|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Ino to Whole Class** |  | **Polls** |  | **Breakout Session** |
|  |  |  |  |  |
| "Doing": better than Seeing, Reading or Hearing |  |  |  |  |
|  |  | Check: "communicating gratitude" is related to "mindfulness" \_\_\_ T \_\_\_F |  |  |
| Review? -- July Positive Attitude Skills? |  |  |  |  |
|  |  |  |  | Mindfulness Exercise: Take 10 minutes & step away from computer (go outside?) & use your 5 senses to notice something new. |
|  |  |  |  |  |
|  |  |  |  | What can you do this afternoon to conserve your time or energy? |
|  |  |  |  |  |
|  |  |  |  | Your Strenghts: In addition to courage & curiosity, what stenghts allowed you to study abroad? |
|  |  |  |  |  |
|  |  |  |  | Kindness Exercise: Take 10 minutes & step away from computer to do something kind for someone else. |
|  |  |  |  |  |
|  |  | Check #1: In Seligman's P.E.R.M.A., what the "E" stand for? |  |  |
|  |  |  |  |  |
|  |  | Check #2: What are the skills that Pink describes in his book? |  |  |
|  |  |  |  |  |
| Review? -- Two August Books? |  |  |  |  |
|  |  |  |  | Notice a Positive Event: What positive thing happened to you since Monday? |
|  |  |  |  |  |
|  |  |  |  | Progress to a Goal: Since Monday what "bite sized" accomplishment did you achieve in a larger project? |
|  |  | What are the 3 most interesting groups in Dr. Wong's 100 gratitude questions? |  |  |
|  |  |  |  | Dr. Wong's 1st question: |
|  |  |  |  |  |
|  |  |  |  | Dr. Wong's 2nd question |
|  |  |  |  |  |
|  |  |  |  | Dr. Wong's 3rd question |
| Ino-sensei "accepts himself" -- baldness |  |  |  |  |
|  |  |  |  | Resilience: What did you learn from a recent "failure"in your life? |
| New Book: "Awe" Short PowerPoint |  |  |  |  |
|  |  |  |  | Awe: Describe something that recently gave you a feeling of "awe". |
| Course Summary |  |  |  |  |