

See the Good!

Recognize and develop strengths in all students



KAISA VUORINEN, CEO & FOUNDER

Positive Learning Ltd

Hello!

Kaisa Vuorinen

PhD, special needs teacher
University of Helsinki, Faculty of Educational Sciences

CEO, Founder

Positive Learning

kaisa@positive.fi

kaisavuorinen.com

CURIOSITY

COMPASSION

PERSEVERANCE



Welcome!



See the Good!

WHO WE ARE

We are Finnish teachers and researchers with a long history of working with diverse students. We have seen that focusing on what is strong in every student brings better results than only trying to correct their faults.

Our mission is to *See the Good!* in all students. We are passionate to change schools all over the world to happier places where all children can excel and find their true talents and strengths. What we do is firmly research-backed.



UNIVERSITY OF HELSINKI
FACULTY OF EDUCATIONAL SCIENCES



CHARACTER STRENGTH INTERVENTIONS
INTRODUCING, DEVELOPING, AND STUDYING
CHARACTER STRENGTH TEACHING IN
FINNISH EDUCATION

KAISA VUORINEN





Today...

everything you decide to
put your focus on
will surely grow.

Have a sunny day!

I wish you happy thoughts!

I want to give you kisses!

Thank you for being there for me!

You look really kind person!

You are cute!

I want to give you a hug!

You must be really brave!

You look beautiful!

You look like a happy person!

I want to give you a lot of positive thoughts!

I wish you a Happy day!

positive

What strengths did you bring with you today?



positive

IT'S TIME FOR ACTION

1. Review the strengths below in the VIA Classification of Character Strengths.
2. Identify which strengths best describe who you are at your core.
3. Which of the strengths are **essential**, **effortless** and **energizing** to you?



MODESTY
LOVE OF BEAUTY
COURAGE
TEAMWORK
Carefulness
KINDNESS
GRIT
PERSEVERANCE
FORGIVENESS
HUMOUR
LOVE ♥
PERSPECTIVE
HONESTY
Gratitude
Hope
Spirituality
Leadership
COMPASSION
SELF REGULATION
FAIRNESS



Pick an accomplishment that's as recent as possible, and somewhat relevant to your role as a teacher/principal

- What was your greatest achievement/ accomplishment this week?
- Where did it happen?
- What strengths did you use?
- Describe the outcome of your actions, strengths use and how it impacted your work and your students
- Retrospective of success



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FAIRNESS

LOVE ♥



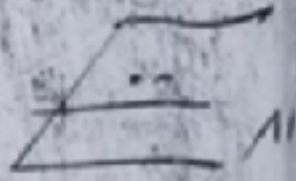
WHY?







ITSESAATELYKYKY



What's ~~wrong~~ right with you?

Helping students find and use their personal strengths





Education in 21st century


There is a widespread consensus of the need to promote education that develops responsible, compassionate individuals with *transversal* competencies, also referred to as 21st-century competencies, including character strengths and a wide variety of socio-emotional skills



MY VALUES

A photograph of a classroom with two students in the foreground. On the left, a young boy with dark hair, wearing a black and white Nike jacket, is smiling and looking down at a piece of paper on his desk. On the right, a young girl wearing a black hijab with white dots and a dark sweater is also smiling and looking at her work. They are both sitting at light-colored wooden desks. In the background, other students are visible at their desks, though they are out of focus. The text "Happy kids learn best!" is written in a large, white, sans-serif font across the middle of the image. There are decorative elements: a light blue rounded rectangle in the top right corner, a yellow circle in the bottom left corner, and a pink square in the bottom right corner.

Happy kids learn best!

A young boy with dark, curly hair is looking towards a woman on the right. The woman has her hair in a bun and is wearing glasses and a black t-shirt. They are both smiling and appear to be in a school or community setting. The background is slightly blurred, showing other people and a red wall.

We believe that all of our children possess **core strengths** that can be utilized to help them have bettered well-being.

Our approach involves mutually identifying, developing, encouraging, practicing, and maximizing **the inherent strengths** in every child we **welcome through our doors.**

A woman with glasses and a black t-shirt is speaking to two young girls. The girls are holding cards with illustrations of birds. The woman is holding a card with a bird illustration. The girls are looking at the cards and listening to the woman. The background is a classroom or workshop setting with a whiteboard and a poster.

See the strengths in others,
and treat them as if that is
all you see.

WHAT?



Knowing our own **strengths**,
helps us to find our true **potential** and to
discover the best in **others**.

A photograph of three young boys in a classroom setting. The boy in the center is wearing glasses and a brown hoodie, smiling broadly. He is flanked by two other boys, one in a dark blue hoodie on the left and one in a grey hoodie on the right, both also smiling. The background shows other students and classroom furniture. The image is decorated with a yellow circle in the top-left, a pink triangle in the top-right, and a teal triangle in the bottom-left.

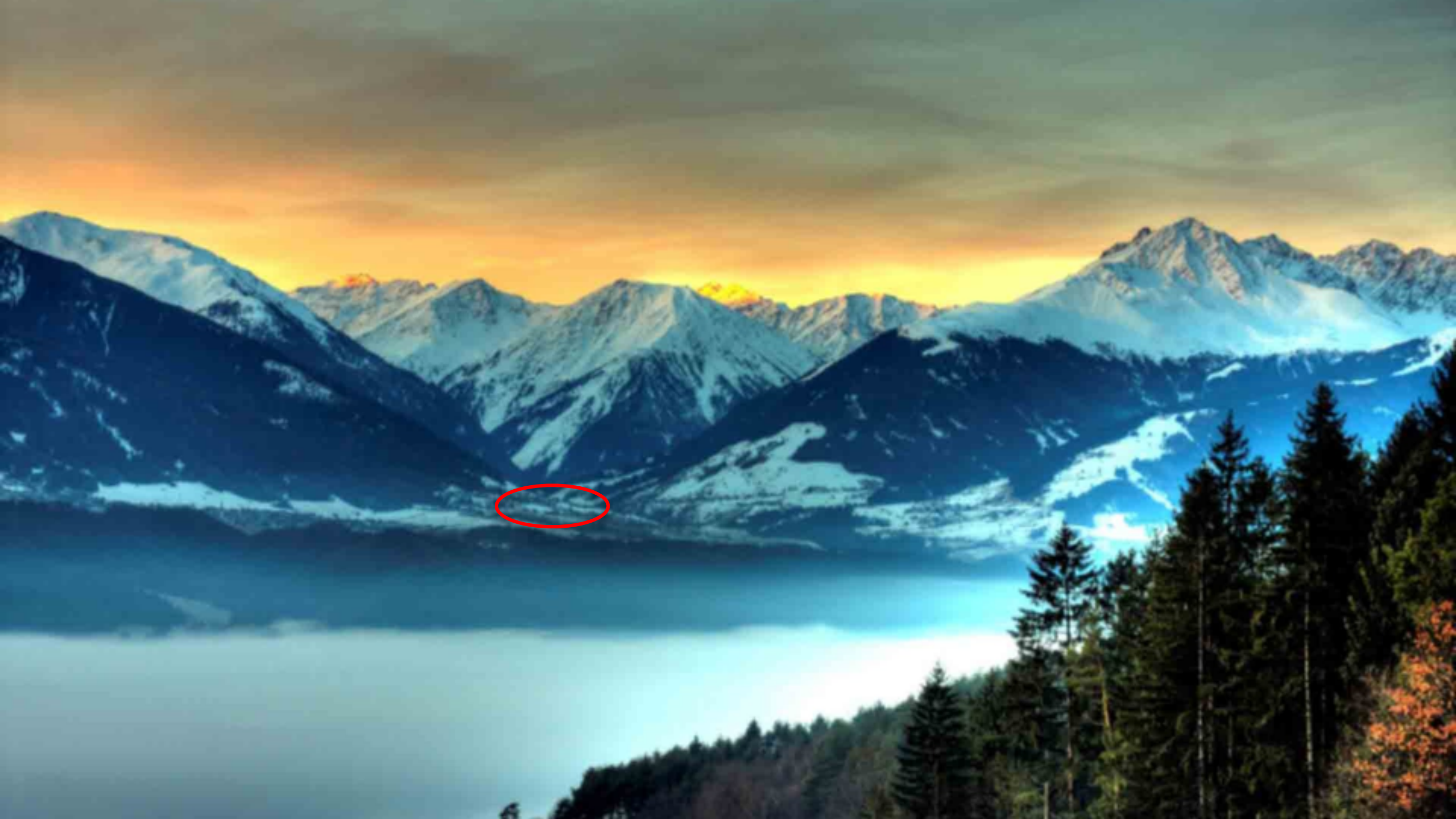
**WELL-BEING AND LEARNING GO
HAND IN HAND**



Negatives

SHOUT!

positives whisper

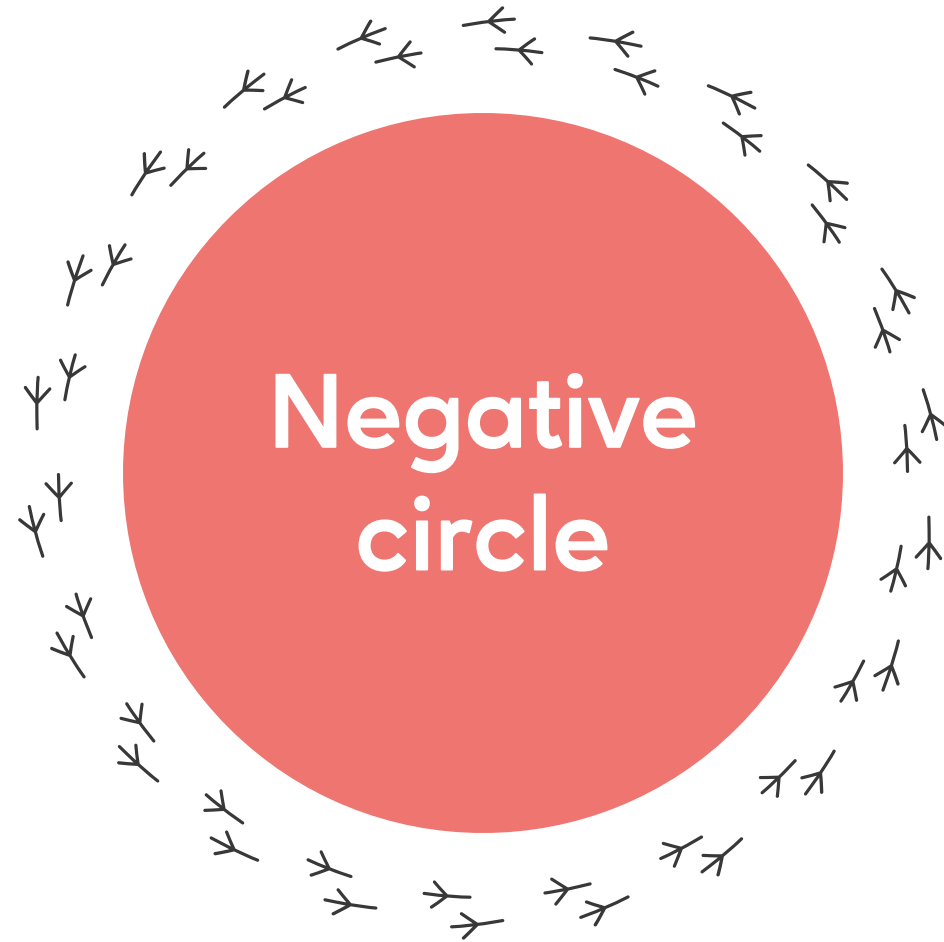


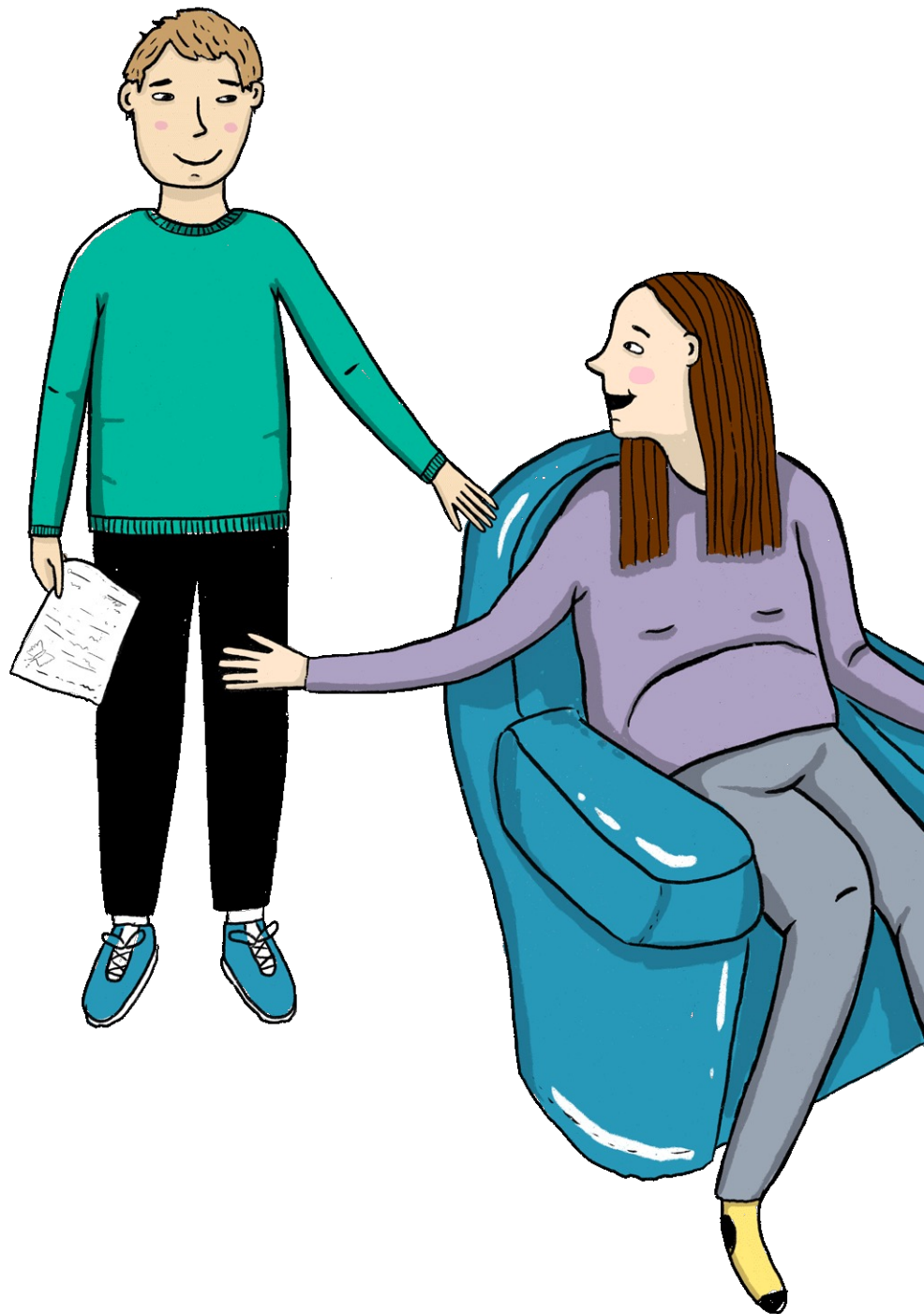
**Please take
responsibility for the
energy you bring
into this space.**

Your words matter. Your behaviors matter. Our students and our teams matter.

Take a slow, deep breath and make sure your energy is in check before entering.

Thank you.





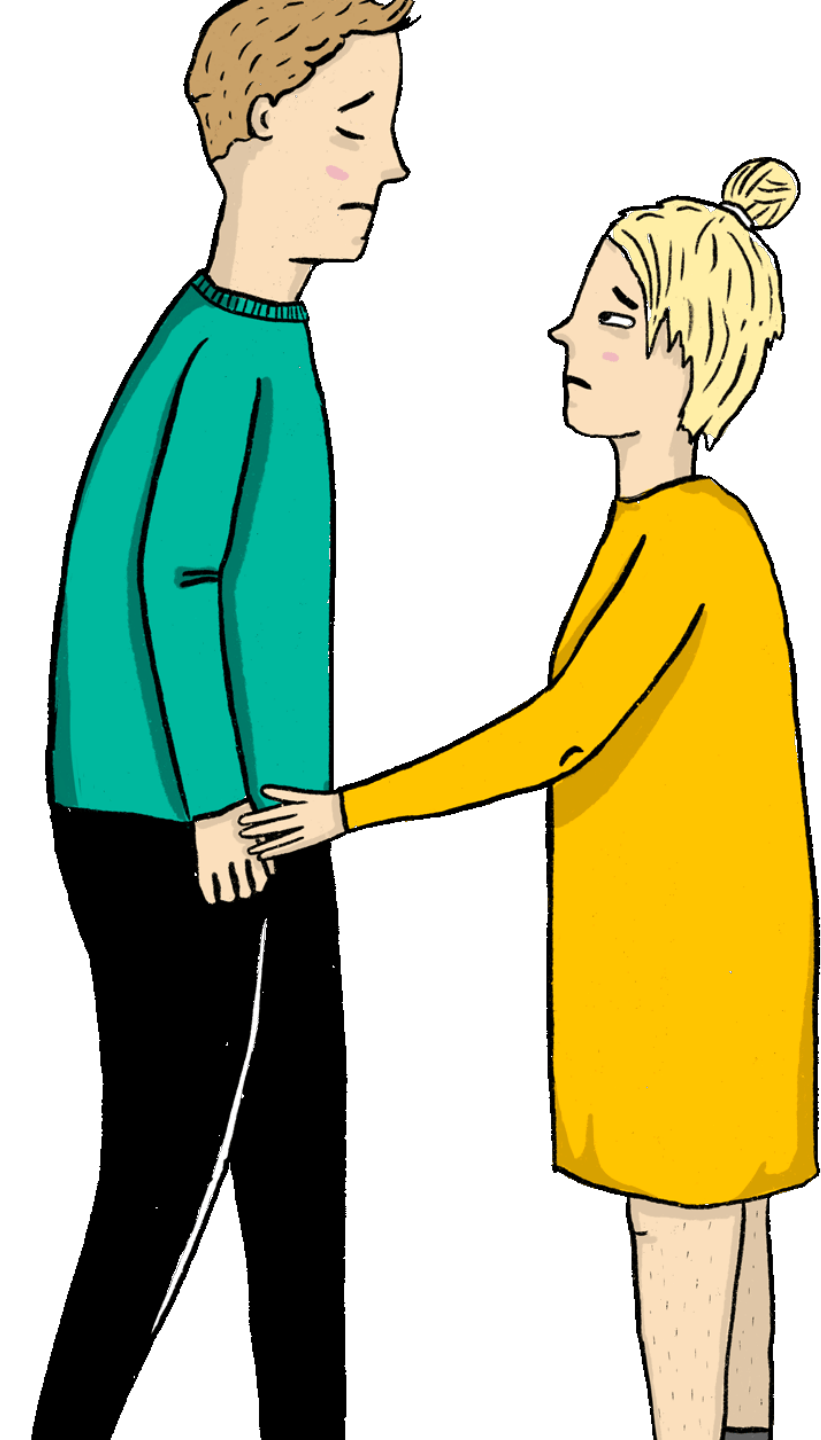
A child who is always looking for attention:

- *"I apologize to you for anyone who has ever put you down for looking for attention. I think it's great you look for attention – good or bad. It means you haven't quit on yourself. You probably haven't received enough attention in your life and you're looking for it now. **Are there better ways to seek it?** Sure, and we can talk about them. But I don't want you to spend another minute of your life thinking that there's something wrong with looking for attention!"*

A child who seems unmotivated

"You're pretty good at protecting yourself. If you don't try you can't be embarrassed. But you're a bright kid and if you just take it step by step you'll probably have success."



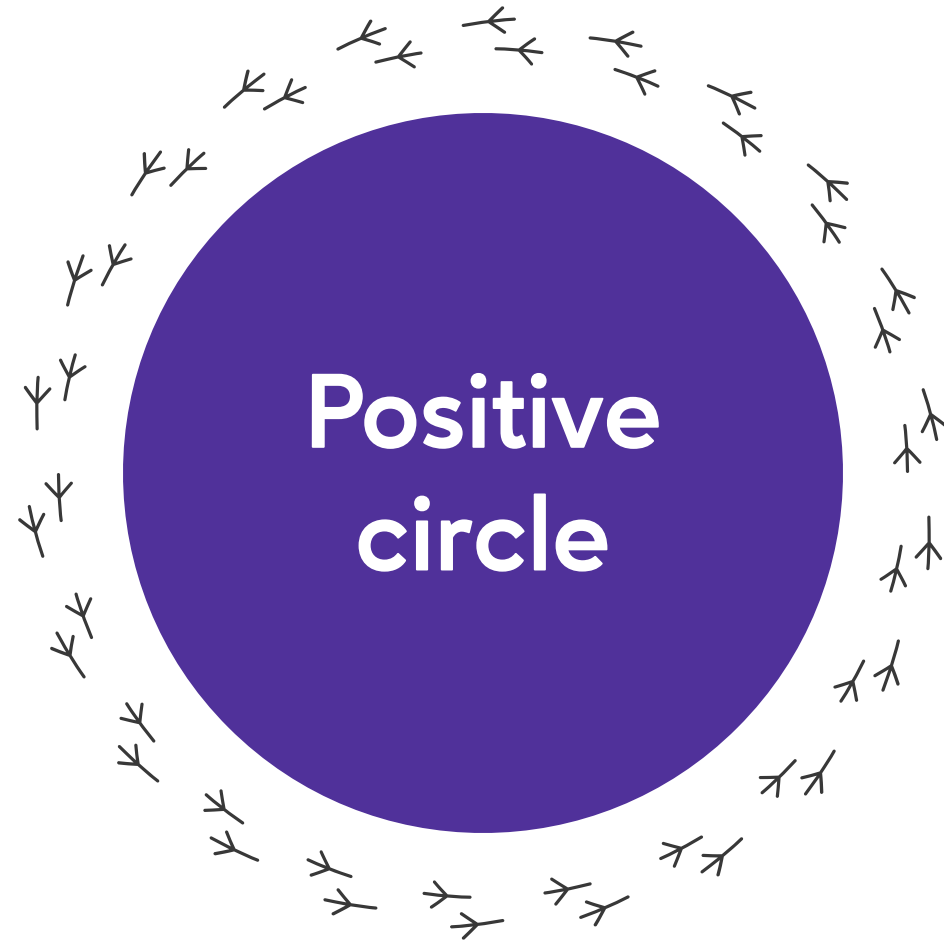
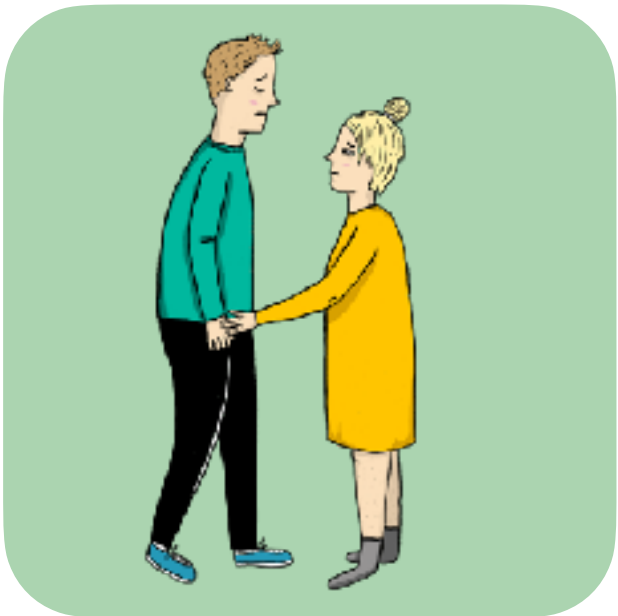


A child who acts in a stubborn manner:

- *"You're good at standing up for yourself and what you believe. Some of the greatest people in the world were quite stubborn about their causes: xxx*

But the great ones all new when to give in a little."







Under-achieving students often struggle with self-confidence: **“Self-doubt kills ability.”**

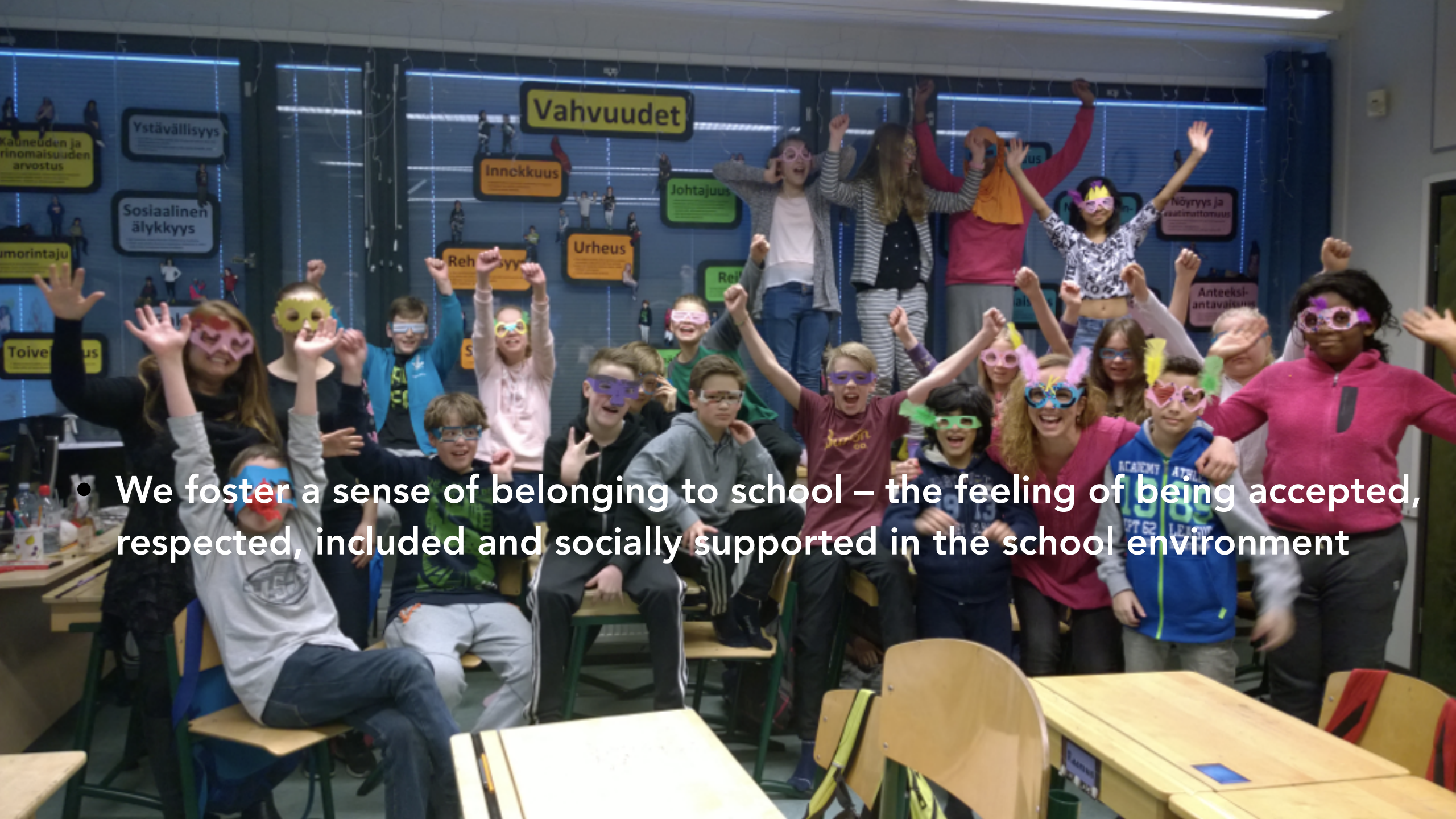
- Every child has an area of strength in which he or she excels, Whether it is in academics, art, music, or sports.
- When educators can identify and focus on a child’s strength, they afford the child the opportunity to experience success, with all the emotional implications of doing something well.
- This is an important starting point in mastering academic content and social relations, which in turn serve as a basis for success at school.”
- **We increase the odds for all students to function well and learn, when they have ample opportunities for success on a daily basis.**

A large yellow circle is centered on a solid purple background. Inside the yellow circle, the word "HOW?" is written in a bold, black, sans-serif font.

HOW?

The strengths-based approach

The strengths-based approach in education comes from the idea that every student has potential and something strong to build on. Strengths in students can be addressed from the behavioral and emotional point of view or from strengths in character



- We foster a sense of belonging to school – the feeling of being accepted, respected, included and socially supported in the school environment



I have a dream!

A teacher who is ... compassionate



The See the Good! Pedagogical Method



Elements to See The Good

1

Strength mindset

You actively pay attention to positive action.

2

Strength language

You note the strengths used and verbalise them in the form of encouraging feedback

3

Strength documentation

Through photographs and written observations, you create a positive learning story for the individual child and the whole group.

Where do we focus on?

STRENGTHS

PERFORMANCE

WEAKNESS



A close-up, low-angle shot of a hot air balloon's envelope and burner at night. The balloon's envelope is composed of large, colorful panels in shades of red, orange, yellow, green, and blue. The burner is a bright, glowing yellow-orange flame at the bottom, illuminating the surrounding fabric. The background is dark, making the colors of the balloon stand out.

SIGNATURE STRENGTHS

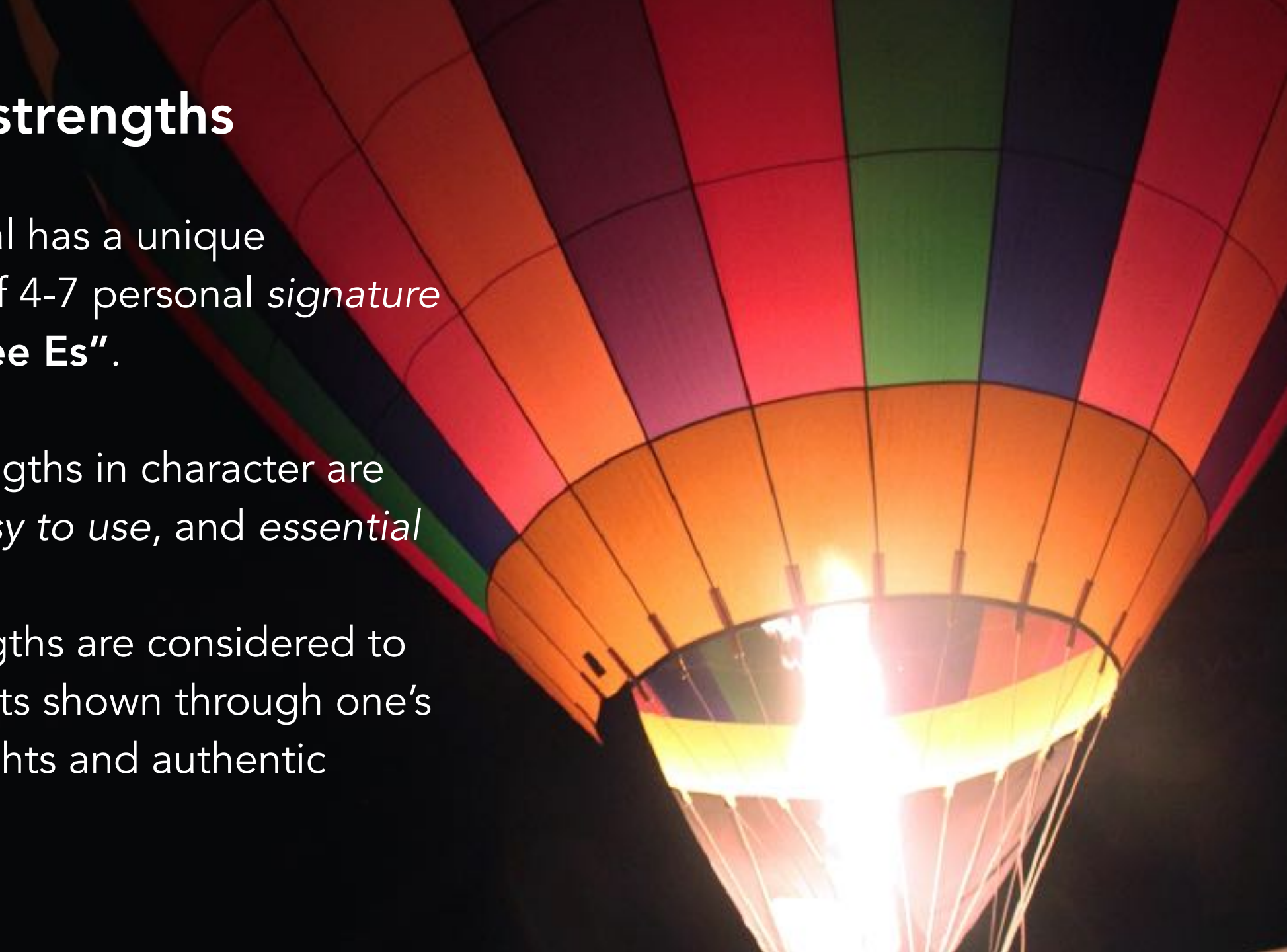
energizing
easy to use
essential

Signature strengths

Every individual has a unique constellation of 4-7 personal *signature strengths* "**three Es**".

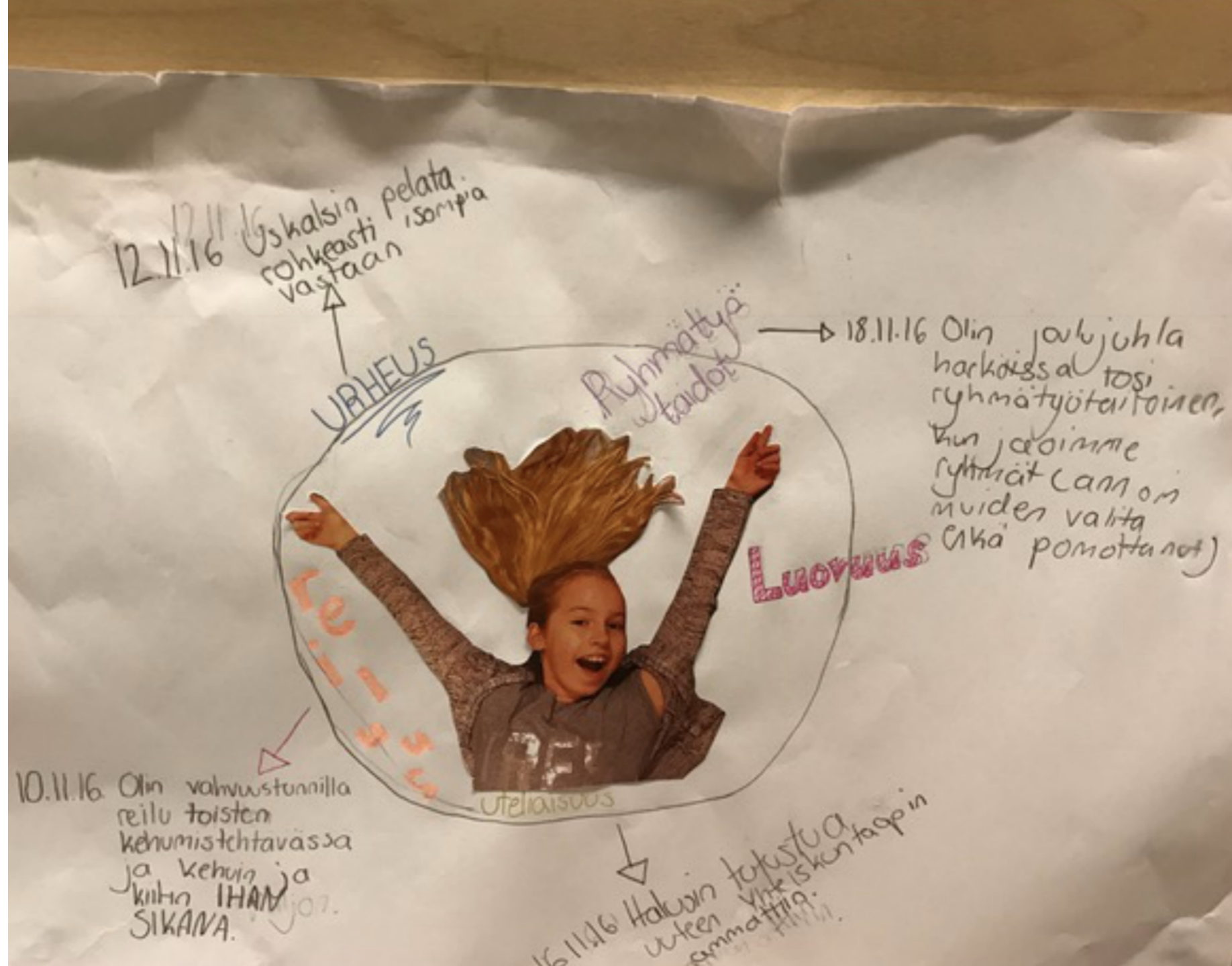
Signature strengths in character are *energizing, easy to use, and essential*

Personal strengths are considered to be positive traits shown through one's feelings, thoughts and authentic behaviour



The first version of Positive CV

The child identifies her top five strengths and names the exact time and occasion when she has used them.

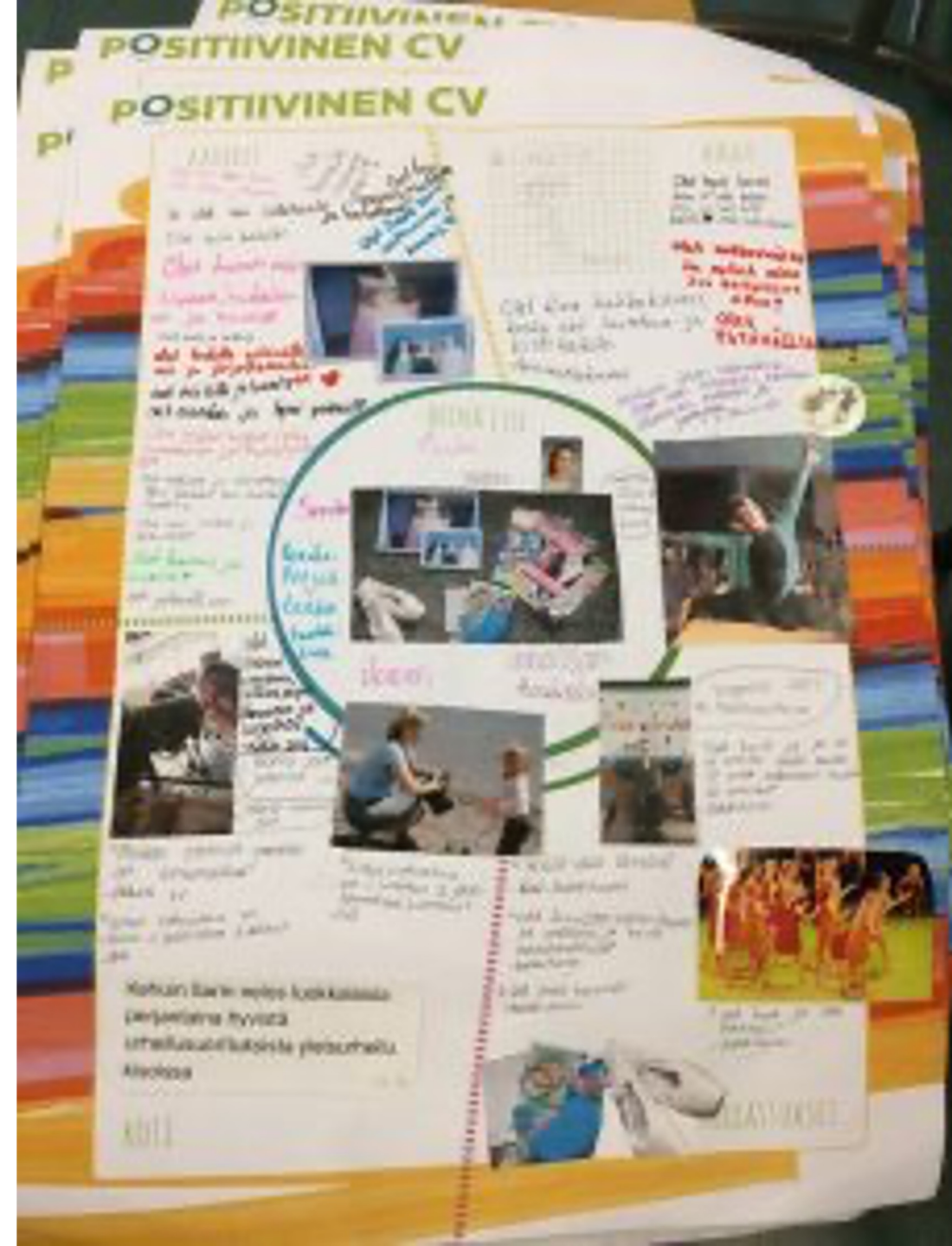


My optimal zone of core strengths

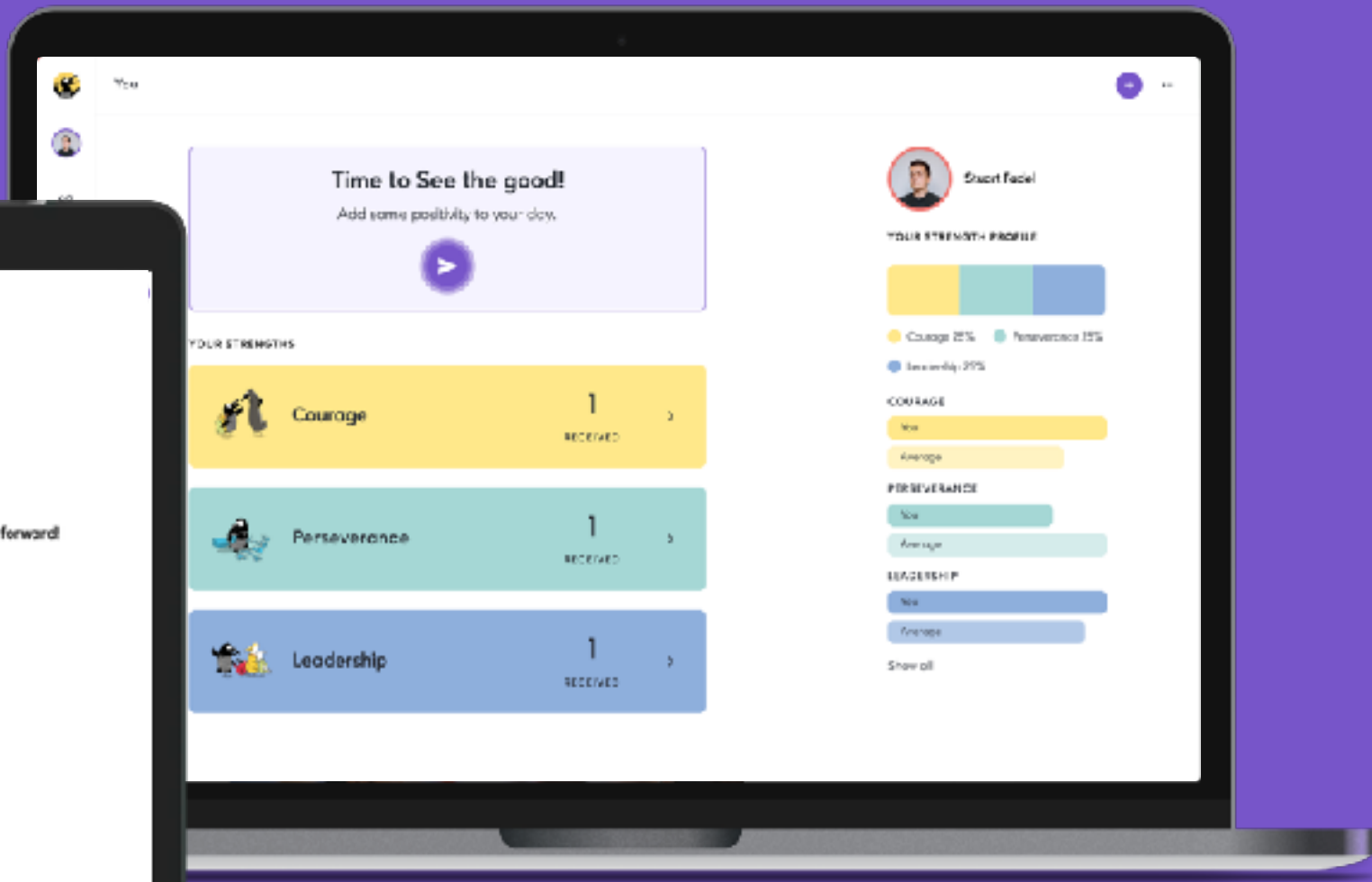
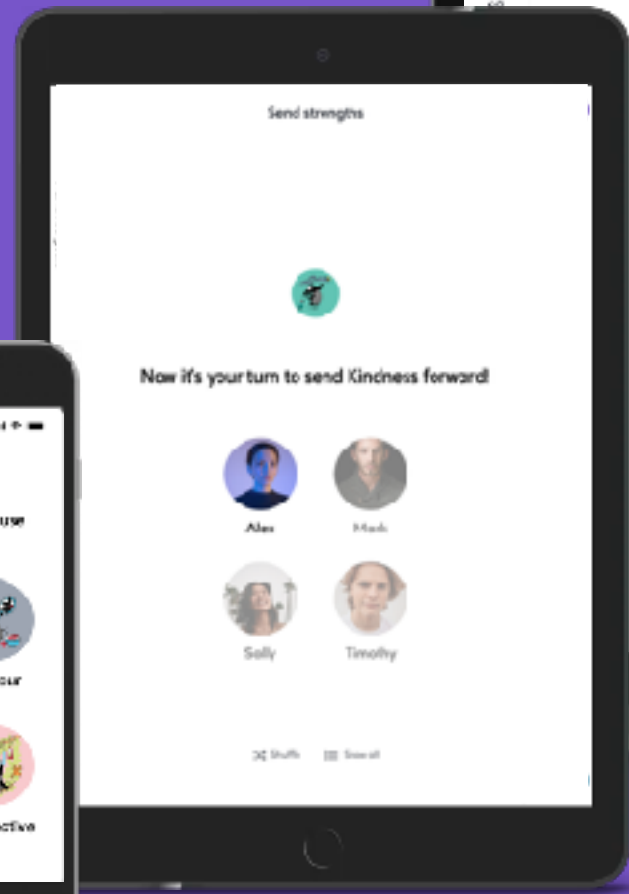
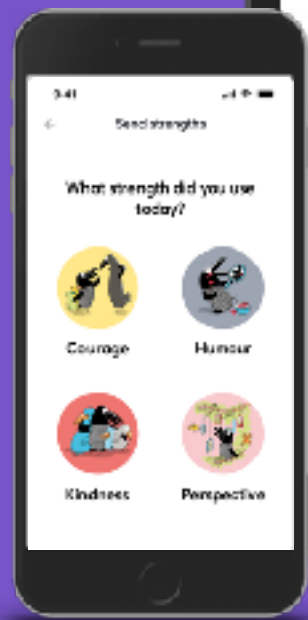


Creating Strengths portfolios in 2018

- A curriculum vitae where children document their skills and strengths
- "Positive CV" is supplemented by e.g. parents, friends, teachers, hobby coaches
- Components include the student himself/herself, friends, school, home, leisure
- May be a portfolio, a poster or a digital version (seethegood.app)
- Included in student assessment

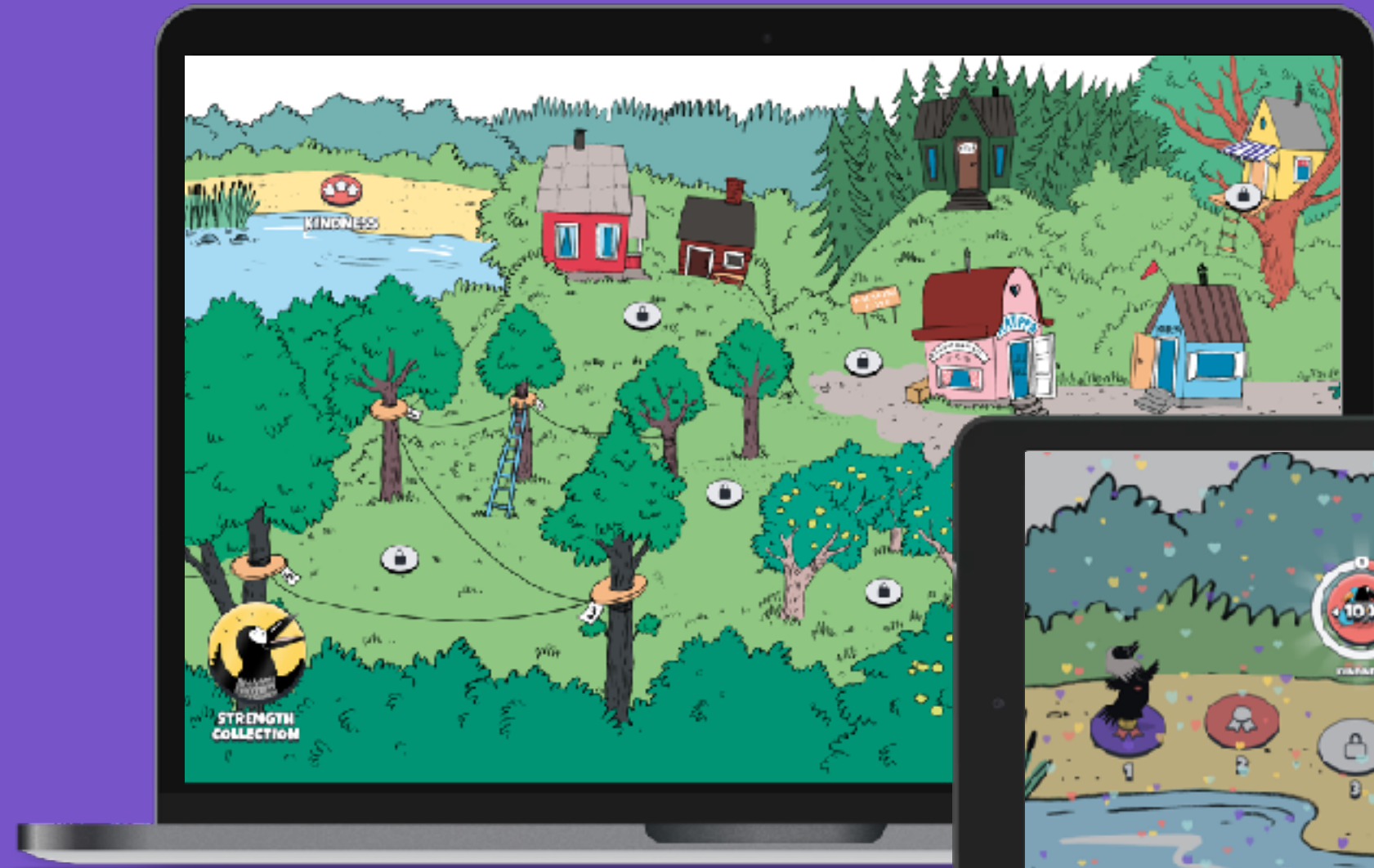


Strength diaries





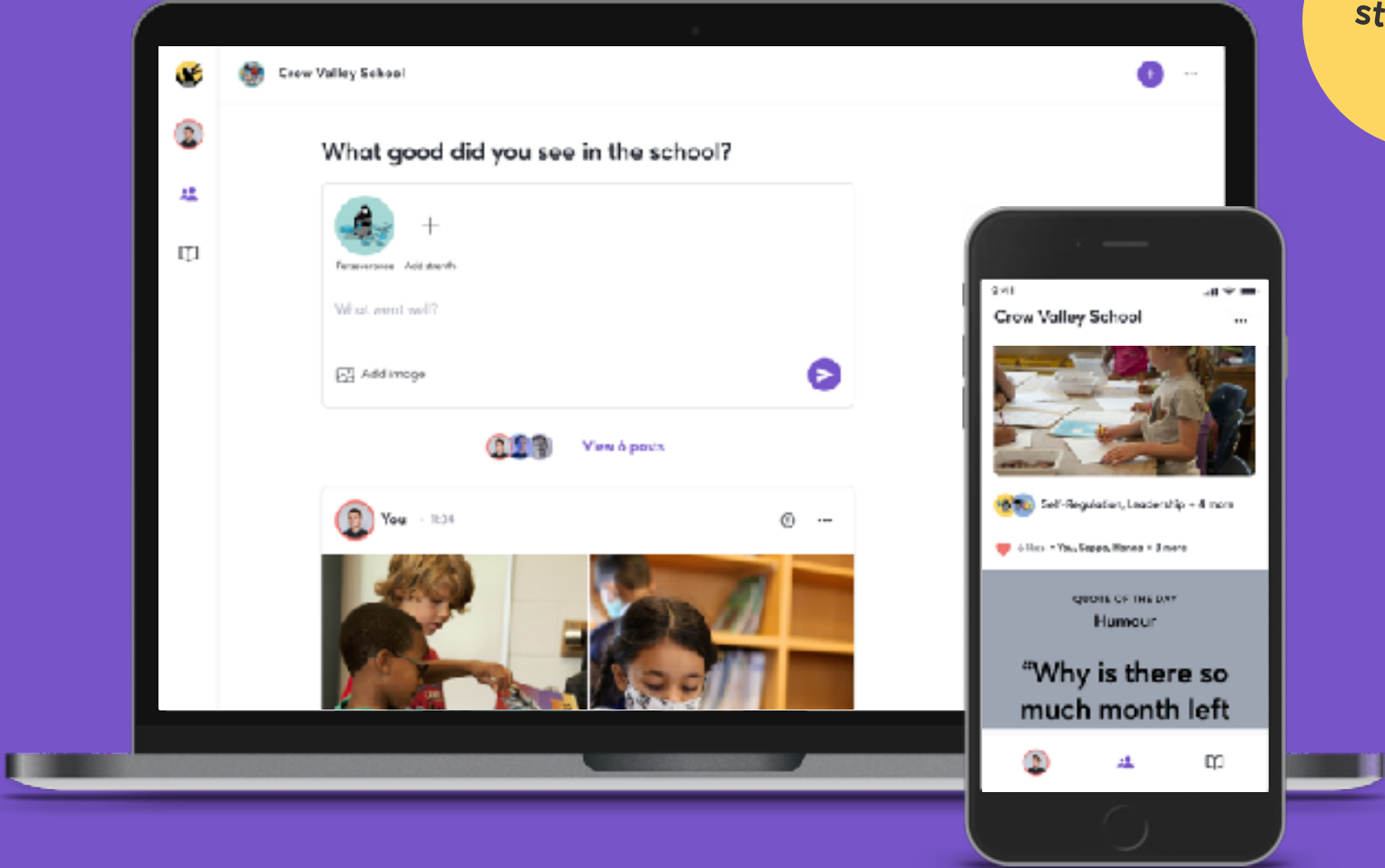
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Classroom
strength
games



School strengths wall



10 % more joy?



A child's Positive CV presented as balloons.

The contents describe the child's strengths and capacities viewed by himself, his family, his friends and the preschool personnel.



Strengths portfolio

Joona

- Zest
- Courage
- Love of Learning
- Kindness
- Creativity





Your strength is...
I appreciate the way you often...
I value in you that...
I have learned from you that...
It's nice to see when you...
I just noticed that...

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SELF REGULATION
FAIRNESS

LOVE ♥



An idea to take with you

Let every student make a poster of themselves with a photo and their five character strengths

In what other ways could you make the strengths fun and visual ?

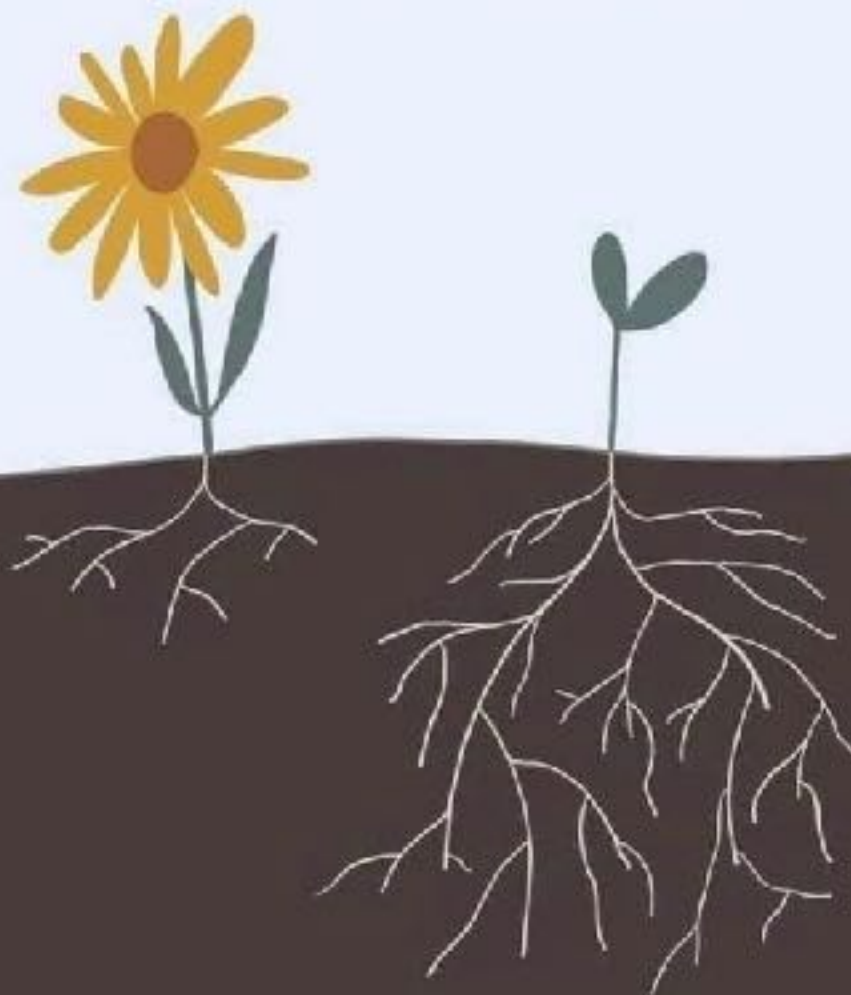


Milla's character strengths: curiosity, love, zest, compassion, gratefulness



"These strengths describe me because I can be happy with even small things. I can also rejoice in the success of others and want to comfort if someone has a bad mood. I really love my loved ones very much. I like to explore new things and use my imagination." 😊

EVERYONE'S GROWTH
LOOKS DIFFERENT.



@BLESSTHEMES59

"It is familiar to all of us that we start to flourish when we are with people who see the good in us.

And we know how we start to wilt when we are with people who only see our faults."

Desmond Tutu



Personal



The rose is something that went well.



A rosebud is something that evokes hope or inspire.



A spike is something that failed but taught something important.



Thank you!

KAISA VUORINEN, CEO & FOUNDER

kaisa@seethegood.app

+358 415270978

See the Good![™]