

Konference “Izaugsme caur zināšanām – vecāku līdzdalība mūžizglītībā”

“Pozitīva skola nesākas pati no sevis - tā tiek būvēta caur ikdienas sarunām, cieņu, uzklausīšanu un savstarpēju atbalstu”

Spānija/Sevilja

*Preiļu 1.psk. skolotāja Aija Juhneviča
Galēnu pamatskolas direktore Jūlija Belkovska*

DAY 1

IEPAZĪSTI SEVI - POZITĪVAS MĀCĪŠANĀS PAMATS

Labbūtības aplis

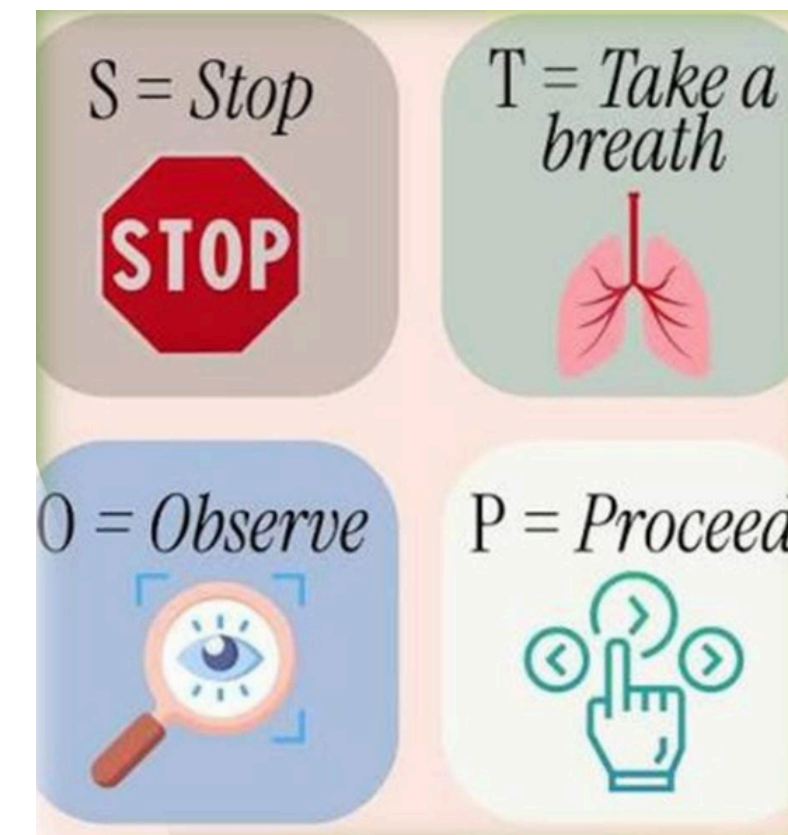
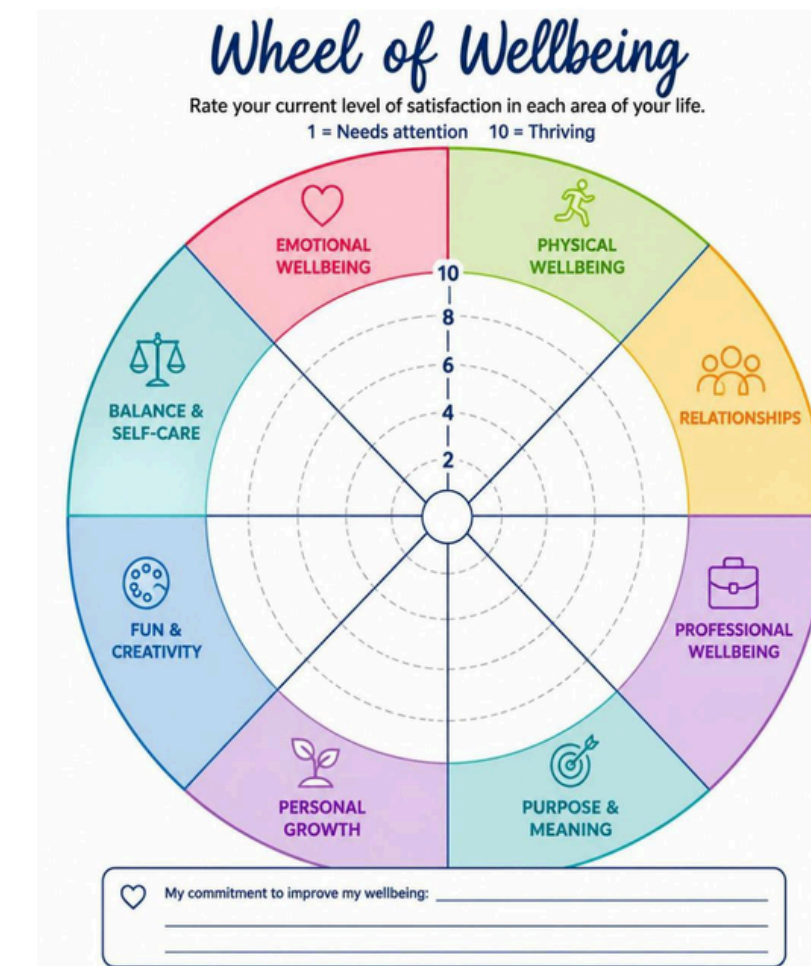
Es kā pedagogs - vēstule sev

Emocionālā labsajūta un regulācija

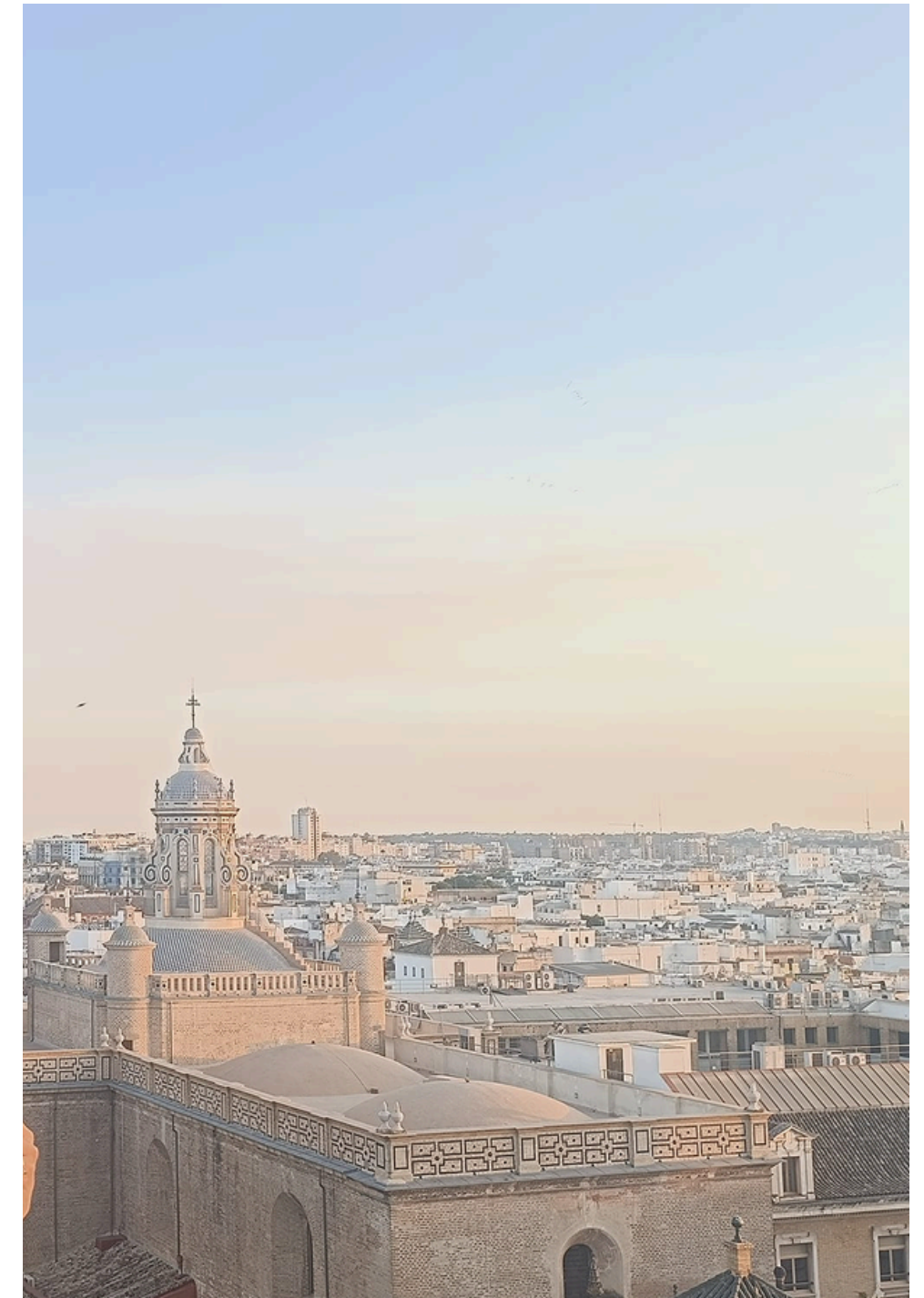
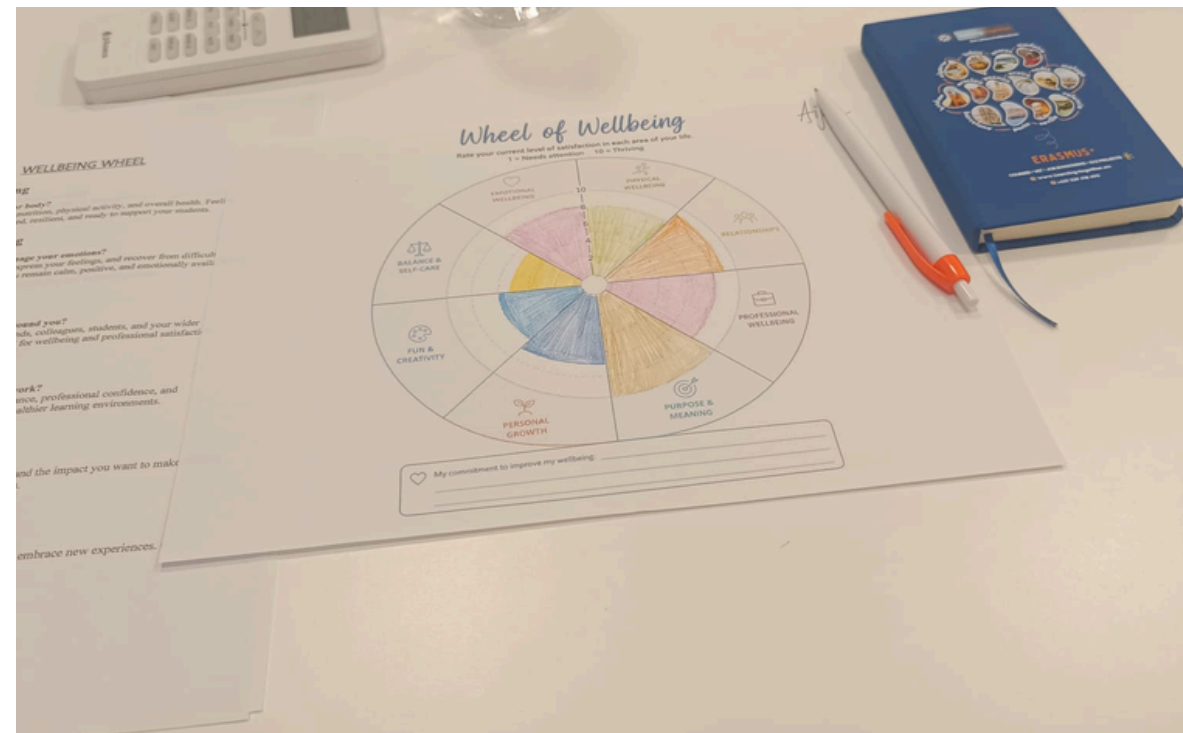
STOPP paņēmiens - lomu spēles

Domāšana - fiksēta vai balstīta uz izaugsmi?

"Positive school begin with positive educators"



DAY 1



DAY 2

POZITĪVU ATTIECĪBU VEIDOŠANA SKOLĀ

Attēls kā līdzeklis - es redzu savu skolu?

Attiecību termometrs

Atbalsta aplis

Luksafora gaismas kā instruments vērtējot sevi skolā

Aktīvā klausīšanās, aktivitāte "Klausies un zīmē"

Pārfrāzēšana



"Positive schools dont happen by chance, they are built through everyday interactions"

Relationship Thermometer
How connected do you feel to your school community?
Place an X or a sticky note on the thermometer to show how connected you feel today.

10
9
8
7
6
5
4
3
2
1

I feel highly connected
Sometimes connected
I feel disconnected

What could different numbers mean?

8 - 10 High connection
• I feel supported and valued.
• I have positive relationships with colleagues.
• There is trust and open communication.

6 - 7 Moderate connection
• I feel connected sometimes.
• There are good relationships, but also some challenges.
• I would like to feel more included or involved.

4 - 5 Low connection
• I don't always feel understood or supported.
• Communication can be difficult.
• I am trying to build stronger relationships.

1 - 3 Very low connection
• I feel isolated or disconnected.
• There is little trust or support.
• I need help to feel part of the community.

Reflection

Why did you choose this number?
What helps you feel connected at work?
What is one thing that could improve relationships in your school?

Examples of good answers

Why did you choose this number?
"I chose 7 because I work with kind and supportive colleagues, but we don't always have time to communicate."

What helps you feel connected at work?
"Talking with colleagues, working on projects together, shared breaks, feeling appreciated."

What is one thing that could improve relationships in your school?
"More time for collaboration, regular team meetings, and celebrating successes together."



DAY 2



DAY 3

VEIDO POZITĪVU SKOLU

Laikapstākļi skolā

2 patiesības, 1 sapnis - labās

prakses piemēri

Pateicība

PERMAH princips

Recepte pozitīvai skolai

Pozitīvas skolas audits



Group: _____ School: _____

SCHOOL CULTURE PUZZLE

Where do these wellbeing practices fit in our school?

Read each practice. Discuss as a group. Place each puzzle piece in the column where it belongs.

ALREADY DO We already use this in our school.	WOULD LIKE TO TRY We like this idea, but we don't currently do it.	PRIORITY FOR OUR SCHOOL This is one of the most important ideas for improving our school.

REFLECTION:

Which practice are we most proud that we already do well? _____

Which new idea are we most excited to try? _____

What is our number one priority for our school and why? _____

PERMAH

P - Positive Emotions

E - Engagement

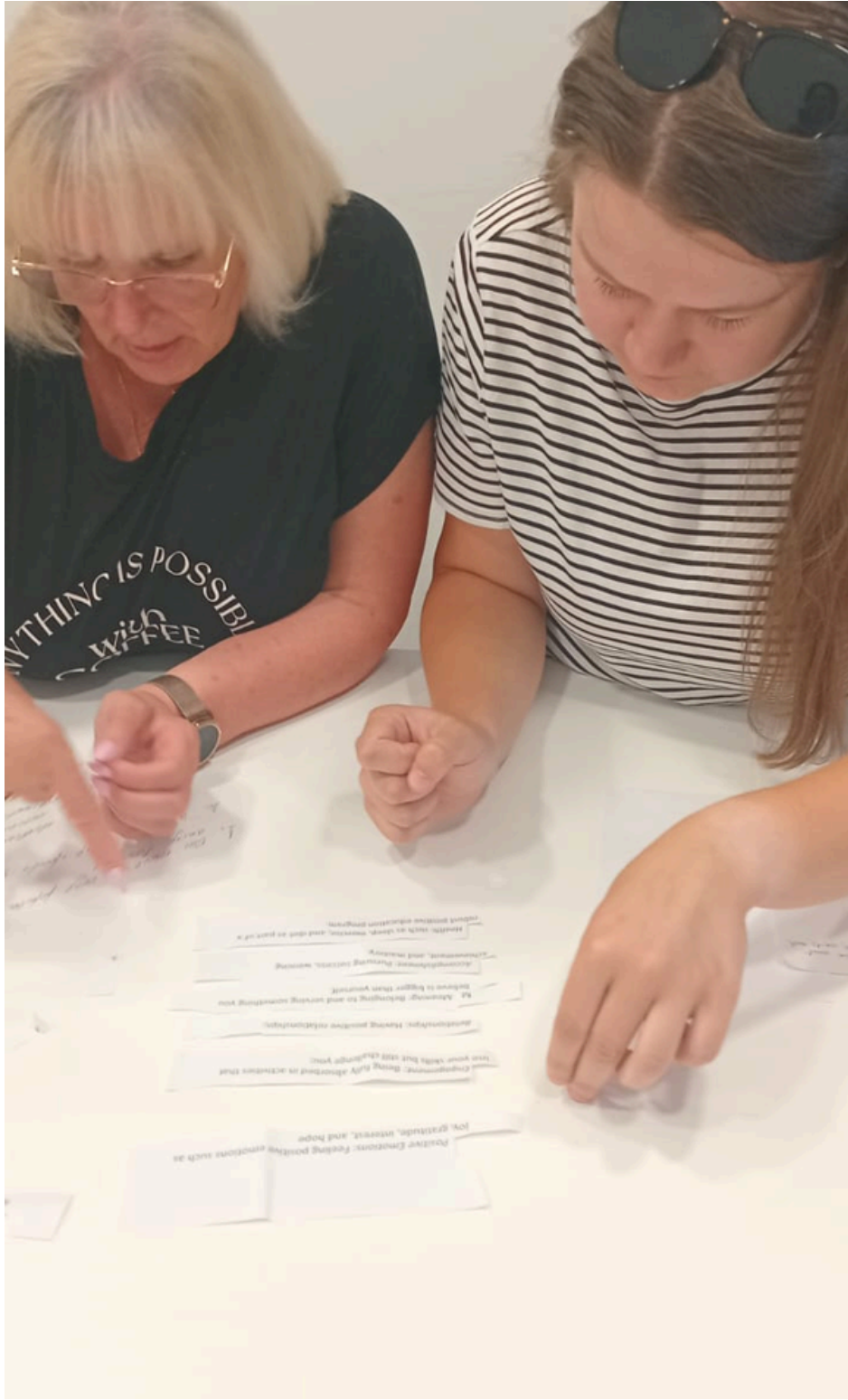
R - Relationships

M - Meaning

A - Accomplishment

H - Health

DAY 3



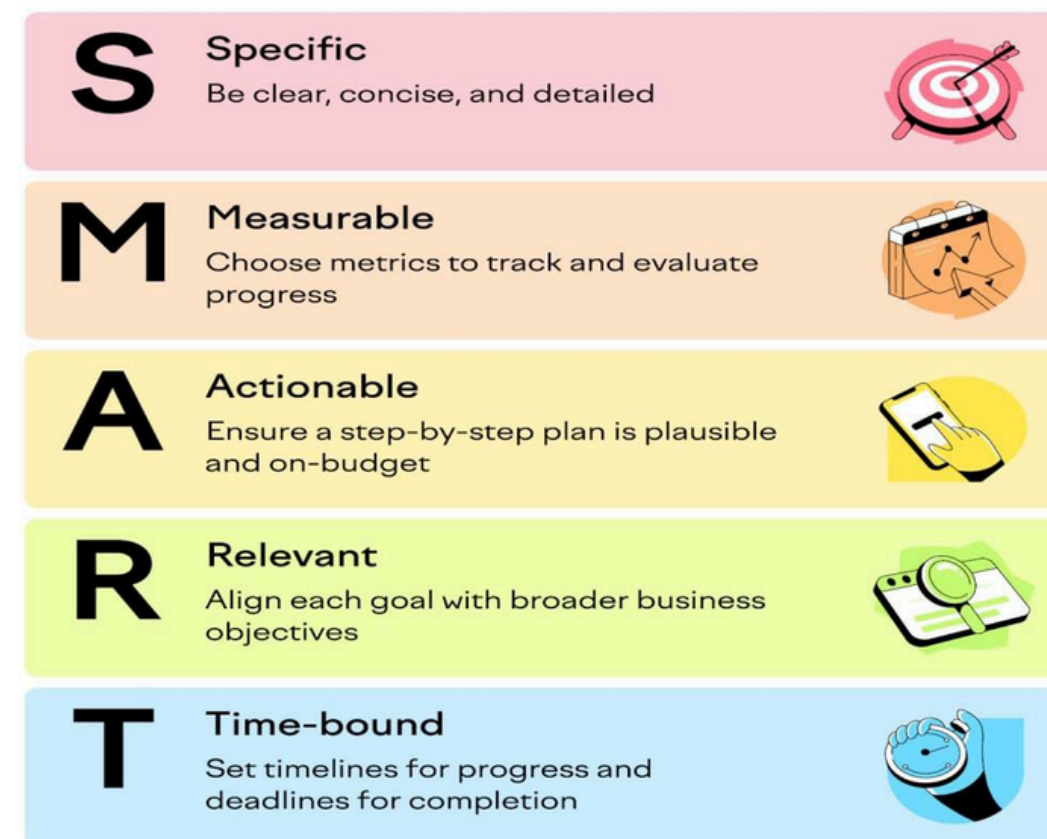
DAY 3



DAY 4

SKOLAS LABBŪTĪBAS RĪCĪBAS PLĀNA IZSTRĀDE

Sapņu skolas vizualizācija; tās spēks
Labbūtības projekts
SMART mērķi
Labbūtības projekta izstrāde

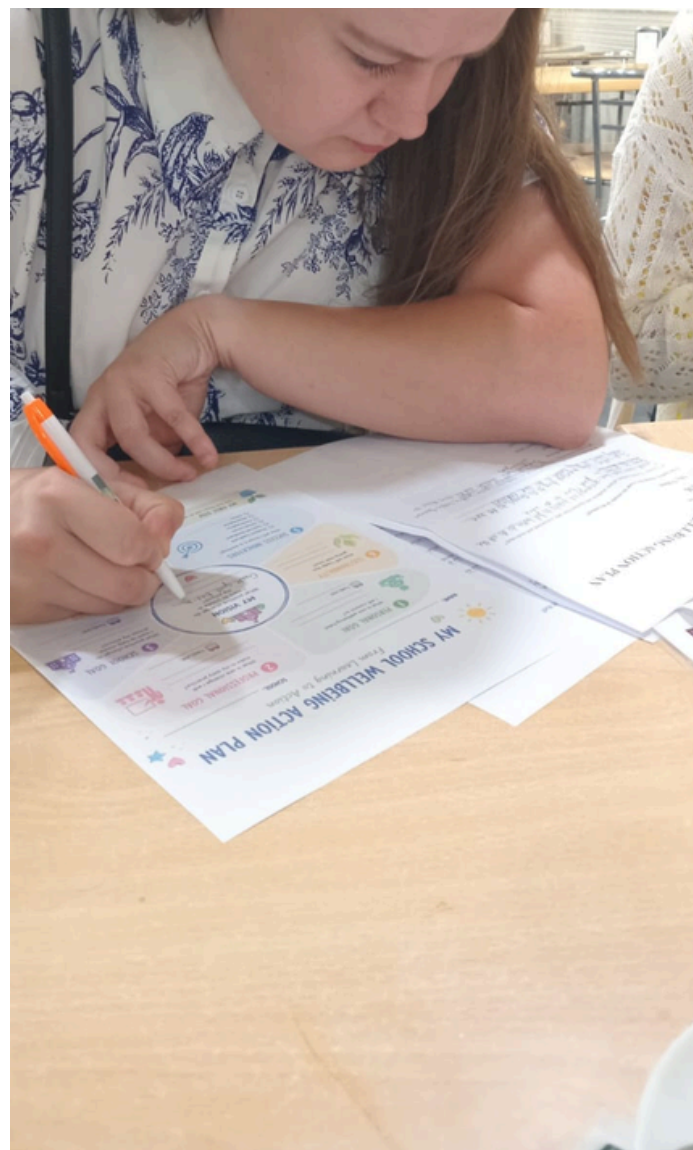


DAY 4



DAY 5

LABBŪTĪBAS PLĀNA PREZENTĀCIJA



DAY 5



The background of the entire slide is a photograph of the Guggenheim Museum in Bilbao, Spain. The image shows the museum's iconic, highly reflective, and sculptural facade, which is a mix of organic and geometric forms. The building is set against a clear blue sky. In the foreground, there are some trees and a few people walking, but they are slightly out of focus, making the museum building the primary subject.

PALDIES!

*Lai pozitīva un jēgpilna mācīšana un mācīšanās!
Lai izdodas!*

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