



Erasmus+



MENTOR - Mentoring between teachers in secondary and high schools

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PRACTICAL TIPS FOR CULTIVATING POSITIVE THINKING.

Encourage students to:

- Be grateful (for being alive and healthy, for everything they have and take for granted);
- Volunteer (builds up their self-confidence, makes them feel useful);
- Laugh (removes stress, relaxing);
- Compliment other people (makes both feel good);
- Love themselves (come to terms with their weaknesses and mistakes, they are human).



Image courtesy of Stuart Miles at FreeDigitalPhotos.net

Encourage students to:

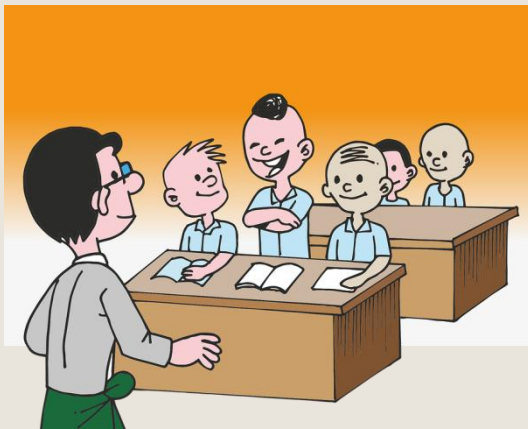
- Gather around positive people (stay away from pessimists);
- Adopt a healthy lifestyle (physical exercise, healthy diet, good sleep, etc.);
- Challenge their self-talk (why not engage some positive self-talk on a daily basis?);
- Stop comparing (accept everyone as they are, human beings with strengths and weaknesses).





POSITIVE TEACHER ATTITUDE.

- Set a good example for your students;
- Set a positive atmosphere in the classroom;
- Believe all your students can learn;
- Focus on the child, not the numbers;
- Praise every child for every effort they make;



- Share your ideas and thoughts with your colleagues;
- Keep a list of your goals;
- Be full of positive thoughts and actions in order to achieve your goals.