

La Psicología Positiva en la clase de español: aplicaciones prácticas

Gabriela Maldonado

Profesora de español e inglés como lengua adicional
Curriculum Leader of Teaching and Learning – Facultad de Lenguas
gmaldonado@kristin.school.nz

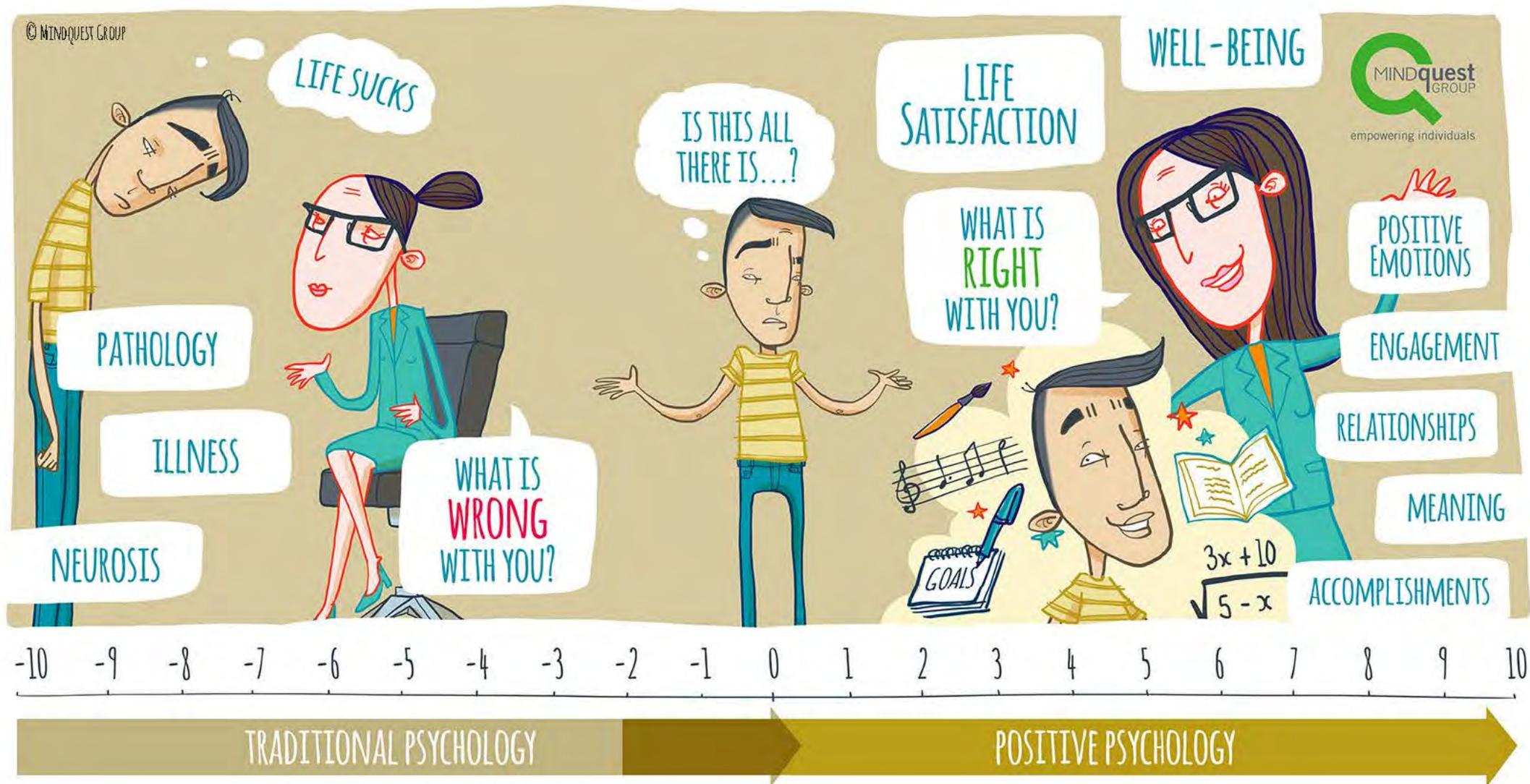


Hoy vamos a...

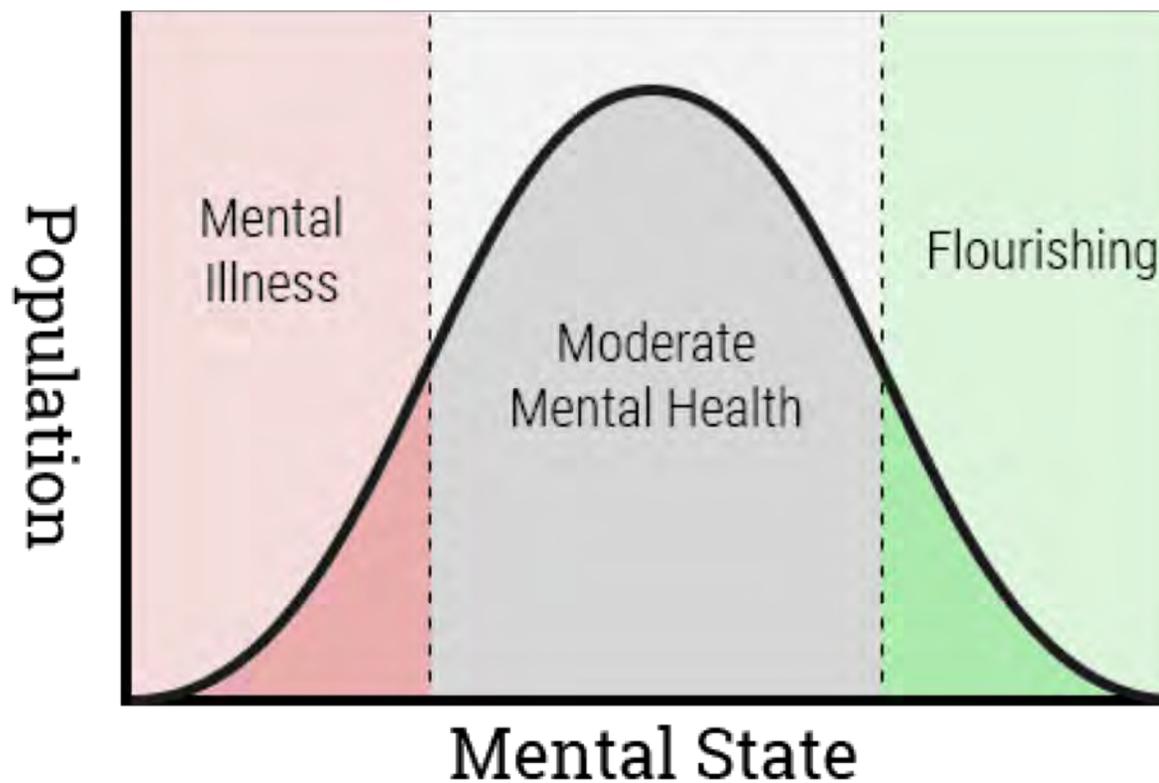
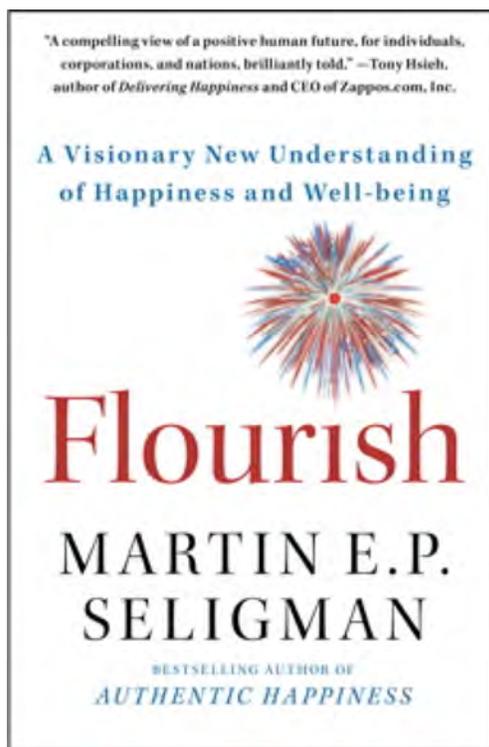
- entender qué es la Psicología Positiva y la Educación Positiva
- aprender algunas estrategias de Educación Positiva
- desarrollar una estrategia que nos gustaría explorar en nuestras clases



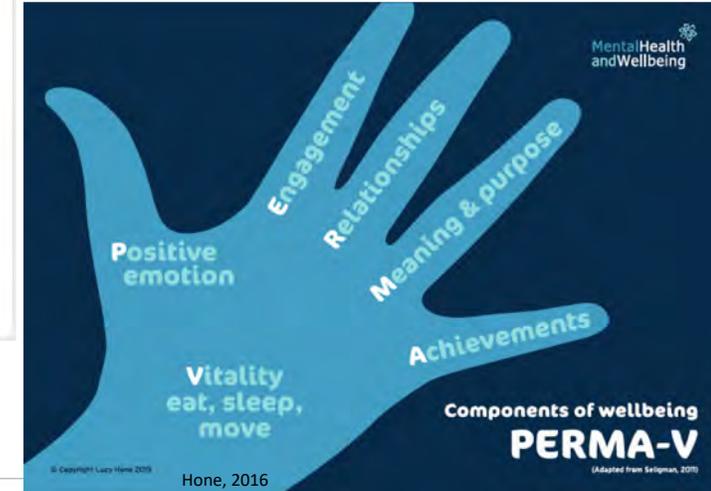
¿Qué es la Psicología Positiva?



¿Cuál es el objetivo de la Psicología Positiva?



MODELOS



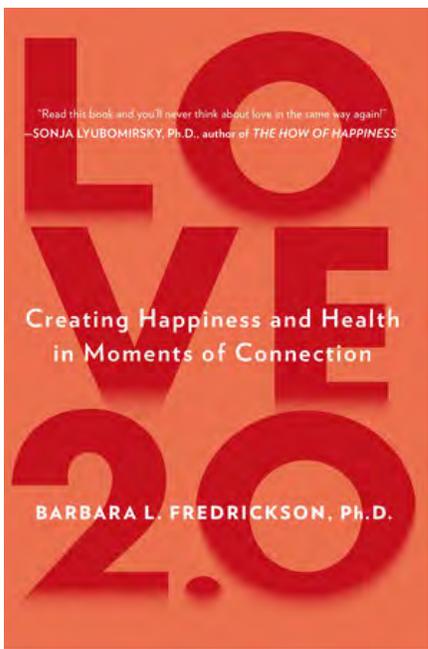
Te Whare Tapa Whā Model



PROSPER:

- P**ositivity. Positive mindset (e.g. gratitude; optimistic thinking; positive tracking mindfulness) and Positive emotions (e.g. fun & enjoyment, satisfaction, safety, pride)
- R**elationships (e.g. prosocial values and social skills for developing positive relationships)
- O**utcomes (e.g. achievement; mastery; grit; goal setting; growth mindset etc)
- S**trengths (e.g. self-knowledge; self respect; awareness of one's character strengths; ability strengths; collective strengths)
- P**urpose (Having a sense of purpose through the pursuit of worthwhile goals both for the wellbeing of oneself and the wellbeing of others)
- E**ngagement ('psychological flow'; social, emotional, behavioural & cognitive)
- R**esilience (e.g. coping skills; self-management skills; courage)

Noble & McGrath, 2016, p. 19



BARBARA FREDRICKSON

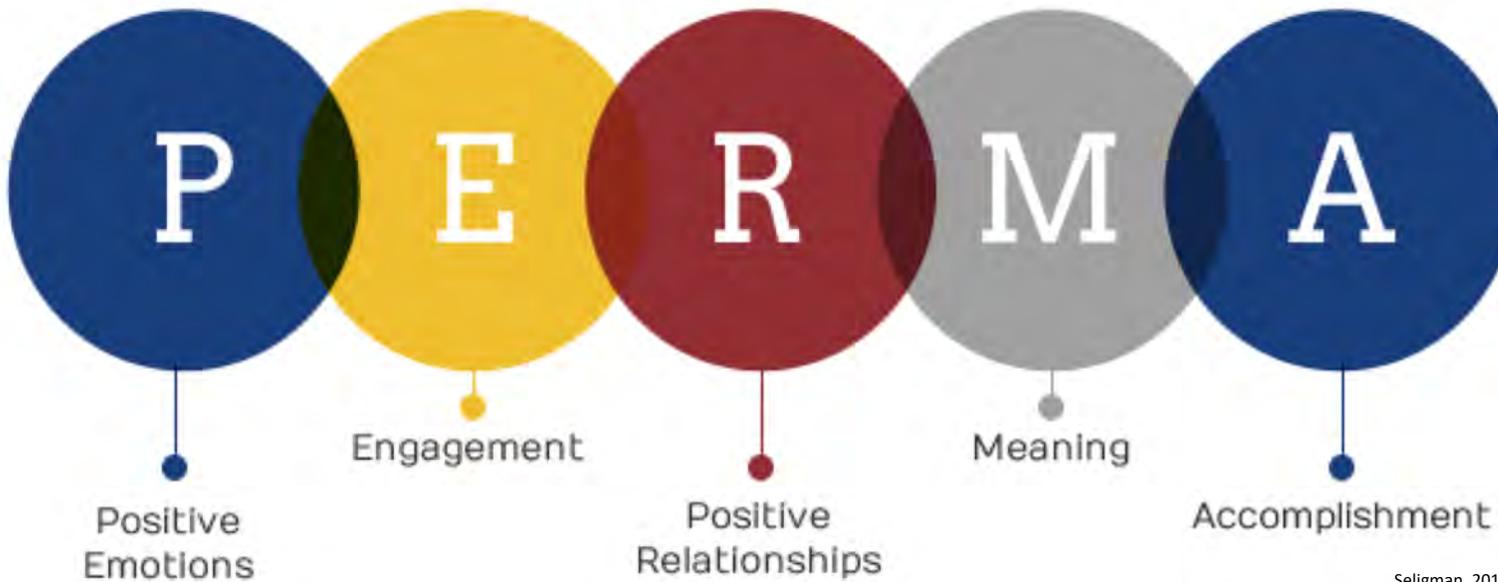


Groundbreaking Research to Release Your Inner Optimist and Thrive

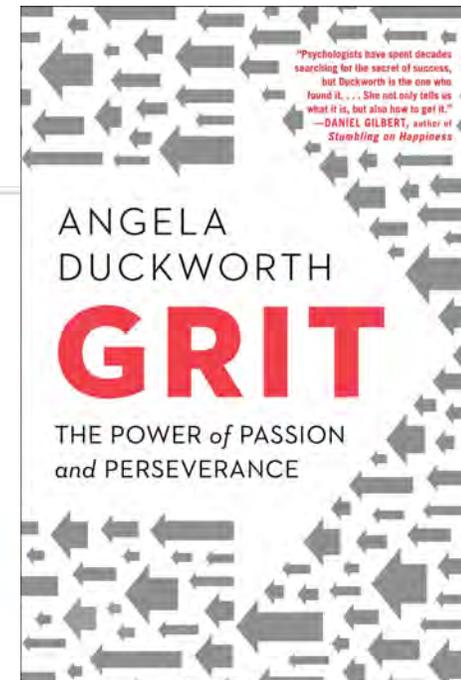
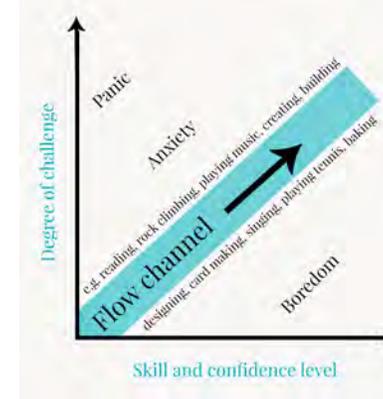
"The perfect blend of sound science and wise advice on how to become happier."

Martin E. P. Seligman – author of *Authentic Happiness*

Introducing a New Theory of Well-Being



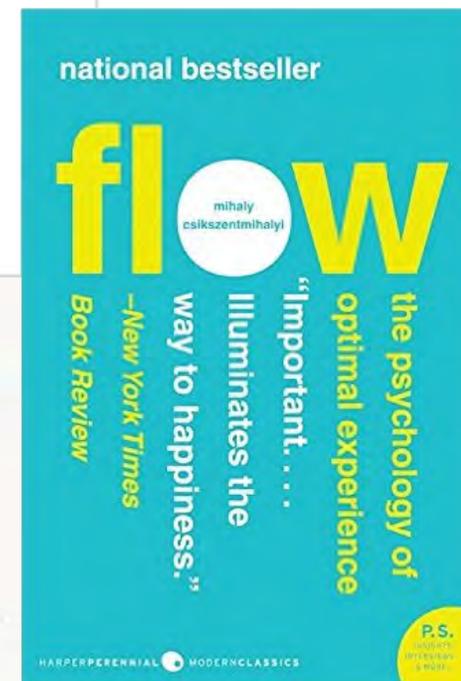
Seligman, 2011



ANGELA DUCKWORTH

GRIT

THE POWER of PASSION and PERSEVERANCE



national bestseller

mihaly csikszentmihalyi
flow

the psychology of optimal experience
"Important... Illuminates the way to happiness."
—New York Times Book Review

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Lo mejor de...



Lo mejor de esta semana fue que...

Recuerdo cuando...

En ese momento me sentí...

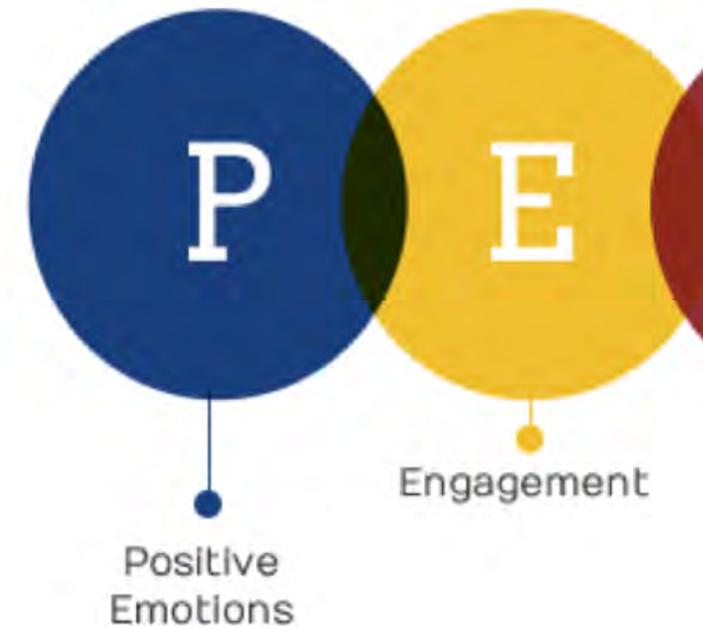
Piensa en lo mejor que te pasó esta semana

Recuerda el momento y cómo te sentiste

Prepárate para compartir

Atención Plena

- Respiración
- Intención del día
- Colorear



BENEFICIOS DE LA *Meditación*

1 **Aumenta tu nivel de bienestar**

2 **Reduce drásticamente tus niveles de estrés**

3 **Reduce niveles de hipertensión**

4 **Permite mayor concentración y enfoque**

5 **Comienzas a experimentar sincronías/casualidades positivas en tu vida**

6 **Te permite dormir mejor**

7 **Reduce la cantidad de pensamientos innecesarios**

8 **Desarrolla la creatividad**

9 **Promueve mayor oxigenación**

10 **Mejora la intuición**

11 **Equilibra el sistema nervioso**

12 **Aumenta tu paciencia y tolerancia**



La siesta, ¿un tipo de meditación?



Brain breaks

- **Arriba, derecha, izquierda, ¡clap!**
- **¡Aplausos!**
- **Contamos en silencio**
- **Inventa una secuencia**
- **Pulgar-índice, índice-pulgar**
- **De llovizna a tormenta**

¿Qué haces tú en tu clase?



EACH STUDENT HAS THEIR OWN, UNIQUE HANDSHAKE WITH MR. WHITE



MY PEPEHA

Tēnā koutou katoa

Ko _____	tōku maunga
Ko _____	tōku awa
Ko _____	tōku moana
Ko _____	tōku waka
Ko _____	tōku iwi
Ko _____	tōku marae
Nō _____	ahau
Ko _____	tōku matua
Ko _____	tōku whaea
Ko _____	tōku ingoa

Nō reira, tēnā koutou, tēnā koutou,
tēnā tātou katoa



Rarotonga

Encuentra la pregunta que va con cada respuesta



Rodrigo



Mariel

Gabriela



2

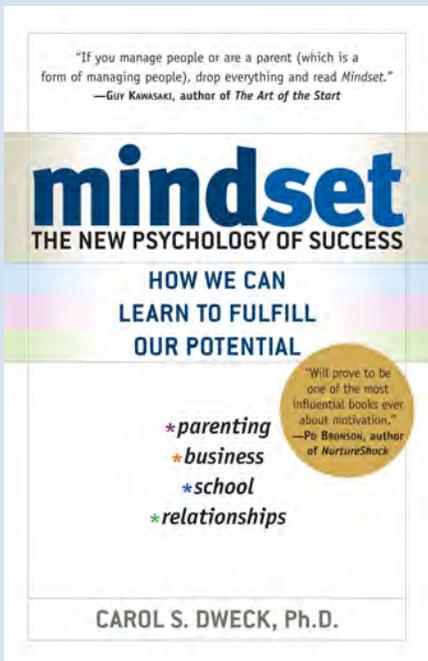
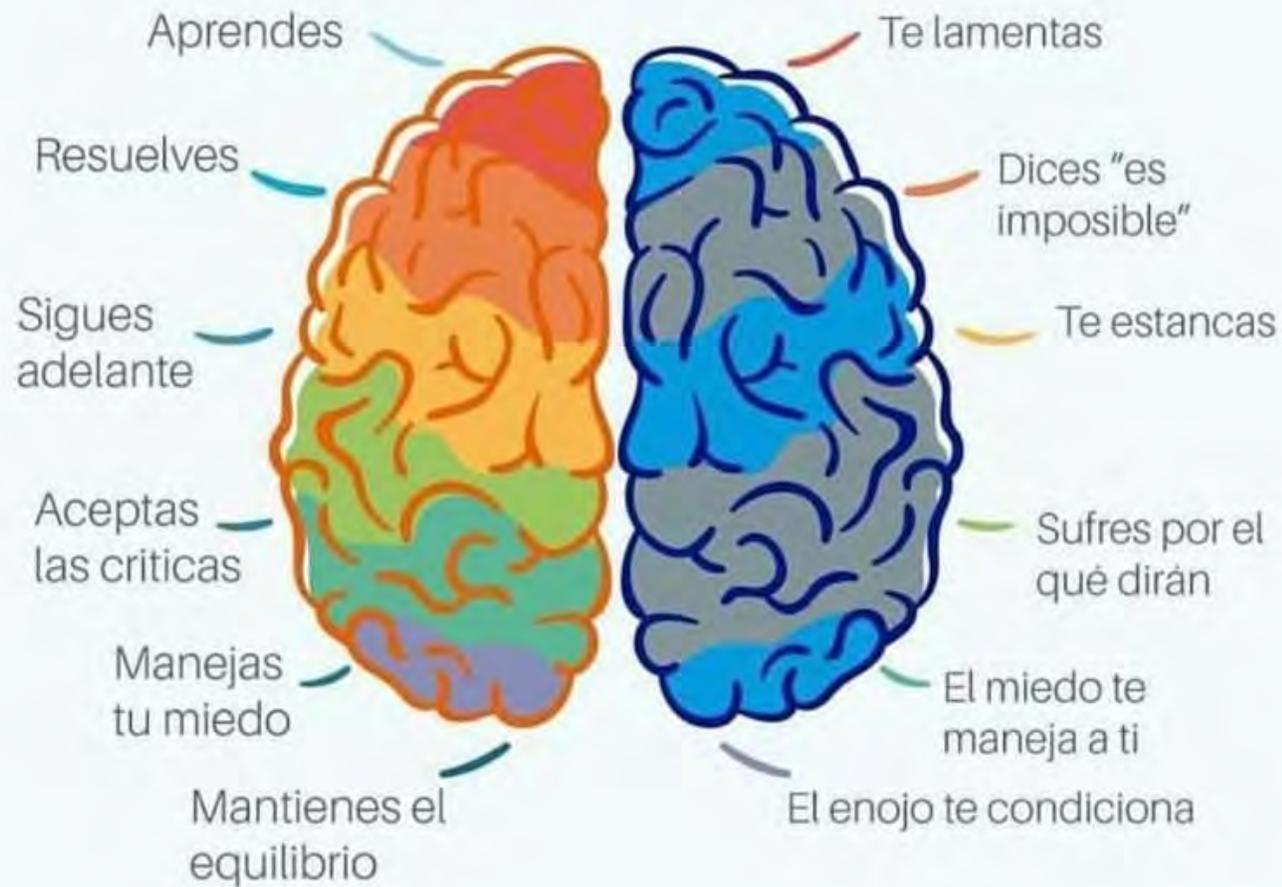
Canada





¿Te equivocas?

Mente abierta | Mente cerrada



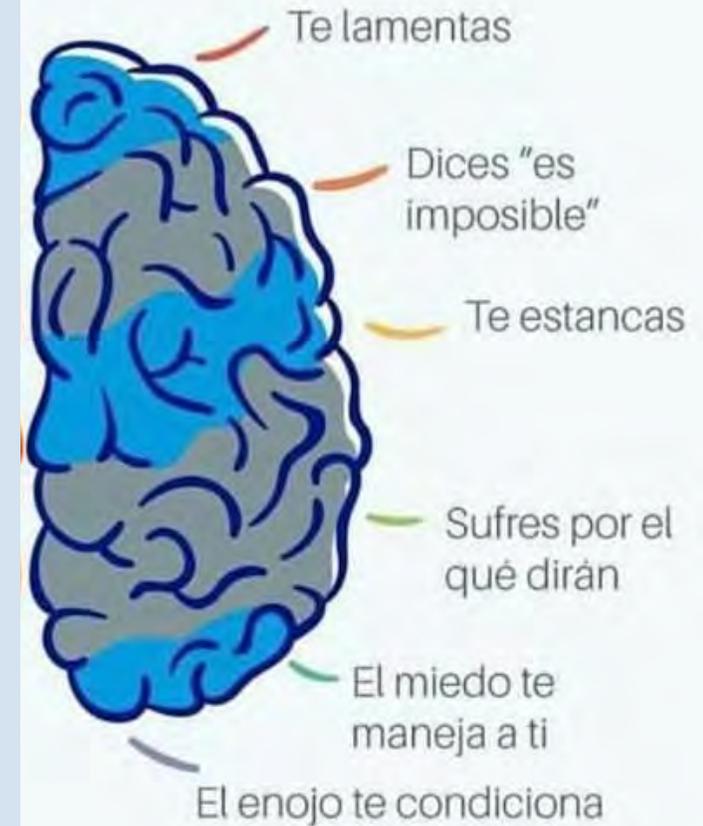
Mente abierta



Podría aprender a...

conjugar “caber” en el presente
decir el alfabeto de la Z a la A
escribir con la otra mano
componer una canción
volar un avión

Mente cerrada



Fortalezas de carácter



sabiduría

- creatividad
- curiosidad
- pensamiento crítico
- amor por el aprendizaje
- perspectiva



coraje

- valentía
- persistencia
- honestidad
- entusiasmo



humanidad

- amor
- amabilidad
- inteligencia social



trascendencia

- apreciación por la belleza
- gratitud
- esperanza
- humor
- espiritualidad



justicia

- trabajo en equipo
- equidad
- liderazgo



moderación

- perdón
- modestia
- prudencia
- auto-control



¿Y por qué son relevantes?

- Logros académicos:

Perseverancia, Amor, Gratitud & Esperanza

- Satisfacción laboral:

Curiosidad, Entusiasmo, Esperanza, Gratitud & Espiritualidad

- Bienestar y satisfacción personal:

Esperanza, Entusiasmo , Gratitud, Curiosidad & Amor



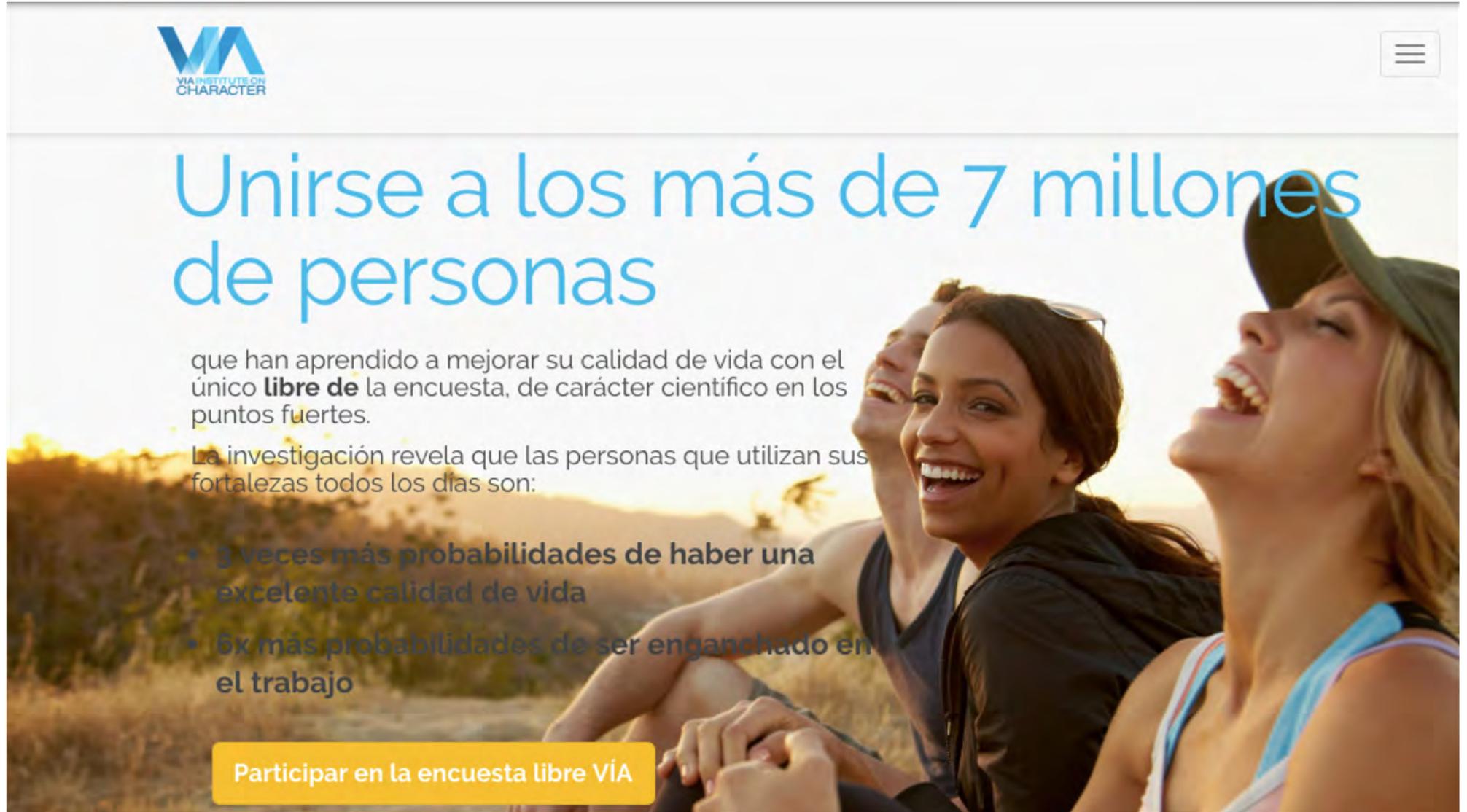
Unirse a los más de 7 millones de personas

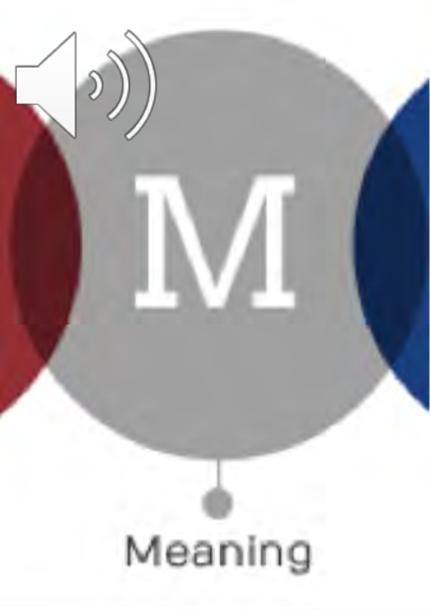
que han aprendido a mejorar su calidad de vida con el único **libre de** la encuesta, de carácter científico en los puntos fuertes.

La investigación revela que las personas que utilizan sus fortalezas todos los días son:

- 3 veces más probabilidades de haber una excelente calidad de vida
- 6x más probabilidades de ser enganchado en el trabajo

Participar en la encuesta libre VÍA





Notar Fortalezas de Carácter

En uno mismo/a – ¿Cuáles son las 5 fortalezas que más usas?

En los demás – Yo veo que usas (*fortaleza*) cuando...

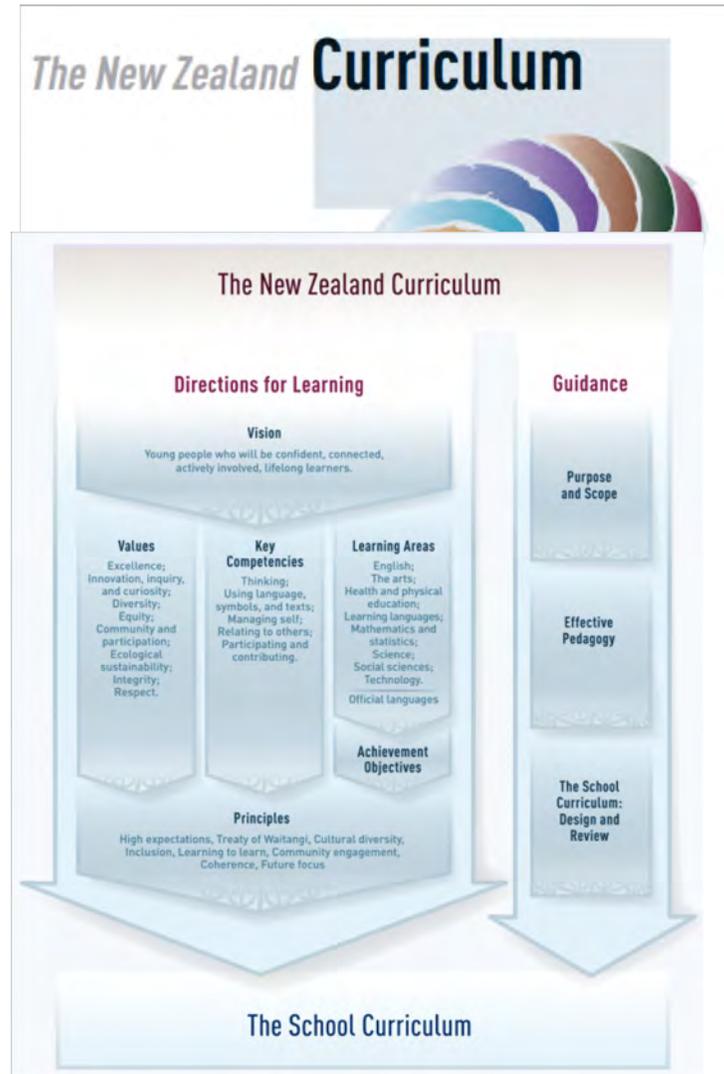
En esta actividad – Ahora estoy usando (*fortaleza*) porque...

En esta clase – Hoy practiqué (*fortaleza*) cuando...

Al leer / ver – El personaje principal usa (*fortaleza*) cuando...

Para resolver un problema – Puedo intentar usar (*fortaleza*) para...

LA MALLA CURRICULAR



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[Home](#) > [The New Zealand Curriculum](#) > [Learning languages](#) > [Achievement objectives](#)

Learning languages

What is learning languages about?

Why study a language?

Learning area structure

Achievement objectives

Achievement objectives

The achievement objectives in the **Communication** strand provide the basis for assessment. The two supporting strands, **Language knowledge** and **Cultural knowledge**, are only assessed indirectly through their contribution to the **Communication** strand.

Level 1

+

Level 2

+

Level 3

+

Level 4

+

Level 5

+

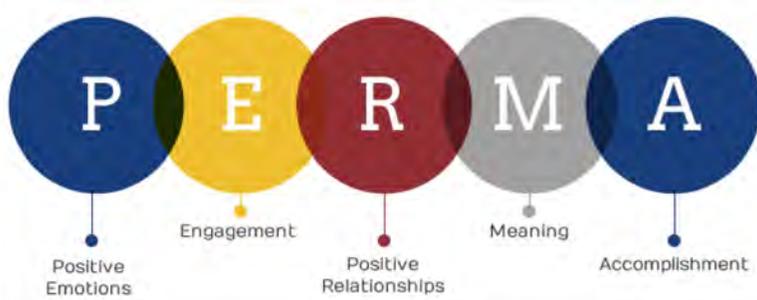


Language B guide

First examinations 2015



¿Qué conexiones podemos hacer a...



1. el contenido?

*Relaciones sociales, Comunicación y los medios, Cuestiones globales
Diversidad cultural, Costumbres y tradiciones, Salud, Ocio, Ciencia y tecnología*

2. las destrezas de la disciplina?

Lectura, Redacción, Audición, Conversación, Gramática, Vocabulario, Comprensión Intercultural

3. las destrezas de aprendizaje?

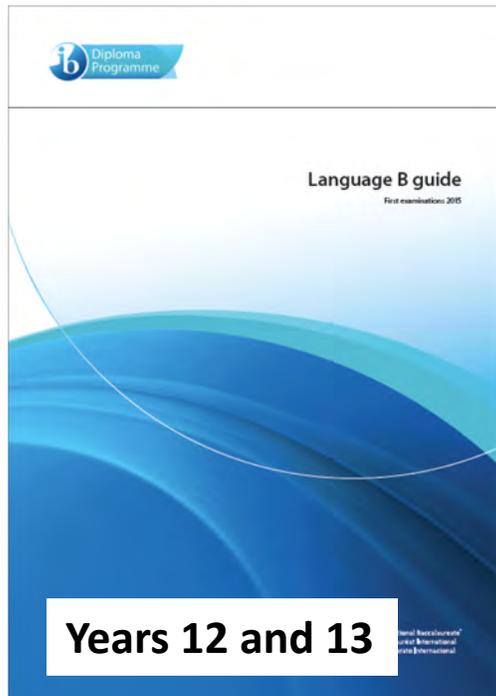
ATL Skills / Key Competencies (Collaboration, Organisation, Memory, Affective, Reflective, Research, Transfer, Critical and Creative Thinking)

4. las rutinas?

Inicio del año, inicio y fin de la clase, transiciones

5. el feedback?

De la profesora, los compañeros y uno mismo, evaluación formativa o sumativa



	Term 1 Topic	Content & Assessment
Week 1	CORE TOPIC Social Relationships	What is the IB? Why do the IB? How to do the IB?
Week 2		Why learn Spanish? What is the Spanish-speaking world?
Week 3		What is family? Who are my families?
Week 4	CAMP	
Week 5	CORE TOPIC Social Relationships	Do families matter? How do we connect with our families?
Week 6		Receptive skills
Week 7		Productive skills
Week 8		Would we have C&T without families?
Week 9	OPTION TOPIC Customs & traditions "El tereré"	Interactive oral
Week 10		How do our C&T build our identities?

Conexiones posibles a...

1. el contenido:

Why learn this? & Relaciones familiares en el mundo hispano

2. las destrezas de la disciplina:

Redactar una carta para expresar gratitud

3. las destrezas de aprendizaje:

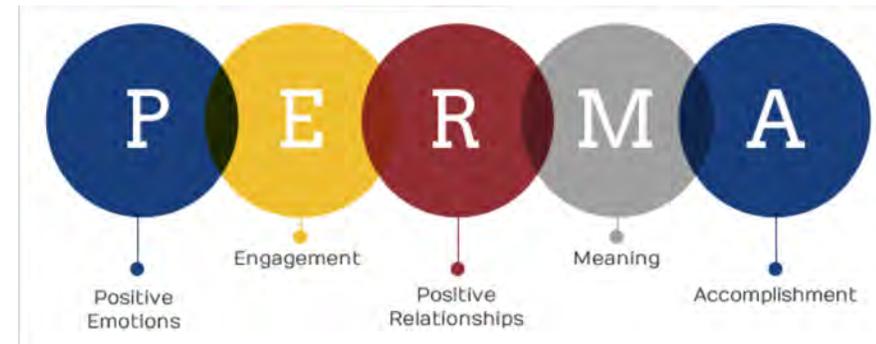
Establecer objetivos y mantener el foco de atención

4. las rutinas:

Pasar lista

5. el feedback:

Reflexión: Boleto de salida



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Week 1	CORE TOPIC Social Relationships	What is the IB? Why do the IB? How to do the IB?
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Why learn this? & **Relaciones familiares en el mundo hispano**

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3. las destrezas de aprendizaje:

Establecer objetivos y **mantener el foco de atención**

4. las rutinas:

Pasar lista

Actividades:

5. el feedback:

Reflexión: Boleto de salida

1. Visualising future self

2. Letters of gratitude

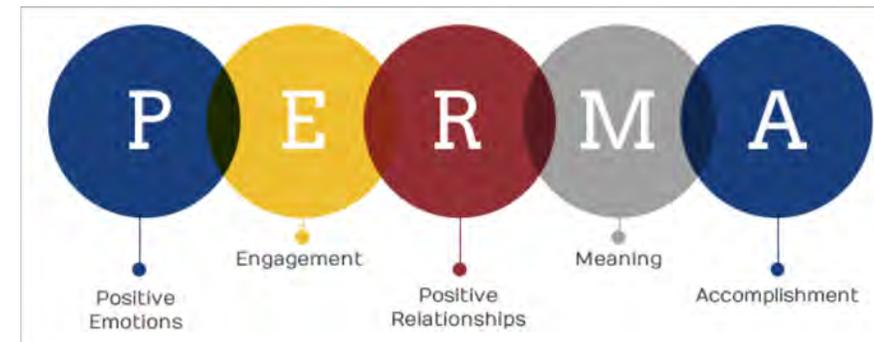
3. Inquiry into self-control

4. Spotting Character Strengths

	Term 1 Topic	Content & Assessment	Term 2 Topic	Content & Assessment
Week 1	OPTION TOPIC Health	What is health? Are we healthy? What is mindfulness, and does it work?	OPTION TOPIC Health	How does exercise affect us? Is exercise always healthy?
Week 2		Are we what we eat? How does globalization affect our diets?		What is "El botellón"? How does it compare with "mate" and "tereré"?
Week 3		Is there a relationship between health and beauty? Receptive Skills		
Week 4	CAMP			
Week 5	OPTION TOPIC Health	What is wellbeing? What can we learn from the "Blue Zones"?		
Week 6		What is happiness? What makes us happy? How does laughter affect us?		
Week 7		Productive Skills		
Week 8		What are positive emotions? Do our emotions control us or do we control them?		
Week 9		How and why are positive emotions used in advertisement? Is this ethical?		
Week 10		Interactive Oral 2		
Week 11		Written Assignment - Topic		

Conexiones posibles...

- subject-specific content:**
Option Topic: Health (& Wellbeing)
- subject-specific skills:**
Writing a diary entry in Spanish
- learning skills:**
Assessment skills
- classroom routines:**
Start of the lesson
- feedback:**
Create "My checklist" based on feedback



	Term 1 Topic	Content & Assessment
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Week 2		Are we what we eat? How does globalization affect our diets?
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Week 4		CAMP
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4. classroom routines:
Start of the lesson
5. feedback:
Create "My checklist" based on feedback

Activities:

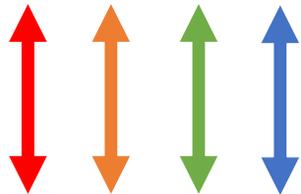
1. **Explicit instruction of PosPsych**
2. **Weekly journal: What went well this week?**
3. **Inquiry into mindfulness**
4. **Apply Growth Mindset when editing checklist**

¿Qué te gustaría explorar?

Conexiones a...

1. el contenido
2. las destrezas de la disciplina
3. las destrezas de aprendizaje
4. las rutinas
5. el feedback

EL MODELO



**LA MALLA
CURRICULAR**

¡Gracias!

Gabriela Maldonado
gmaldonado@kristin.school.nz



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