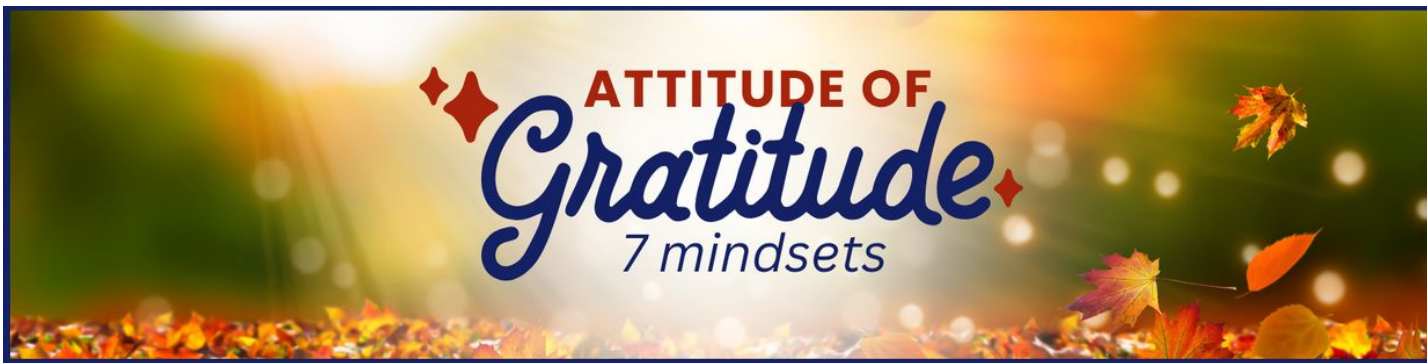




Wall Township Public School *November /December Mindset*



Cailyn Gilvary
District SElect Leader



Tiffany Steiner
Director of Intervention

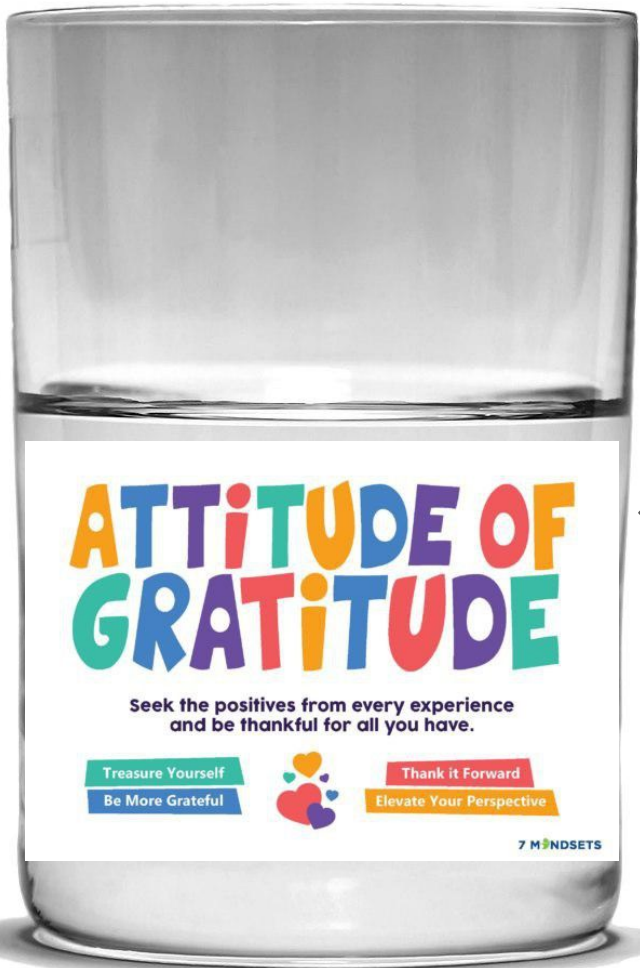
What Does it mean to live with an ATTITUDE OF GRATITUDE?

Become elevated by the positives.

Focusing on the FULL leaves less time to be
distracted by the EMPTY

4 Part Process

Treasure Yourself
Be More Grateful
Thank It Forward
Elevate Your Perspective



Instructional Materials: Attitude Of Gratitude

Classroom Integration Vocabulary

WHS English Activity

K-2	3-5	6-8	9-12
Gratitude- Mood	Attitude- Kindness	Prosper- Commend	Perspective- Accomplishment
Grateful- Proud	Gratitude- Change	Prosperous- Acclaim	Transform- Authenticity
Thankful- Community	Treasure- Elevate	Flourish- Compliment	Vigilant- Scarcity
Attitude- Happiness	Grateful- Perspective	Ambition- Affirmative	Adversity- Leverage
Emotion- Helper	Forward- Obstacle	Perspective- Celebrate	Catalyst- Incorporate

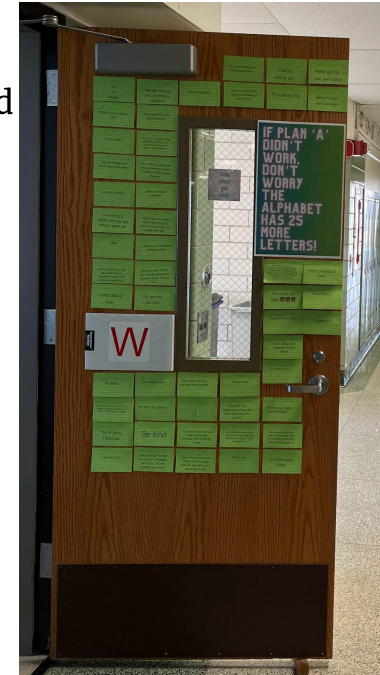
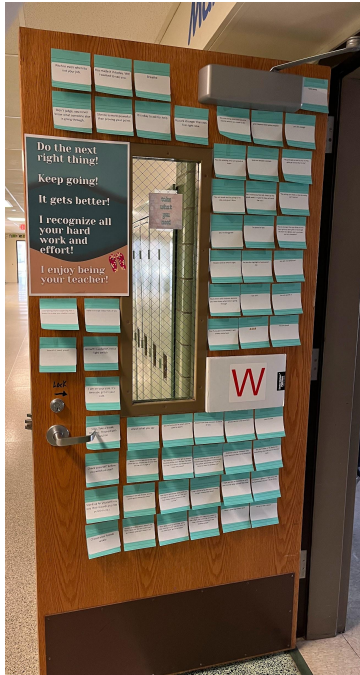
WHS English Classes- PRACTICING GRATITUDE

Launch- Martin Seligman University of Pennsylvania study

TREASURE YOURSELF & BE MORE GRATEFUL: Electronic journal for a week for 5 minutes of daily practice

THANK IT FORWARD: Share Words of Kindness

ELEVATE YOUR PERSPECTIVE: Take What You Need



Thank you, Ms. Barocas

Attitude of Gratitude

Across Our Community Extension Activities



- World Kindness Day Activities
 - Letters for Military
 - Coffee Cups Served with Kindness
 - Spirit Days
- WIS Jr Art Honor Society- Mindset buttons created for the school community
- Community Mental Health Meet and Greet
- Wellness in the Works Volume 2
 - Healthy Habits for the Holidays
 - Family Activities & Resources
- FAST Grant WTEA funded Technology Wellness in the Works- Family/student series of workshops





Next Up...

Everything is Possible



Wellness in the Works Volume 3
Mindset Newsletter with at home resources for reinforcement
Classroom lessons

- 
- **WE ARE CONNECTED**
 - **ATTITUDE OF GRATITUDE**
 - **EVERYTHING IS POSSIBLE**
 - **PASSION FIRST**
 - **100% ACCOUNTABLE**
 - **LIVE TO GIVE**
 - **THE TIME IS NOW**