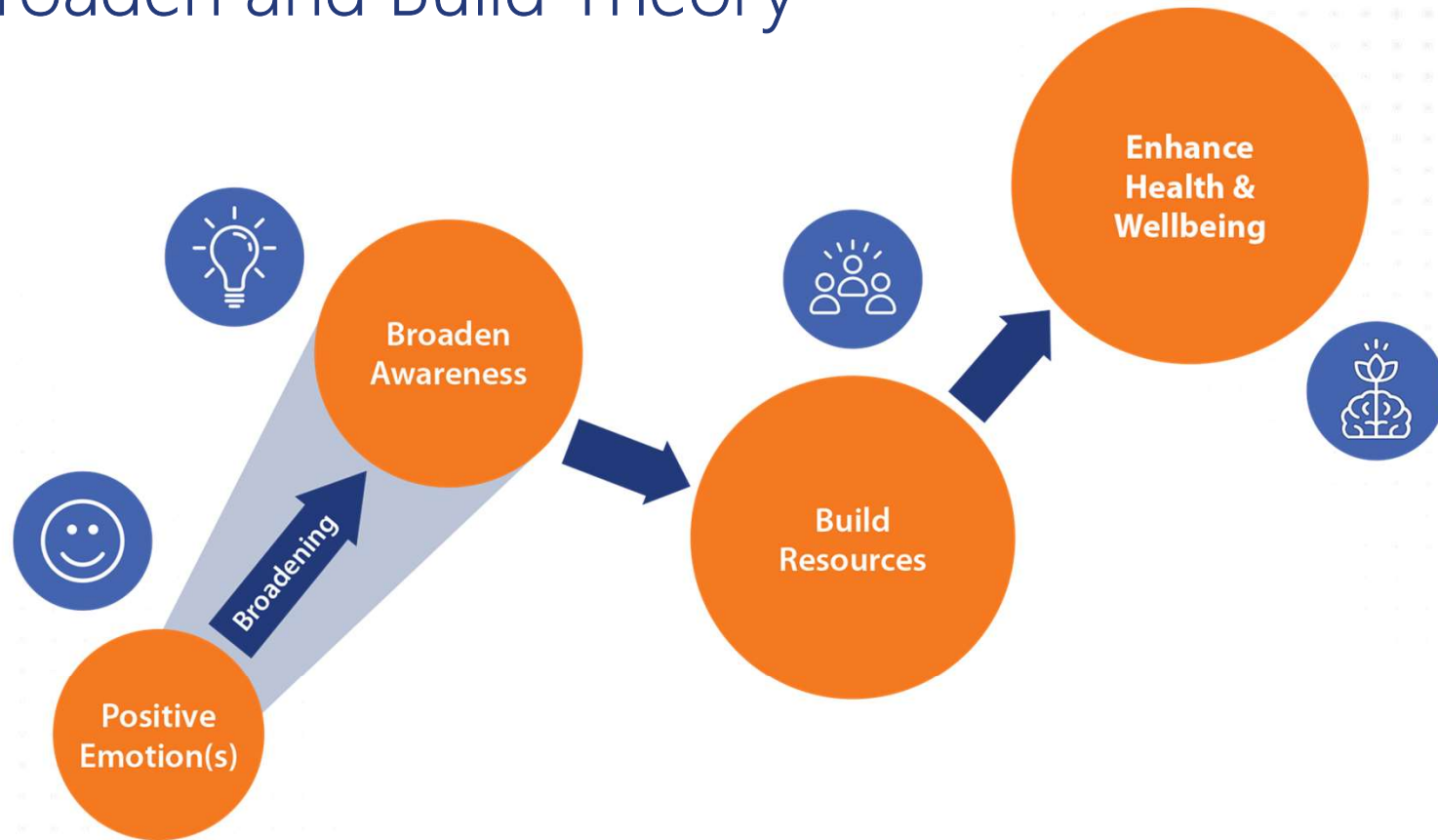
Jolts of Joy



Jolts of Joy teaches us to intentionally experience higher levels of wellbeing and bursts of positive emotions across the day.



The Broaden and Build Theory



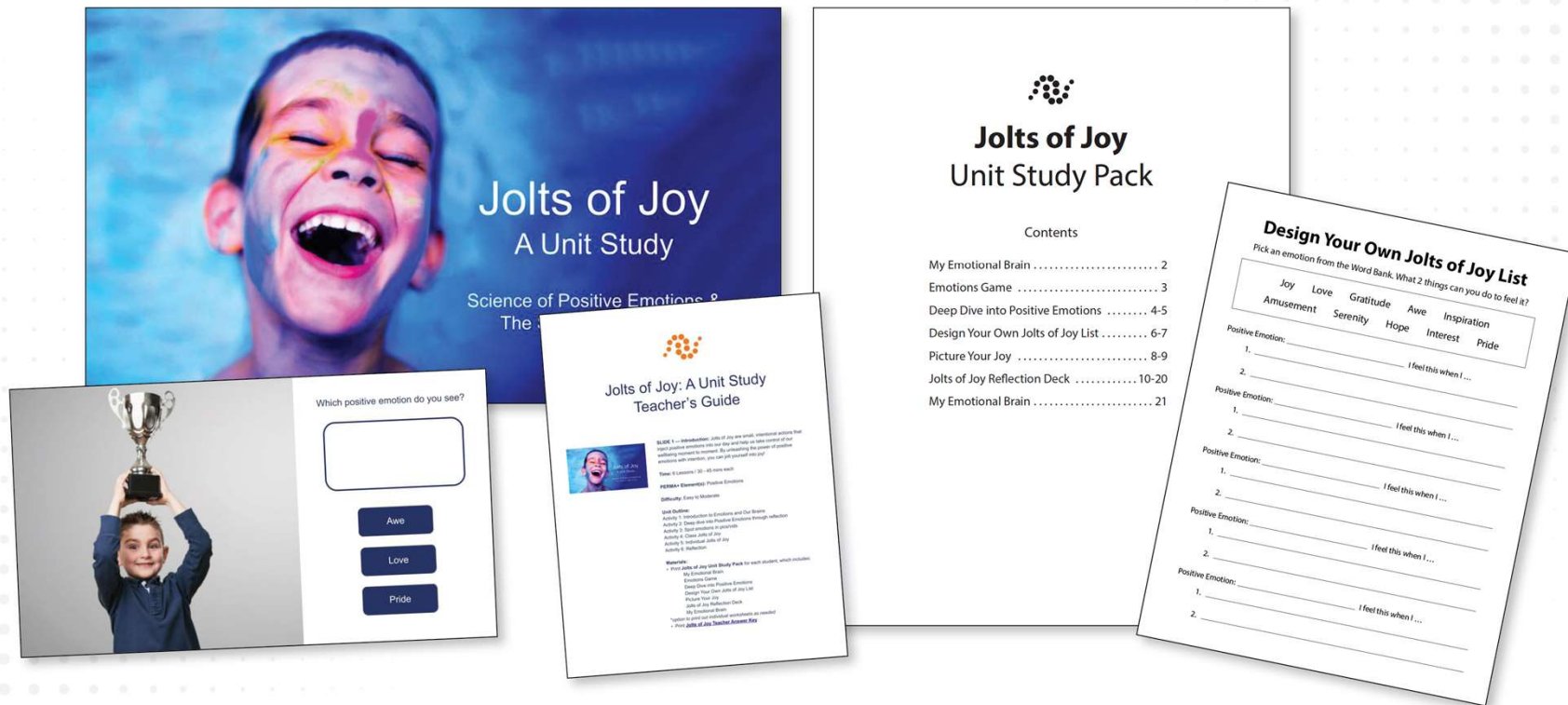
Benefits of Jolts of Joy (Positive Emotions)

- Open our eyes and minds
- Increase creative thinking
- Expand our visual field
- Allow for global thinking & diversity
- Prevent depression and anxiety
- Undoing effect
- Improve cardiac functioning
- Increase healthy sleep

How to Practice Jolts of Joy

- List 10 ways you experience positive emotions
- Include a variety of positive emotions
- Place the list where you will see it everyday
- Engage in a minimum of 3 Jolts of Joy per day
- Consider how you can be a Jolt of Joy for others

Teach Jolts of Joy



SKILL #3



Showcase the Good



Responding to other people's good news in a way that enhances their joy and enables them to relive the positive experience.



Active Constructive Responding

	CONSTRUCTIVE	DESTRUCTIVE
ACTIVE	<p>Authentically Engaged Showcases Good Builds Joy</p> <p>BE A JOY MULTIPLIER!</p> 	<p>Elaborates Concerns Quashes the News Kills Joy</p> 
PASSIVE	<p>Quiet, Understated Support Happy for the Person Seems Disengaged</p> 	<p>Changes the Channel One-ups the News Ignores the News</p> 

Based on work by Shelly Gable

Benefits of Showcase the Good

- Increased wellbeing
- Stronger memories of positive events
- Increased positive affect
- Increased trust
- Stronger social connections

How to Practice Showcase the Good

- Share and spot good news
- Lean in when someone shares good news
- Ask questions to help the person relive their experience
- Utilize your strengths to show interest in the good news

Teach Showcase the Good



Showcase the Good
A Unit Study

Learning to notice, showcase, and savor the good news people share with us.



Showcase the Good: A Unit Study
Teacher's Guide

Unit Study Overview

Learning Objectives:

1. Students learn to identify, recognize, and define each of the 4 response styles in good news.
2. Students learn to respond to each active construction response to good news.
3. Students learn to notice, track, and share their own good news with others.

Unit Lesson Plans:

1. Download the graphic organizer.
2. Read the introduction in whole format.
3. Read the story in small format.
4. Download and copy printable materials for students.
5. Begin Teaching Good News the Good.
6. Read the story in small format.
7. Read the story in small format.
8. Read the story in small format.
9. Read the story in small format.
10. Read the story in small format.
11. Read the story in small format.
12. Read the story in small format.
13. Read the story in small format.
14. Read the story in small format.
15. Read the story in small format.
16. Read the story in small format.
17. Read the story in small format.
18. Read the story in small format.
19. Read the story in small format.
20. Read the story in small format.
21. Read the story in small format.
22. Read the story in small format.
23. Read the story in small format.
24. Read the story in small format.
25. Read the story in small format.
26. Read the story in small format.
27. Read the story in small format.
28. Read the story in small format.
29. Read the story in small format.
30. Read the story in small format.
31. Read the story in small format.
32. Read the story in small format.
33. Read the story in small format.
34. Read the story in small format.
35. Read the story in small format.
36. Read the story in small format.
37. Read the story in small format.
38. Read the story in small format.
39. Read the story in small format.
40. Read the story in small format.
41. Read the story in small format.
42. Read the story in small format.
43. Read the story in small format.
44. Read the story in small format.
45. Read the story in small format.
46. Read the story in small format.
47. Read the story in small format.
48. Read the story in small format.
49. Read the story in small format.
50. Read the story in small format.
51. Read the story in small format.
52. Read the story in small format.
53. Read the story in small format.
54. Read the story in small format.
55. Read the story in small format.
56. Read the story in small format.
57. Read the story in small format.
58. Read the story in small format.
59. Read the story in small format.
60. Read the story in small format.
61. Read the story in small format.
62. Read the story in small format.
63. Read the story in small format.
64. Read the story in small format.
65. Read the story in small format.
66. Read the story in small format.
67. Read the story in small format.
68. Read the story in small format.
69. Read the story in small format.
70. Read the story in small format.
71. Read the story in small format.
72. Read the story in small format.
73. Read the story in small format.
74. Read the story in small format.
75. Read the story in small format.
76. Read the story in small format.
77. Read the story in small format.
78. Read the story in small format.
79. Read the story in small format.
80. Read the story in small format.
81. Read the story in small format.
82. Read the story in small format.
83. Read the story in small format.
84. Read the story in small format.
85. Read the story in small format.
86. Read the story in small format.
87. Read the story in small format.
88. Read the story in small format.
89. Read the story in small format.
90. Read the story in small format.
91. Read the story in small format.
92. Read the story in small format.
93. Read the story in small format.
94. Read the story in small format.
95. Read the story in small format.
96. Read the story in small format.
97. Read the story in small format.
98. Read the story in small format.
99. Read the story in small format.
100. Read the story in small format.



Showcase the Good
Unit Study Pack

Contents

Good News / Bad News Brainstorm	2
Good News / Bad News Sorting	3-7
Responding to Good News Role Play	8
Practicing Good News Responses with Scripts	



I scored a goal in my soccer game.




I went for ice cream with my friends!

I fell off my bike.

I won the race!



Showcase the Good!

	CONSTRUCTIVE	DESTRUCTIVE
ACTIVE	Authentically Engaged Showcases Good Builds Joy 	Elaborates Concerns Quashes the News Kills Joy 
PASSIVE	Quiet, Understated Support Happy for the Person Seems Disengaged 	Changes the Channel One-ups the News Ignores the News 



But does it work?

“We used to believe that when our son was successful, he would find happiness. But the harder we worked toward reaching the traditional goalposts of autism treatment, the further away both of those things felt. When we began incorporating positive psychology, everything shifted.

His skill acquisition skyrocketed, and even more importantly, so did his self-esteem. **We had it backward — when our son found happiness, success followed.”**

— Christina Kirby —

PILOT STUDY

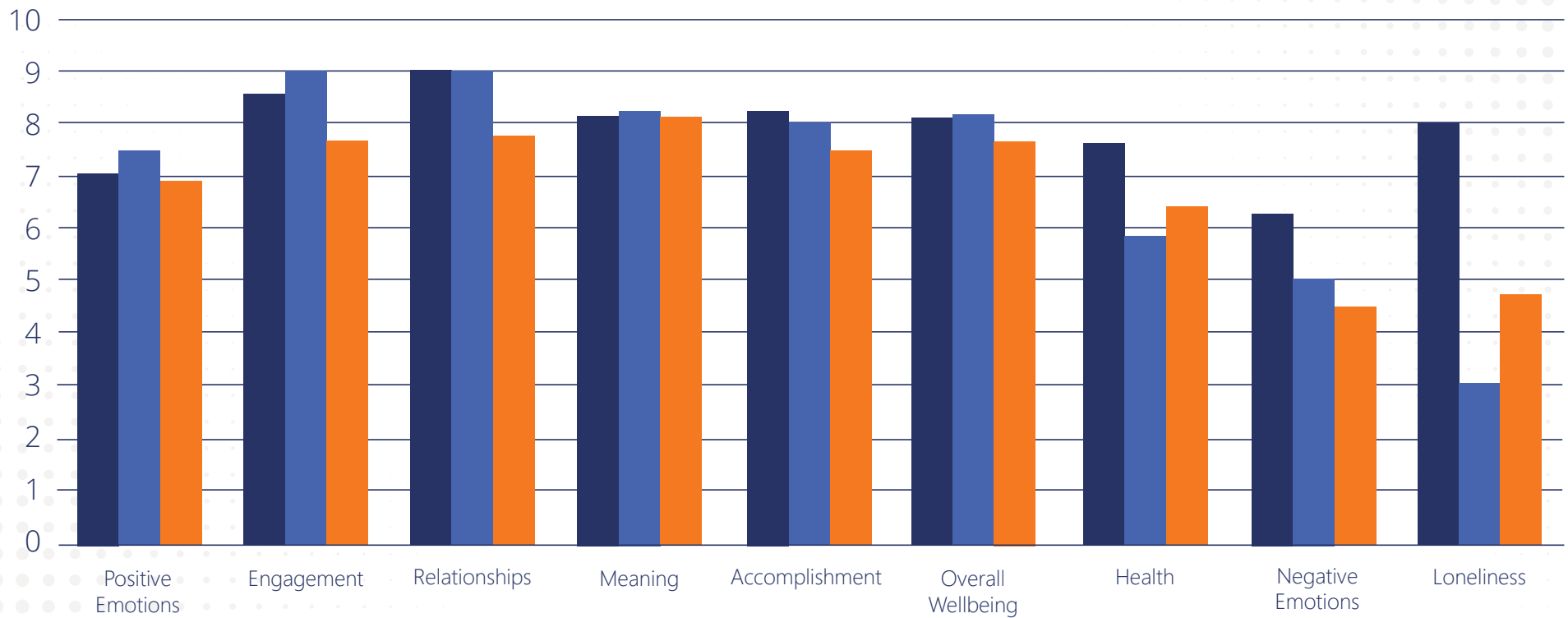


Collaboration with EPIC



Educator PERMA Profiler

Baseline 6 Weeks 6 Months



Staff Retention Data

	# of Students	# of Employees	# of Resignations
September Year 1	31	27	0
December Year 1	31	27	3
September Year 2	30	28	0
December Year 2	30	30	1

KEEP CONNECTED

MEET
Jamie

Manager of Customer Success

"When we spread the science and skills of happiness, we help create more nurturing and inclusive environments for our students with diverse needs. And then, both educators and students will thrive."



KEEP CONNECTED

BE A JOY MULTIPLIER!

Thanks for being a **joy multiplier**, advancing the wellbeing revolution, and creating a world where the autism community can access happiness and where wellbeing wins for all.

KEEP CONNECTED

Join the Alliance

When you join the Autism Wellbeing Alliance you commit to creating a world where wellbeing wins for all, including autistic individuals.



KEEP CONNECTED

Visit Our Skill Center

Learn more about the **SKILLS** of happiness!



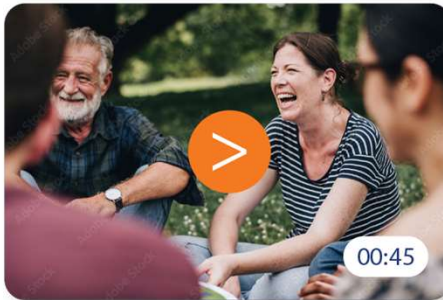
PERMA+ Snapshot

Measure what matters most.
Your wellbeing! Start here with the PERMA+ Snapshot.



Strengths Spotting

See the positive side of people!
Strength Spot to improve your wellbeing, relationships and life satisfaction.



Positivity Portfolios

The little things count, and add up!!
Use a Positivity Portfolio to feel more positive emotions.



KEEP CONNECTED

Follow Us on Social Media



Invite your family, friends, colleagues —
and especially those with autism — to celebrate the

International Day of Happiness!

KEEP CONNECTED

Visit Our Website! proofpositive.org

