

Learning from Finland: Wellbeing and Education

Kaisa Vuorinen, CEO

kaisa@positive.fi

positive.fi



Kaisa Vuorinen
CEO, Founder
Positive Learning
MA, PhD-researcher
University of Helsinki
kaisa@positive.fi
kaisavuorinen.com



kaisavuo



kaisavuorinenn



positiivinenpedagogiikka

Lotta Uusitalo
Head of Impact, Perustaja
PhD, Adj. professor in
Special Education,
University of Helsinki
lotta@positive.fi

positive

positive.fi

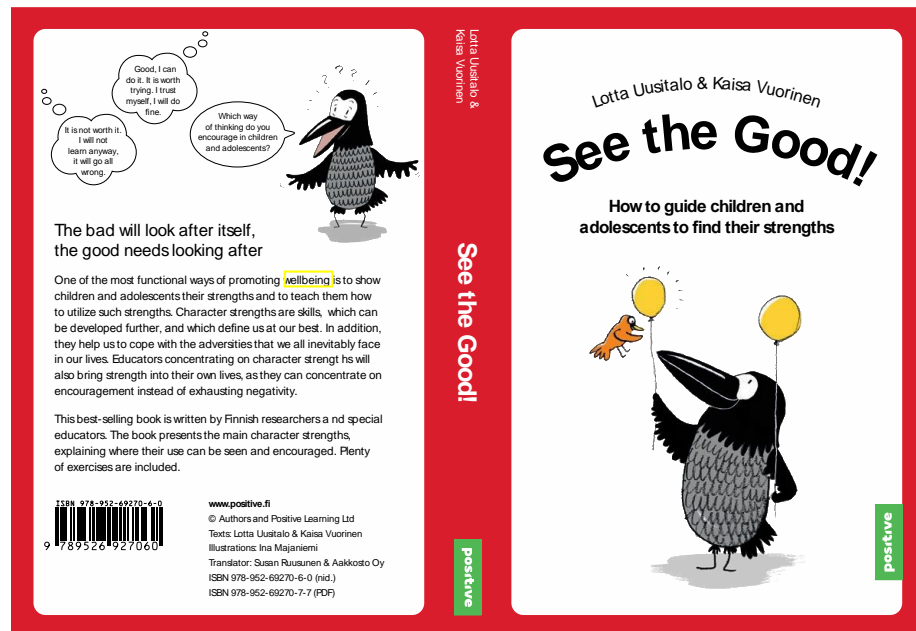


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POSITIVE CV

See the Good in every Student



Finnish Education

WANT TO LEARN FROM THE BEST? LEARN FROM FINLAND

- The nature of a child is to want to know new things, to be inquisitive, curious about the world around them, and to experiment with what they learn.
- Finland's education system builds on this, taking advantage of the natural curiosity and placing it at the heart of education planning and curricula
- Highly competent and motivated teachers are the cornerstone of the Finnish education system.
- In Finland, teachers are not only experts in their own subject area, but also experts in teaching and learning.
- Finnish teacher training places special emphasis on the study of pedagogy: learning the art of teaching, tailored to how different people learn

TOP 3 reasons

Excellent learning outcomes

Finland's excellent learning outcomes are the result of research-based pedagogy and its innovative approach to teaching and learning.

This combination supports the creation of excellent curricula and first-rate learning environments and processes.

Top quality teacher training

High-quality training, professional freedom, and trust are the ingredients of success.

Teachers in Finland must hold a master's degree and pedagogical qualifications.

They enjoy professional freedom and trust, and have the power to influence their own daily work and the development of schools

Innovative teaching methods and strong ICT sector

Finland has a strong ICT sector and a booming gaming industry.

This has helped to create favorable conditions for developing cutting-edge digital learning solutions that make learning fun!



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**Hello,
We're Positive and
we know that**

**Happy kids
learn best!**

Traction

36.000 units

of "Spot the Good!" book
sold in 2 languages in 3 years

15.000 educators

trained in our pedagogy
worldwide and are now our
early adopters

Finland 2019 launch

Ministry of Education training
over 6.800 teachers on
Positive CV. Soft skills part of
national curriculum

€500.000 prize

shared #1 spot in Sitra's
Ratkaisu100 competition

Peer-reviewed

Two papers published
showing effectiveness and
more in pipeline

5 paid pilots signed

across three international
schools and two Finnish
counties

What's Right with You: Helping Students Find and Use Their Personal Strengths



Future curriculum?

Problem solving

Social skills

Creativity

Teamwork

Perseverance

Self-control

Compassion

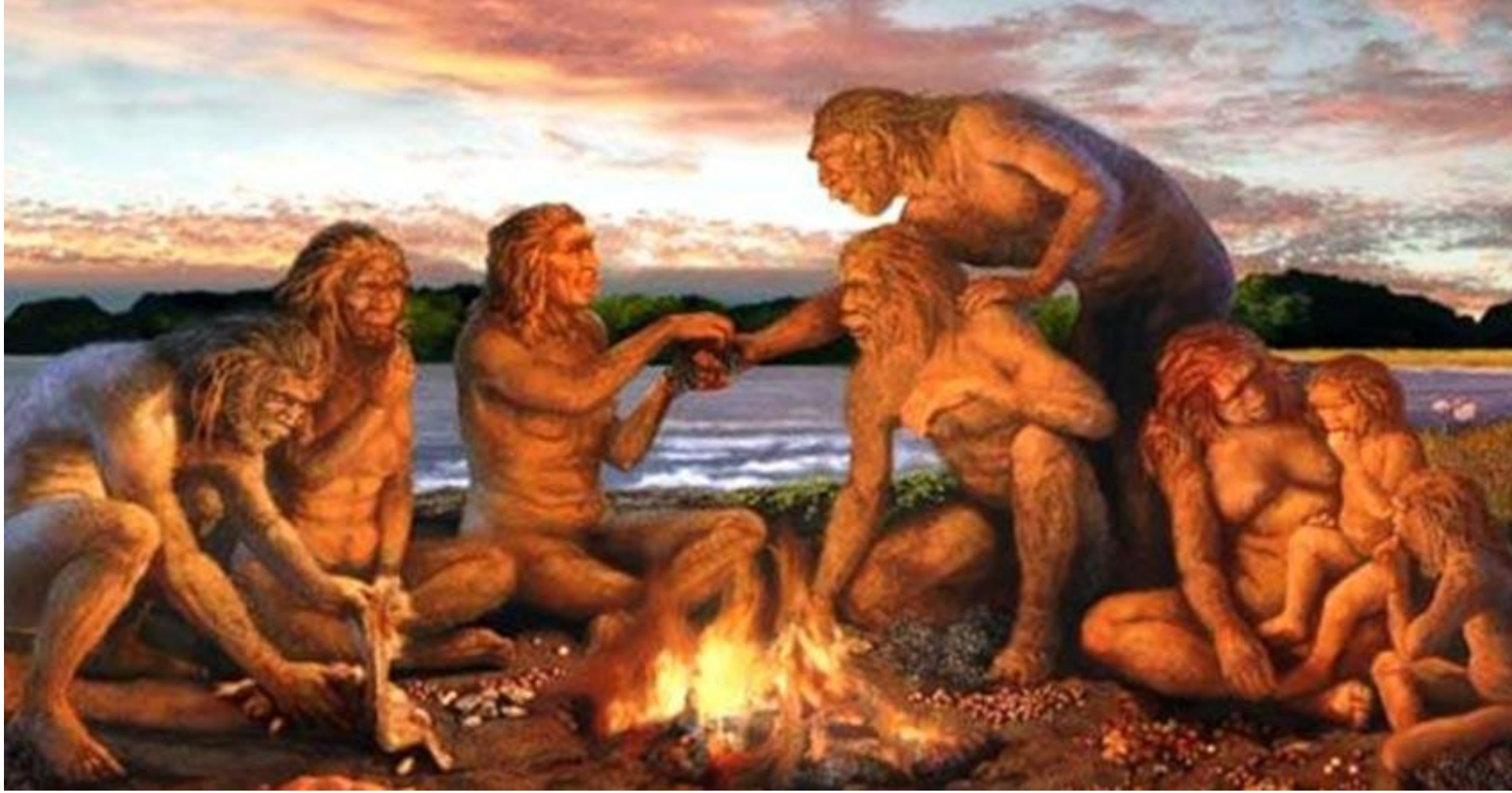


Top 10 skills

in 2020

1. Complex Problem Solving
2. Critical Thinking
3. Creativity
4. People Management
5. Coordinating with Others
6. Emotional Intelligence
7. Judgment and Decision Making
8. Service Orientation
9. Negotiation
10. Cognitive Flexibility

*Source: Future of Jobs Report, World
Economic Forum 2016*



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Positive Education

Our Positive Method™ enables teachers to teach and assess Social and Emotional skills

Social and emotional skills are key human capabilities that allow individuals to manage their emotions, work with others, and achieve their goals.

They are crucial for the wellbeing and success of every child and adult, and for the future of our societies and economies. In addition, social and emotional skills are the skills found to be the most predictive of success in a wide range of important life outcomes.

They build the foundations that provide a basis for developing children and youth happiness and well-being. They are prerequisites for further efficient academic learning across the entire curriculums globally.

Social and Emotional Learning (SEL) is one of the hottest topics in global education today and required by the OECD (2017) and other curriculum reforms globally.

Happy children
learn best



Well-being
promotes learning





Positivity
seeds
human
flourishing

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



FIVE PRINCIPLES OF THE POSITIVE METHOD

1. Positive Feedback



Positive Feedback

- Every student feels the need to succeed.
- The good in a child or adolescent needs to be noticed and said aloud.
- The positive feedback coming from adults is crucial to learning, well-being, building a positive self-image and forming identity.
- Pay attention to progress and give encouraging feedback that supports self-esteem, and leads to positive emotional experiences.
- Giving feedback means caring, and positive feedback boosts your mood.
- Conversely, lack of feedback makes you feel invisible and worthless.

FIVE PRINCIPLES OF THE POSITIVE METHOD

2. Strengths Language



Strengths Language

- Use strength vocabulary when you give feedback, encourage your students to engage in activities, or describe your own actions.
- You can make a list of strength words for yourself to act as a support for teaching.
- Strength language helps students to better understand a particular skill that needs more practising, and also the ones that are already well mastered.
- Strength speech makes the use of strengths concrete and leaves a strong memory trace, which allows the students to incorporate it in small steps to their own thinking, inner speech and cognitive control.

FIVE PRINCIPLES OF THE POSITIVE METHOD

3. Use of Strengths



Use of strengths

- Once you have identified strengths with the students,
 1. plan lessons and other activities so that each student can increasingly use their strengths for their own benefit, and especially for the benefit of others.
 2. give students an opportunity to think in which situations and with whom their strengths are best at use, and give them room to act.
- This increases their sense of self-competence. In addition, students get real experiences of actually using their strengths, not just knowing them.
- Ask students to reflect back on these situations and consider, how their strengths were 'at use' and what it felt like.
- Together, create a strength culture where everyone acts for the common good, all actions are directed by goodwill, and where everyone can succeed.

FIVE PRINCIPLES OF THE POSITIVE METHOD

4. Social Relationships



Social Relationships

- At school, well-being is built together every day.
- Sense of belonging to a group and to a community is crucially important to every student.
- Everyone needs to feel they are an important part of the group and welcome to join.
- In addition to that, one must feel psychological safety in their own group in order not to have to worry about making mistakes or being embarrassed by others.
- Support your group's sense of belonging and approval every day by teaching them socio-emotional skills, and by giving them opportunities for rich interaction.

FIVE PRINCIPLES OF THE POSITIVE METHOD

5. Walk the Talk



Walk the Talk

- Students may forget what you taught them, but they will never forget what you made them feel.
- The teacher's ability and willingness to meet the students in a warm and positive way engage them better in the topic of the lesson, motivates them to work harder, and reduce the amount of disruptive behaviour in class.
- Your own example of being genuinely present, enthusiastic and caring is far more important than the teaching material or method you use.

Come and join our global community of Positive Teachers at positive.fi



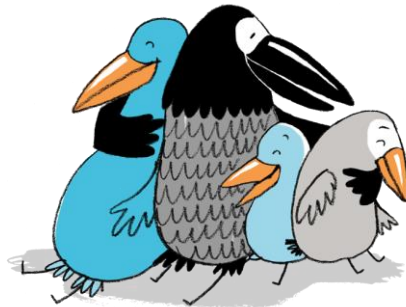
1. Give positive feedback



2. Use strengths language

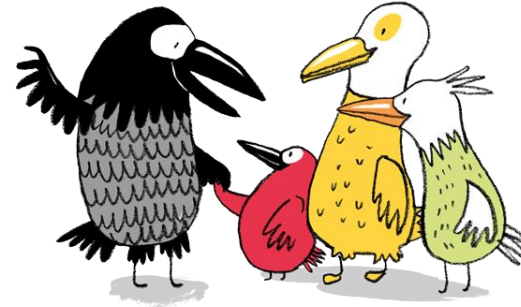


3. Teach how to use the strengths



4. Promote social relationships

5. Walk the talk





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**“Catch them
being good!”**



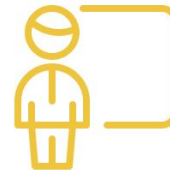


Welcome to Positive.



Learn about Social and Emotional skills and how to teach them.

Learn



Help your students to discover their character strengths and how to develop them.

Teach



See how your students develop their strengths against agreed goals.

See the Good

Teach and find strengths

TEACH STRENGTHS

How to teach character strengths



Creativity

Creativity involves having the courage to experiment and do things in your own way, being rich in ideas and artistic expression. Creativity is reflected in everyday life as inventiveness and a desire to do things in your own way.



Perseverance

Perseverance is determination to hold on to the task. It is to continue in face of a seemingly impossible challenge. It is ability to recover after adversities (= resilience).



Perspective

Perspective is the ability to perceive entities. It is judgment, wisdom, and often also knowledge and life experience. Perspective includes the ability to put oneself to another person's shoes.



Self-regulation

Self-regulation is the ability to consciously control one's own actions. It is power to regulate behavior and emotions to suit the situation. Related concepts are willpower, executive functions and self-discipline.



Social intelligence

Social intelligence is the ability to understand one's own and others' feelings, thoughts, and behaviors. It is ability to work well with different people. Empathy, situational awareness and friendship are important.



Teamwork

Teamwork skills are reflected in active participation in the group. It is encouragement, enthusiasm and being active. It is also to give room, share tasks and working for common goals.

CAPTURE POSITIVE MOMENT



Self-Regulation



Creativity



Perspective



Social Intelligence



ALBUM: 1107 MOMENTS



CAPTURE MOMENT

Perspective

WHAT DID YOU SEE?

Enter action, situation...



OR PICK SAMPLE ACTION

"WE UNDERSTAND DIVERSITY"

You got to know different people.

You found out about different cultures and ways of thinking.

You encouraged others to be themselves.

You found something good in different ideas.

Save moment



CLASS MOMENT



Perspective

You considered different people.

Today 10:23



Send comment...

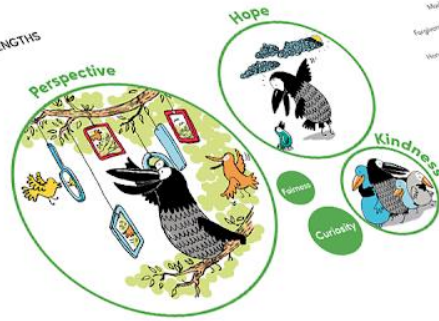


Strengths Portfolio

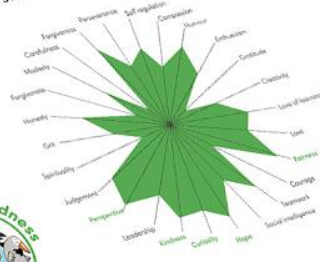
Fatima Delgadillo

< 2019 >

TOP 5 STRENGTHS



STRENGTHS STAR



STRENGTHS EVOLVING MAP



POSITIVE

School _____

Year

Ways to participate

1. Join the community of Positive Teachers at positive.fi
2. Download our free materials at positive.fi
3. Get inspired by our printed materials: positive.fi
4. Come to our training in Finland or invite us for a tailor-made training.
5. Join our on-line Positive Method course.
Available in Finnish and English.





Kaisa Vuorinen
CEO, Founder
Special needs teacher,
PhD researcher,
University of Helsinki
kaisa@positive.fi



Lotta Uusitalo
Head of Impact, Founder
PhD, Adj. professor in
Special Education,
University of Helsinki
lotta@positive.fi

