

# Bite-size professional learning for school leaders

## The Victorian Academy of Teaching and Leadership in partnership with Professor Lea Waters AM, PhD

### Video and activity 1: Building your wellbeing bank account

#### Preparation

Estimated duration for this professional learning session: 40 minutes

Introduction and settling in: 5 minutes

Video: 5 minutes

Activity 1: 30 minutes.

Activity 2: to be done in staff member's own time.

Equipment needed:

- > This worksheet x 1 per person.
- > 6 post-it note pages per person.
- > a blank wall to stick up the post-it notes (make sure the walls are long/wide enough that staff can walk along to look at all the post-it notes; you can spread the post-its over 2 walls if you like). If you like you can make a sign that says 'Savouring Wall.'

FYI, this same activity can be run with students!

#### Learning Intention

Understand the concept and practice of savouring

Reflect on the experiences, things and people that create positivity in your life.

Generate more things to savour.

Apply utilize the strategy of savouring on a daily basis.

**Show the video** (5 minutes)

#### Summary of the video

Professor Fred Bryant pioneered the psychology research on savouring and provided the following formal definition: Savouring is being mindfully engaged and aware of one's feelings during and after positive events. In everyday terms, savouring involves paying a moment or two of extra attention to the things that make us feel good. Savouring is an evidence-based strategy that boosts mental health.

Here are some examples of small moments to savour: the smell of coffee, the feel of fresh bed sheets, the sound of people laughing, a hug from a loved one.

## **Activity 1: What do you currently savour and what more could you savour?**

**Step 1:** Take 3 post-it notes and write down 3 things that happen during your day or week that you already savour. Record one answer per post-it note (8 minutes)

**Step 2:** When you have finished, stick your post-it notes on the appointed 'Savouring Wall', spread the post-it notes out so all of them can be seen (2 minutes)

**Step 3:** Silent Walk; once everyone has contributed to the savouring wall, meander along in silence and look at the treasure trove of small things that your colleagues' savour (8 minutes)

**Step 4:** Grab 3 blank post-it notes and draw inspiration from your colleagues to identify 3 additional positive things that you could add to your savouring list. (2 minutes)

**Step 5:** Have a discussion at your table with your peers about the new things you will savour. What made you choose those things? When/how will you savour them? (10 minutes)

**Step 5:** Take your 3 'new savouring' post-it notes from this PL session and stick them somewhere visible as a reminder to yourself.

**Facilitator:** Take photos of the savouring wall for the school newsletter; Keep the savouring wall up for a week or transfer it to the staff room as a reminder.

## **Activity 2: Relational Savouring**

### **A one-week activity**

**Step 1:** Choose a person you'd like to focus on for this activity (or it could also be a group, or a class).

**Step 2:** Over the next week notice when you have a positive moment with that person. Savour the moment. Spend a few extra minutes after the moment reliving it and think about:

- > What emotion comes up for you?
- > Is there is a physical sensation present (e.g., warmth, light heartedness)?
- > What was it about that moment and/or that person that led to shared positivity?

**Step 3:** If you feel willing, share your experience of that moment with the other person (either at the time or later) and let them know how it lifted your spirits.

**Step 4:** Repeat this activity as often as you like so that you start to see the positive patterns over time that occur in your relationships.

**Additional step:** you can make this a weekly connection between yourself and another other where you each share a positive moment you've experienced with them.

### **Extra reading**

**Book**

Bryant, F. B., & Veroff, J. (2017). *Savoring: A new model of positive experience*. Psychology Press.

**Academic journal articles**

Jose, P. E., Lim, B. T., & Bryant, F. B. (2012). Does savoring increase happiness? A daily diary study. *The Journal of Positive Psychology*, 7(3), 176-187.

Borelli, J. L., Smiley, P. A., Kerr, M. L., Hong, K., Hecht, H. K., Blackard, M. B., ... & Bond, D. K. (2020). Relational savoring: An attachment-based approach to promoting interpersonal flourishing. *Psychotherapy*, 57(3), 340.

**YouTube clip**

<https://www.youtube.com/watch?v=5apOZ6u6a1Y>