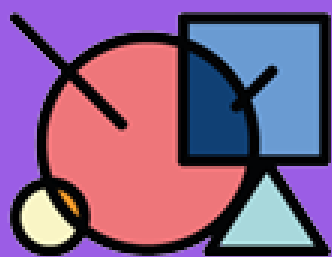




# MICRO TASKS



S4B

**Note to user:** After familiarizing with each video pill, the user will be provided with the opportunity to perform several tasks/activities/games in order to practice and further develop the respective skill.

## SKILL

### POSITIVE ATTITUDE

## MICRO TASK NUMBER: 1

### 01 What are the objectives of the task?



The objectives of this task are:

- ✓ To adopt a positive attitude in challenging contexts
- ✓ To be able to interpret differences in a positive way
- ✓ To demonstrate positive thinking and emotional balance while approaching blended learning

### 02 What will teachers learn?



This task will give teachers the chance to better manage adopting a positive attitude when dealing with negative situations inside and outside the classroom, e-teaching/blended learning. Thanks to this task, teachers will have the chance to familiarise themselves with a negative situation that is most common in blended learning and even in the classroom. They will better understand how they could react positively in such a situation.

## 03 Tasks and procedure



The procedure for this micro-task makes it easy to quickly assimilate the necessary steps as follows.

**Step 1:** Teachers have at their disposal the first of the most frequently encountered negative situations in the school context.

### Situation 1: Making too much noise

Regardless of whether it is about blended learning or physical learning in the classroom, making too much noise can be disruptive and unpleasant for both students and teachers. Making too much noise can also lead to difficulty concentrating on teaching-learning materials.

**Step 2:** How to deal with this negative situation in a positive way?

- a) Do not yell and do not get angry! Count to ten and breathe in and out at least 3 times in a row. Do this every day for at least 1 week!
- b) Use rewards at the end of class (or blended learning) to encourage quiet. Use cards with 2 different types of emojis after each lesson: a sad face emoji that is for noise and a smiley face emoji to celebrate quiet. Announce from the beginning that only if the card with the smiling face comes out winner, then the class will receive a diploma for "The quietest class of the month". Do this at least 3 times a week and at the end of the month check the result. If applicable you can display the diploma in the classroom.
- c) You can think of and propose other methods/ways to deal with this situation in a positive way.