

# Positive Education Movement in Kindergarten

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# Outline

- Our journey
- Why Positive Education?
- How to implement it?
- Is it effective?
- Message from stakeholder
- Q&A

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Our Positive Education journey starts in 2014...

## The Development of Positive Education in PLK

2014-16

### **Explore the direction of mental health enhancement**

- Studied PE-related literature
- Visited schools with PE



2016-17

### **Study and learn PE**

- Took part in professional trainings with EP and PLK PE staff



2017-2018

### **Implement PE**

- One PLK primary and secondary school joined the PE "Ascend and Radiate" project from JC



2018-Now

### **Develop PE**

- 1.Pos Ed Movement in KG
- 2.Pos Ed Movement in Primary schools
- 3.JC Project Well-being



## **Our Vision in Positive Education**

Promoting Positive Education for our **school community** (school personnel, parents and students) has become the long-term goal since 2015.



# **Our Project**

# Project Partners



**Strategic Partner  
& Sponsor**



**Professional  
Consultant**



**Implementation**



**Research**



## **Aims of our project**

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To promote wellbeing with a whole-school approach

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To enhance the understanding and internalization of Positive Education among teaching and non-teaching staff, parents and students

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To enhance different stakeholders' psychological well-being and resilience



# Oversea Consultant



Jessica Taylor

Institute of Positive Education  
Geelong Grammar School

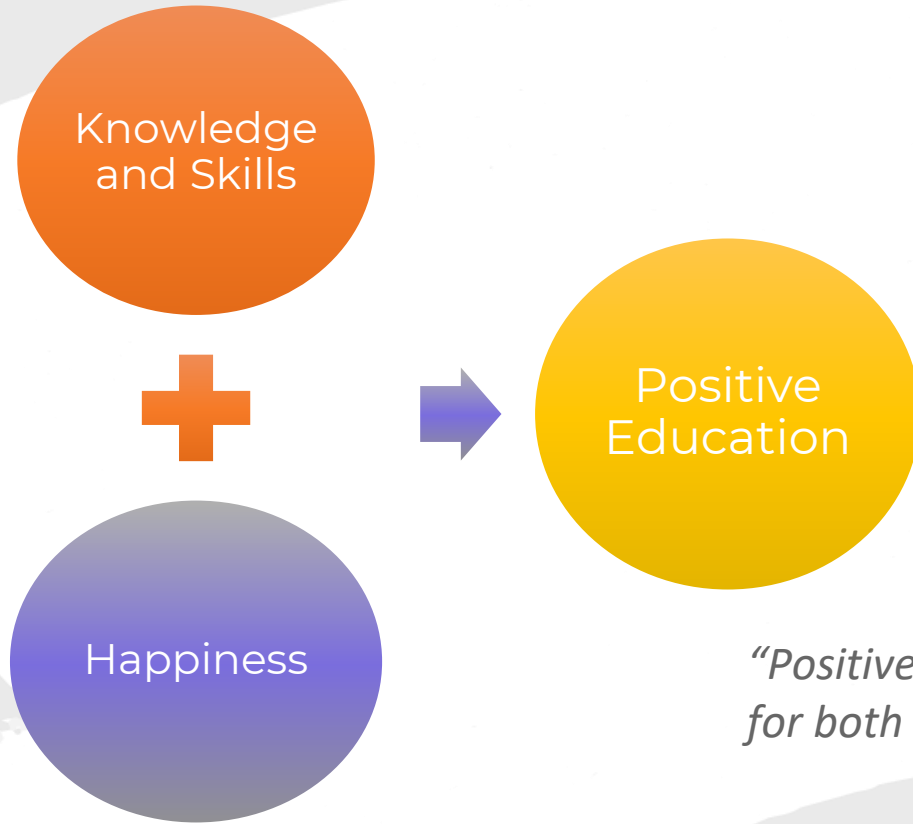


## **Roles of GGS in our project**

- Arrange overseas visits
- Visit our implementation schools
- Provide consultation, support and training to our professional team



# **Why Positive Education?**



Martin E. P. Seligman

*"Positive education is defined as education for both traditional skills and for happiness."*

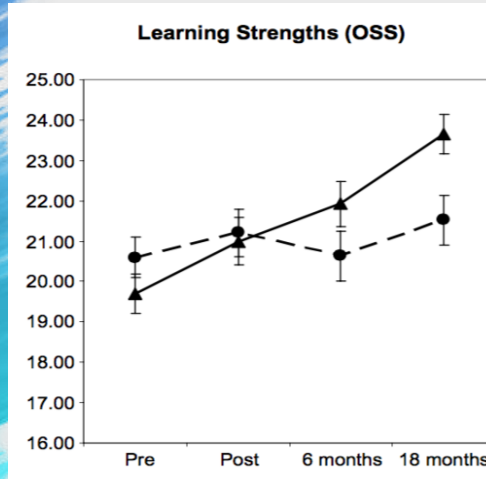
(Seligman, 2009)



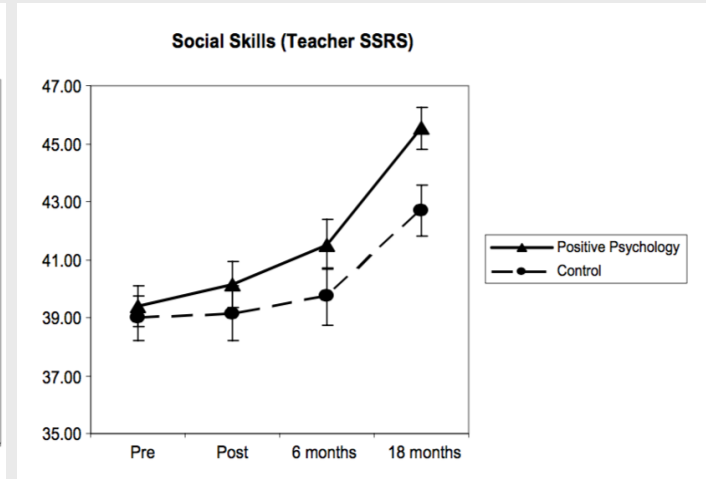
## Why Preschool ?

- Research also showed that *resilience starts building early* when the brain as well as personality are developing (Diamond & Lee, 2011).
- HK Kindergarten Education Curriculum Guide stressed that all stakeholders in the school should collaborate to achieve the aims of the curriculum - to nurture children to be *“happy, healthy, positive, proactive, inquisitive, communicative, sociable, creative and imaginative”* (P.19; Curriculum Development Council, 2017).
- To nurture children with positive attitudes towards both learning and life aligns well with the goal of positive education – to help students flourish by *“feeling good and doing good”* in their lives (Seligman et al., 2009).

# Existing Evidence

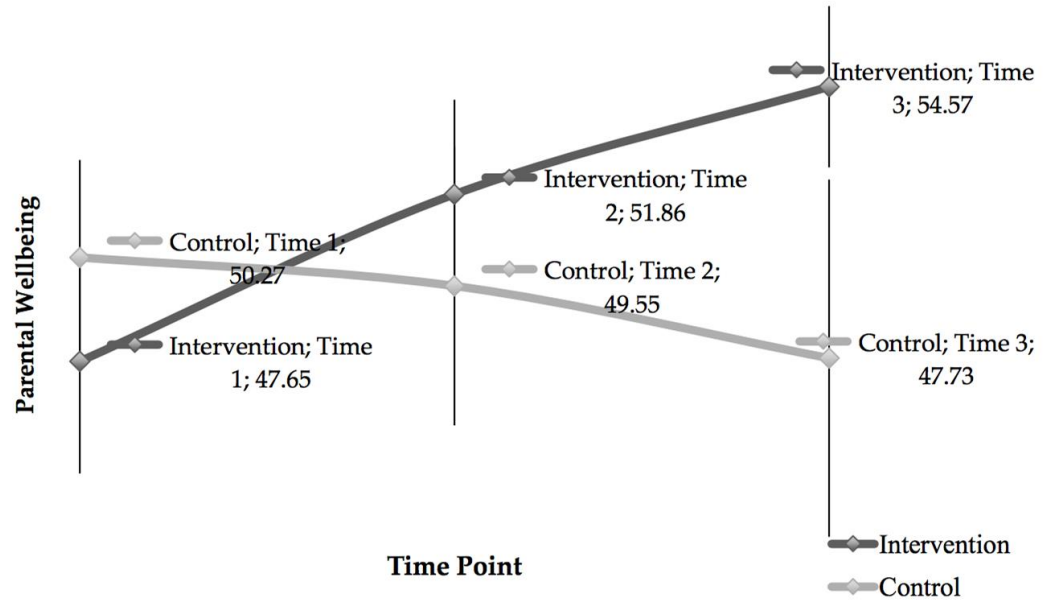


- Improved students' strengths related to learning and engagement in school (e.g., curiosity, love of learning, creativity)



- Enhance students' social skills

# Existing Evidence



- Enhance parents' wellbeing





## Whole School Approach

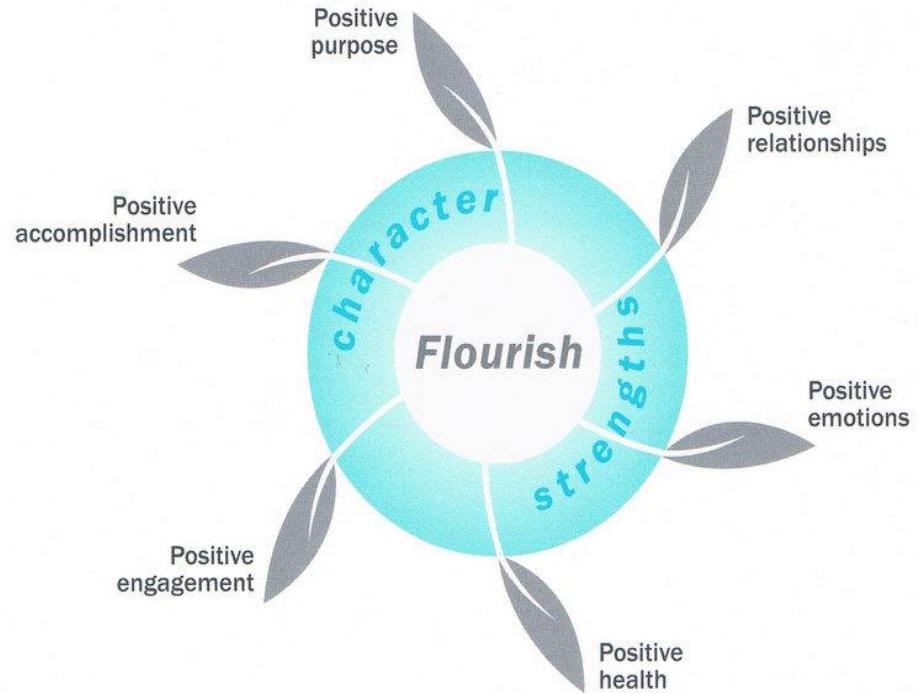
- Evidence has shown that a whole school approach was *effective in enhancing students social and emotional wellbeing* (e.g., Durlak et al., 2011; Sklad et al., 2012) .
- For a sustainable positive outcome of wellbeing program, a whole-school approach is required to be embedded into *curriculum, pastoral care programs and school policies* (Waters, 2011) .
- In a whole school approach, not only a selected group of “at-risk” children were involved, while *all teachers, children and parents are targets of promoting mental wellbeing* while and the labelling effect can be minimized.





**How to implement?**

# Basis of framework



### **1. Learn it**

- Provide **teaching, non-teaching staff and parents** with the knowledge foundations to support their own wellbeing and to nurture student wellbeing

### **3. Teach it**

- **Implicit and explicit learning** of key ideas and concepts relating to positive wellbeing and providing students opportunities to practice their skills and mindset to allow them to flourish

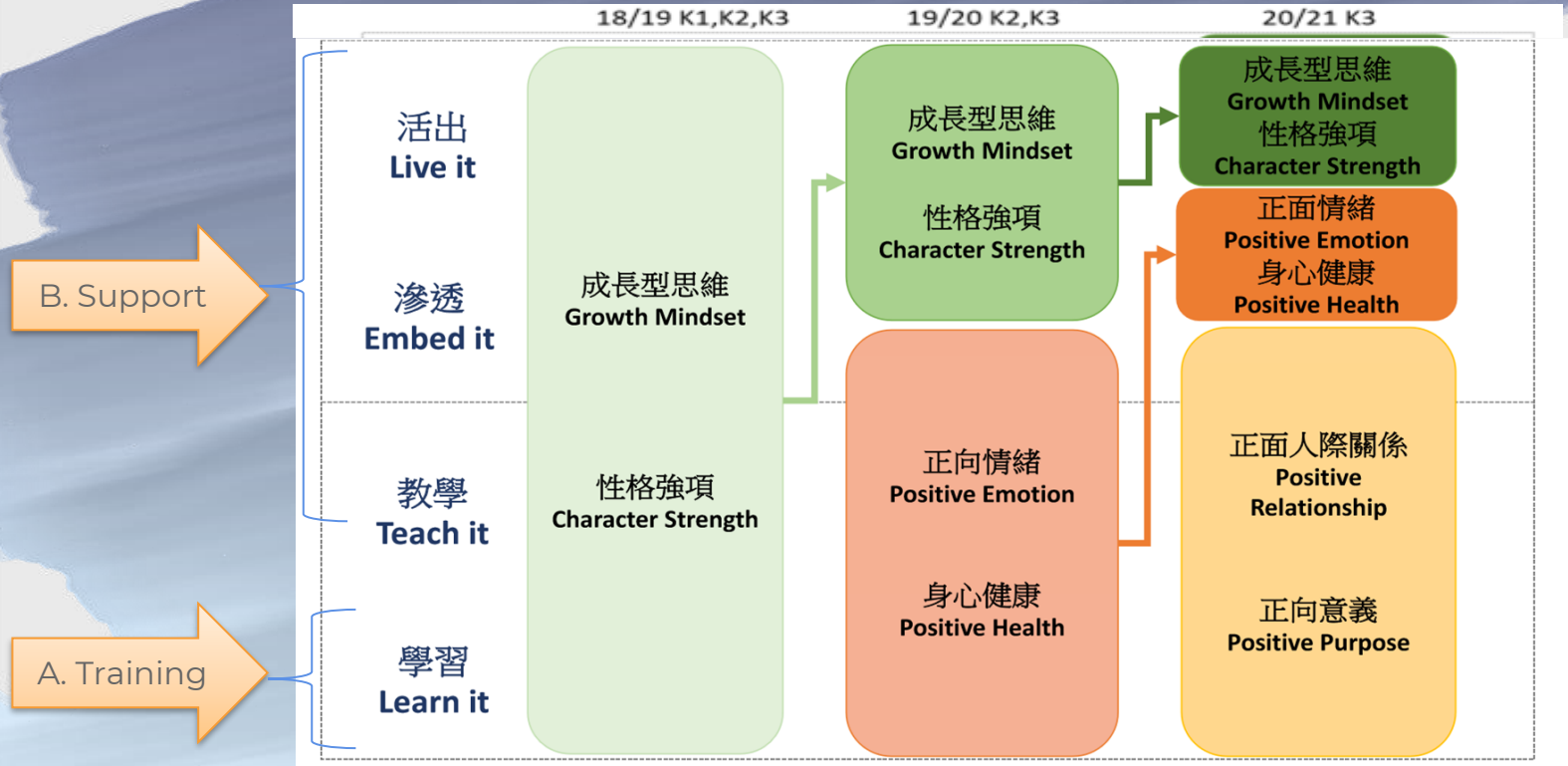
### **2. Live it**

- Promote **day-to-day applications** in PE so that their own mental health can be promoted and could be role model for the students

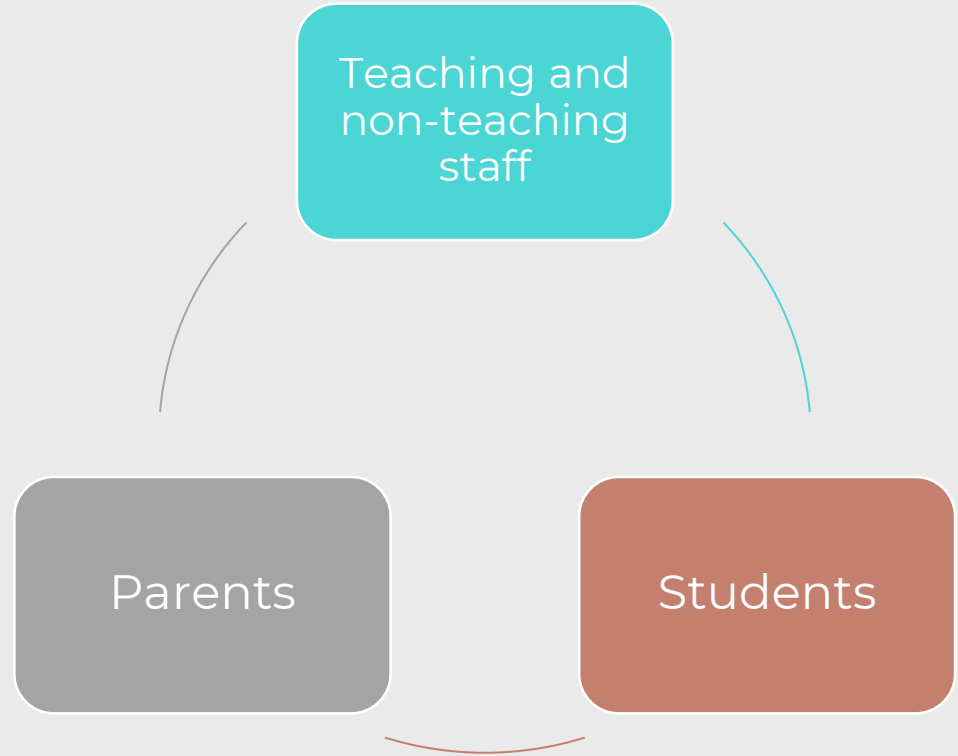
### **4. Embed it**

- Support an **integrated approach** to PE in school life such as organizational and student support policy to ensure the congruence in what is being taught and practiced

# Implementation Framework



# Training



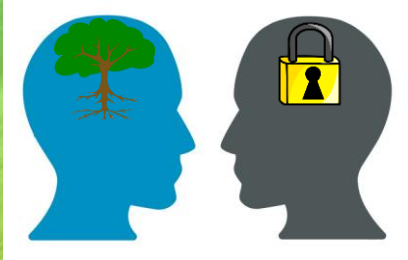


# Training

## Content of Training

1. Growth Mindset
2. Character Strength
3. Positive Emotion
4. Positive Health
5. Positive Relationships
6. Positive Purpose

# 1. Growth Mindset



*Mindset is the belief system about whether our abilities and intelligence can be changed or not.*

*This belief affects our behaviour, motivation and performance.*

## Key ideas:

- 1) Growth mindset vs. Fixed mindset
- 2) Mindsets can be changed
- 3) Brain plasticity
- 4) Taking on challenges and learning from mistakes
- 5) How to practice process praise

## 2. Character Strength



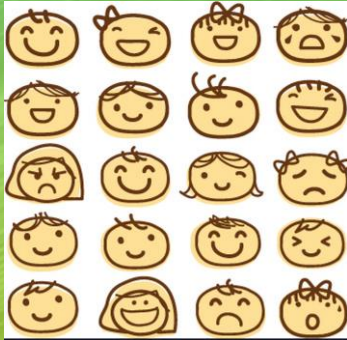
*Character strengths are the positive human qualities that serve as pathways for living a good life.*

### Key ideas:

- 1) 24 character strengths
- 2) How to discover and use CS in daily lives
- 3) How to help children develop their character strengths
- 4) Give descriptive praise based on their character strength



### 3. Positive Emotion



*Emotions are our mental states that linked with our cognitions, body reactions and behaviours.*

#### Key ideas:

- 1) Enhance and increase our positive emotions
- 2) How we can use positive emotions
- 3) The different emotions and how it affects us
- 4) The relationship with our body, emotions, and thoughts

## 4. Positive Health



*Positive health means that we are having the biological, subjective and functional assets that contribute to a healthier and longer life.*

### Key ideas:

- 1) How exercise and sleep affects our health
- 2) Build good and healthy habits

## 5. Positive Relationship



*Central to this domain are strong social and emotional skills that help create and promote strong and nourishing relationships with self and others.*

### Key ideas:

- 1) Foster positive relationships
- 2) Improve conflicted relationships
- 3) The importance of social relationships

## 6. Positive Purpose



*The intrinsic value of contributing to others and the community provides a strong rationale for a focus on purpose within schools.*

### Key ideas:

- 1) What is the ripple of kindness
- 2) Ways and targets to express kindness to
- 3) The relationship between meaning in life and well-being



## **Support for Schools**

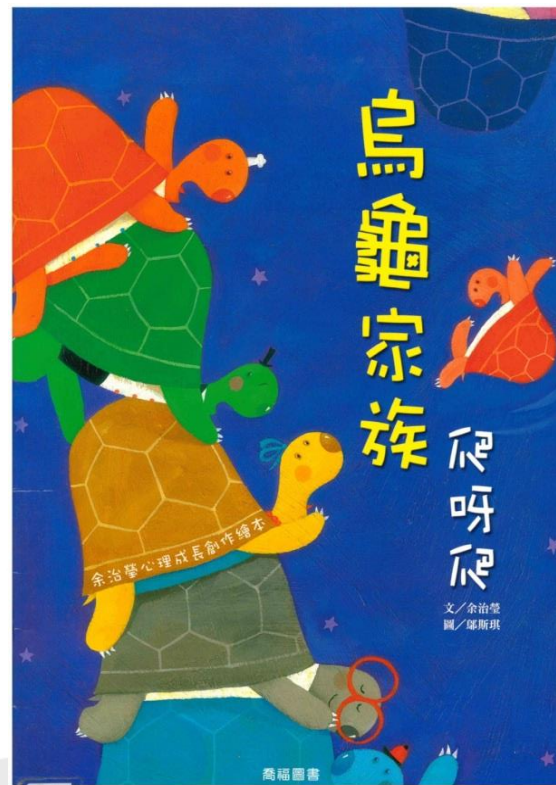
### **Educational Psychologists' Roles**

1. Joint curriculum meeting with teachers
2. Lesson observation and feedback
3. Discussion meeting to integrate positive elements into school activities, routines and decoration

## Teach it – explicit curriculum



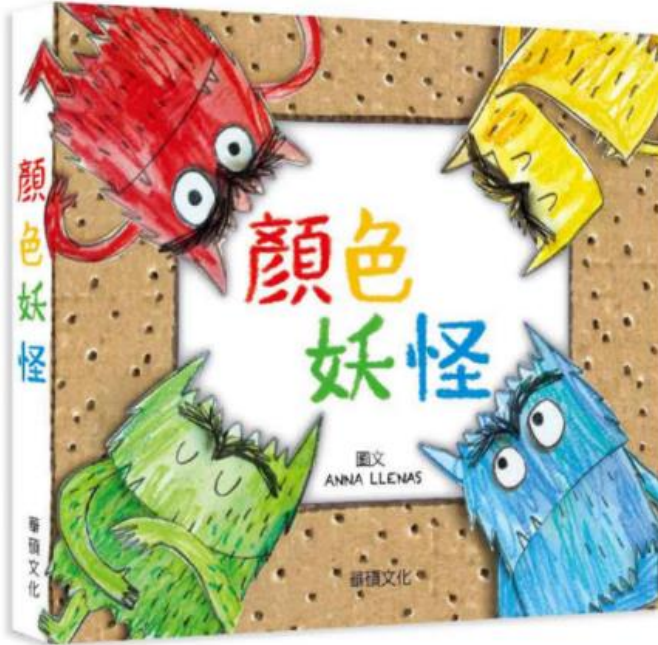
Growth Mindset



Character Strength



**Teach it – explicit curriculum**

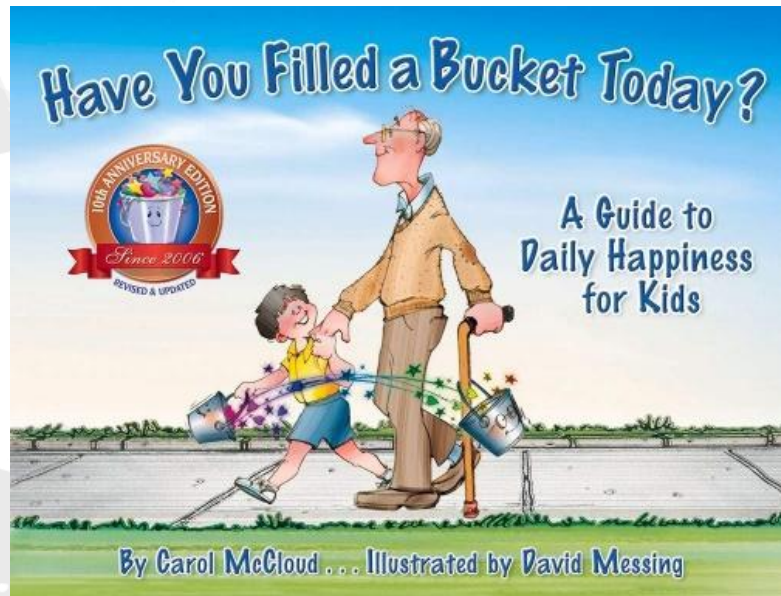


Positive Emotion



Positive Health

## Teach it – explicit curriculum



Positive Relationship



Positive Purpose



**Live it**

## School Open Day





**Is it effective?**



# Aims of research

## Can PE enhance **teachers' and parents' wellbeing?**

- Enhance confidence
- Be more optimistic
- Reduce negative emotion

## Can PE enhance **children's wellbeing?**

- Enhance learning motivation
- Reduce problem behavior
- Increase effort to try



## Research design

- **3-year longitudinal study**
- **3 controls and 3 experimental KGs**

# Study Plan

9.2018

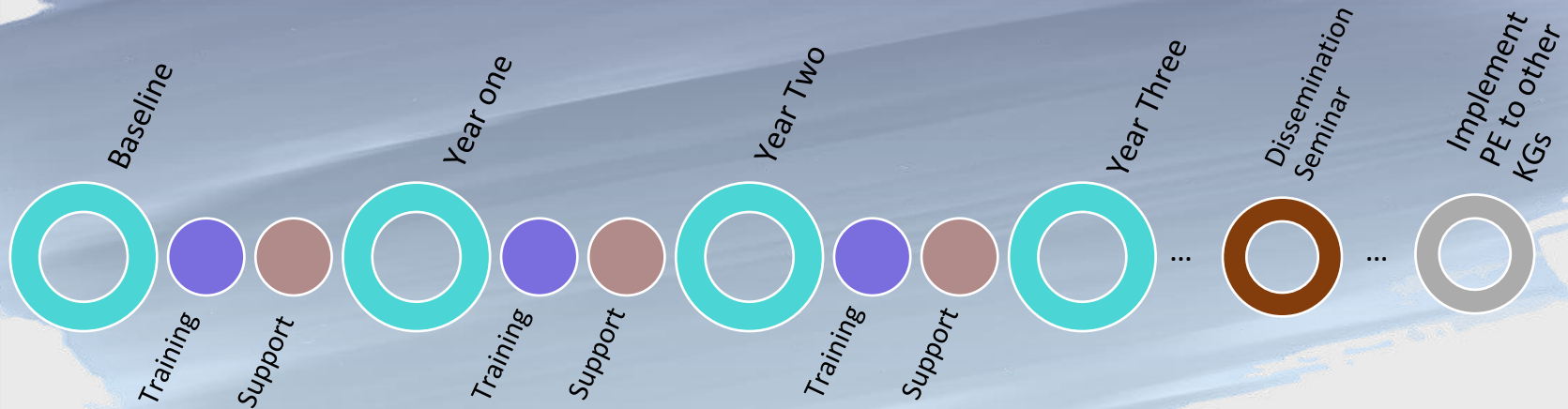
7.2019

7.2020

7.2021

5.2022

7.2022



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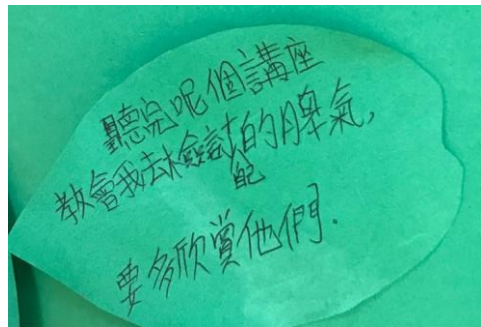
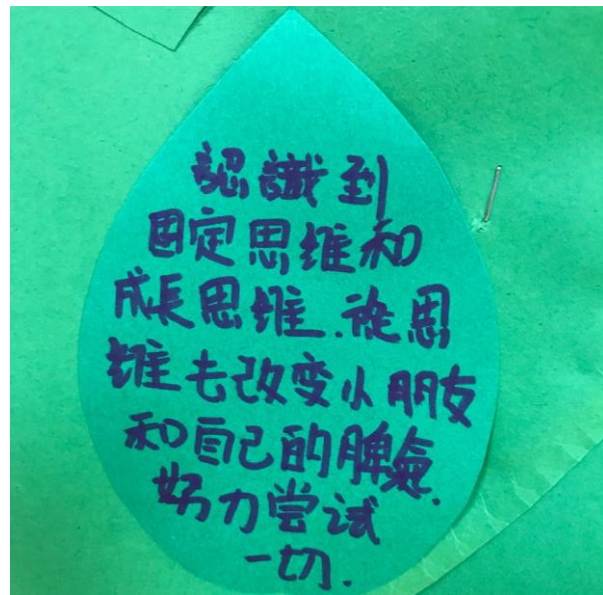
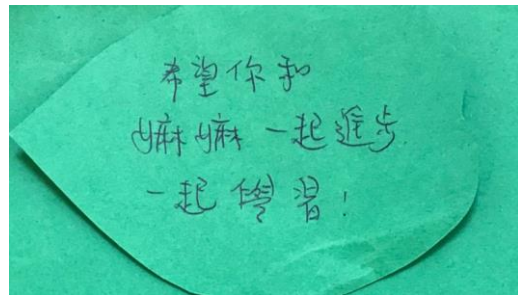
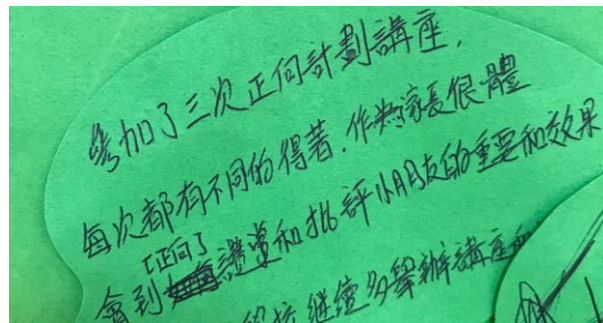
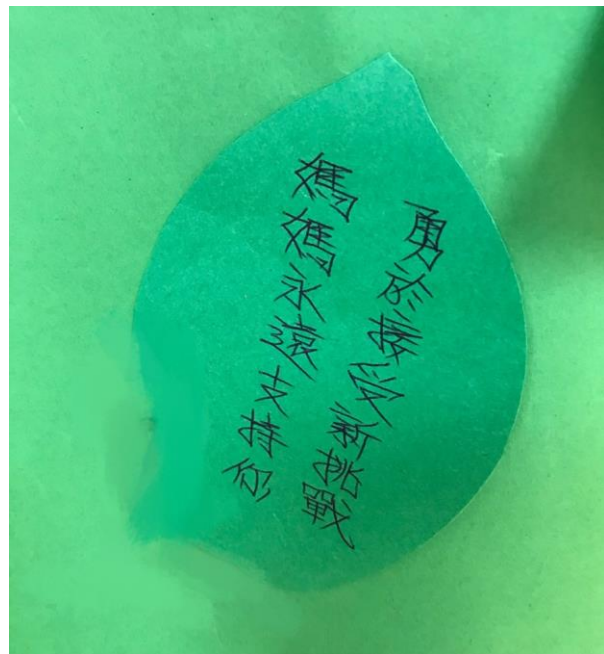
## Result Interpretation

- *Significant* improvement on academic competence and prosocial behaviours, comparing students in intervention group to students in control group
- Intervened students had *less difficult behaviours* than the controlled students
- The intervened parents and teachers showed *higher self-efficacy* when facing obstacles
- At the end of the third year, the intervened parents and teachers illustrated *more growth mindset* than the controls





# **Messages from Stakeholders**



## Parents' Reflections



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**Sending out our  
booklets for FREE!**



**THANKS!**

Q & A 

Application Form  
for the Booklets

