

GUIDING PRINCIPLE 2

ENHANCING STUDENT EFFICACY



Strategy: Positive Statement Timing

Audience: Grades 5 to 12

What:

- A strategy to measurably improve positive feelings and reduce negative feelings

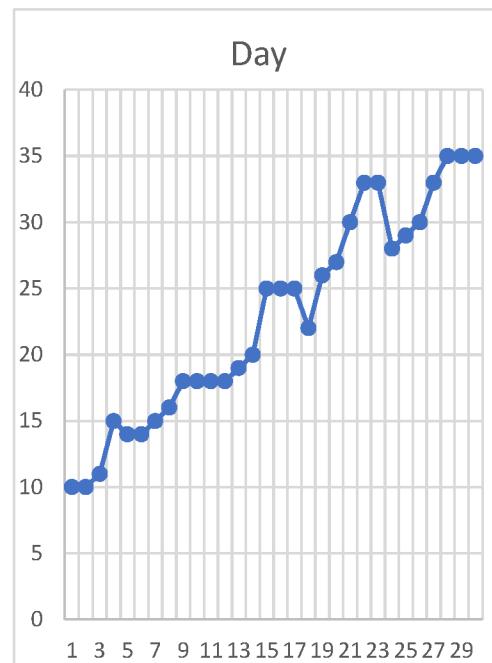
How:

- Have a student say or type as many positive statements about themselves as possible in 1 minute—no complete sentences, just words
- Positive statements can be anything they can think of, remember or have been told by others
- Students do not necessarily need to be feeling that way during the exercise
- Set a goal of 30 to 35 if typing, 50 to 75 if speaking
- Do the exercise everyday and record data
- If positives go down have the student practice self-care (drink some water, take a break, do an activity they enjoy, reduce demands, etc.)

Materials:

- Student Template: 1 Minute Positive Statements
- Timer

Example:



Inclusive Practices to Consider:

- Everyone can use this strategy! Adapt it for augmentative/adaptive communication users
- Provide support to keep the tally

Reference and Links:

<http://www.behavior.org/resources/622.pdf>

Online Stopwatch

<https://www.online-stopwatch.com/full-screen-stopwatch/>