

Welcome To

Playroom!



## Let's refresh...

**Positive Psychology and the Science of Happiness** *Is About Focusing on What WORKS, Not What Doesn't!* 



## It's not about being happy, it's about being



It's not about things. It's about leading a full, fulfilling and real life. **REAL! You do you!** 



### External

- What am I good at?
- What are my talents?
- Primarily about performance

### Internal/PASSIONS

- What gives me strength?
- What energizes me?
- Primarily about experience (sustains)
- Positive parts of personality

### WISDOM

### COURAGE

HUMANITY

JUSTICE

### 24 **Strengths**

Virtues

TEMPERANCE

TRANSCENDENCE

### 1: Appreciation of Beauty & Excellence 🦃

Noticing and appreciating beauty, excellence, and/or skilled performance in various domains of life, from nature to art to mathematics to science to everyday experience.

### 2: Honesty 🔍

Speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way; being without pretense; taking responsibility for one's feelings and actions.

### 3: Humor 🎱

Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes.

### 4: Perspective 🔕

Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself/others

### 5: Creativity 🧟

Thinking of novel and productive ways to conceptualize and do things; includes artistic achievement but is not limited to it.

### 6: Leadership 🤹

Encouraging a group of which one is a member to get things done and at the same time maintain good relations within the group; organizing group activities and seeing that they happen.

### 7: Judgment 🤩

Thinking things through and examining them from all sides; not jumping to conclusions; being able to change one's mind in light of evidence; weighing all evidence fairly.

### 8: Bravery 🛸

Not shrinking from threat, challenge, difficulty, or pain; speaking up for what's ri even if there's opposition; acting on convictions even if unpopular; includes phy bravery but is not limited to it.

### g: Prudence 💕

Being careful about one's choices; not takinc

### 20: Teamwork ն

Working well as a member of a group or team; being loyal to the group; doing one's share

### 21: Humility 💋

Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is

### 22: Forgiveness ≰

life that shape conduct and provide comfort.

Forgiving those who have done wrong; accepting others' shortcomings; giving people a second chance; not being vengeful

### 23: Love of learning 🞑

Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally; related to the strength of curiosity but goes beyond it to describe the tendency to add systematically to what one knows

#### 24: Self-Regulation 📦

Regulating what one feels and does; being disciplined; controlling one's appetites and

that might later be regretted. 10: Fairness 👼 Treating all people the same according to notions of fairness and justice; not letting fairness and justice; not letting Treating all people the same according to notions of raimess and just feelings bias decisions about others; giving everyone a fair chance. Valuing close relations with others, in particular those in which sharing & caring are 12: Gratitude 🤪 Being aware of and thankful for the good things that happen; taking time to express 13: Curiosity 🗊 Taking an interest in ongoing experience for its own sake; finding subjects and topics 14: Hope 🌏 Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about 15: Social intelligence 🎓 Being aware of the motives/feelings of others and oneself; knowing what to do to fit Being aware or the motives/ reeungs or others and oneseti, Knowing with different social situations; knowing what makes other people tick. Approaching life with excitement and energy: not doing things halfway or Approaching the with excitement and energy, not doing things have halfheartedly; living life as an adventure; feeling alive and activated. 17: Perseverance 👞 Finishing what one starts; persevering in a course of action in spite of obstacles; "action if out the door": taking pleasure in completing tacks 18; Kindness 🔿 Having coherent beliefs about the higher purpose and meaning of the universe; eeds for others; helping them; taking care of them. knowing where one fits within the larger scheme; having beliefs about the meaning of

### **24 Character Strengths are Grouped...**



### Engaging, Energizing, and Comfortable

Family and friends would agree these are important strengths that you have.

These are your "superpowers!" Focusing on them makes them stronger and makes you happier and more successful!

### These are YOU as TOYS!!!



**Remember your superpowers?** 

## Let's Be a Little Playful With Them!

### Note: Playing is a researched tool of happiness!











# There's room for all the toys in the toy box!

## Are you Woody? Honesty!

Woody follows the code of the west. He never goes back on his word. He's honest, genuine and sincere and without pretense.

## Are you Buzz? Leadership!

He is courageous, responsible, and has a strong sense of duty to his fellow toys. Throughout the movies, Buzz demonstrates leadership by guiding and protecting his friends, especially in challenging situations.

## Are you Jessie? Love!

Jessie demonstrates a deep understanding of others' feelings and experiences, making her highly empathetic towards her fellow toys.

> Despite facing abandonment issues in her past, Jessie maintains a positive outlook and spreads joy to those around her, while also offering support and understanding to those in need.

## Are you Bo Peep? Kindness!

Bo Peep embodies kindness and compassion.

Throughout the movies, she shows empathy and care towards others. providing emotional support, offering words of encouragement, and demonstrating genuine concern for the well-being of those around her.

## Are you Hamm? Humor!

Hamm is the wise-cracking piggy bank in Toy Story. He is witty, humorous, and always knows how to lighten the mood.

## Are you Rex? Prudence!

Prudence is the ability to make careful and sensible decisions based on practical wisdom and foresight.

No one wants to be Rex...he has short arms!

But remember ! He may have short arms, but that helps him weigh all the factors!

## Are you Mr. Potato Head? Curiosity!

Mr. Potato Head is both humor and curiosity! He's eager to explore. Whether it's exploring Andy's room or navigating the challenges of being a toy, he pops his eye out to see what's up! He is quick to analyze and explore.

## Are you Mrs. Potato Head? Forgiveness!

Mrs. Potato Head is empathetic towards the struggles and mistakes of others. She understands that toys, like humans, are not perfect and are capable of making errors.

## Are you Slinky Dog? Hope!

Slinky Dog's affable nature and easygoing personality make him a beloved member of the toy community. His positive attitude and friendly demeanor foster strong relationships among the toys, reinforcing the importance of hope, loyalty, reliability, and camaraderie in building meaningful connections with others.



## Sarge: Bravery

## Aliens: Gratitude

**Bullseye - Humility** 

## Are you...

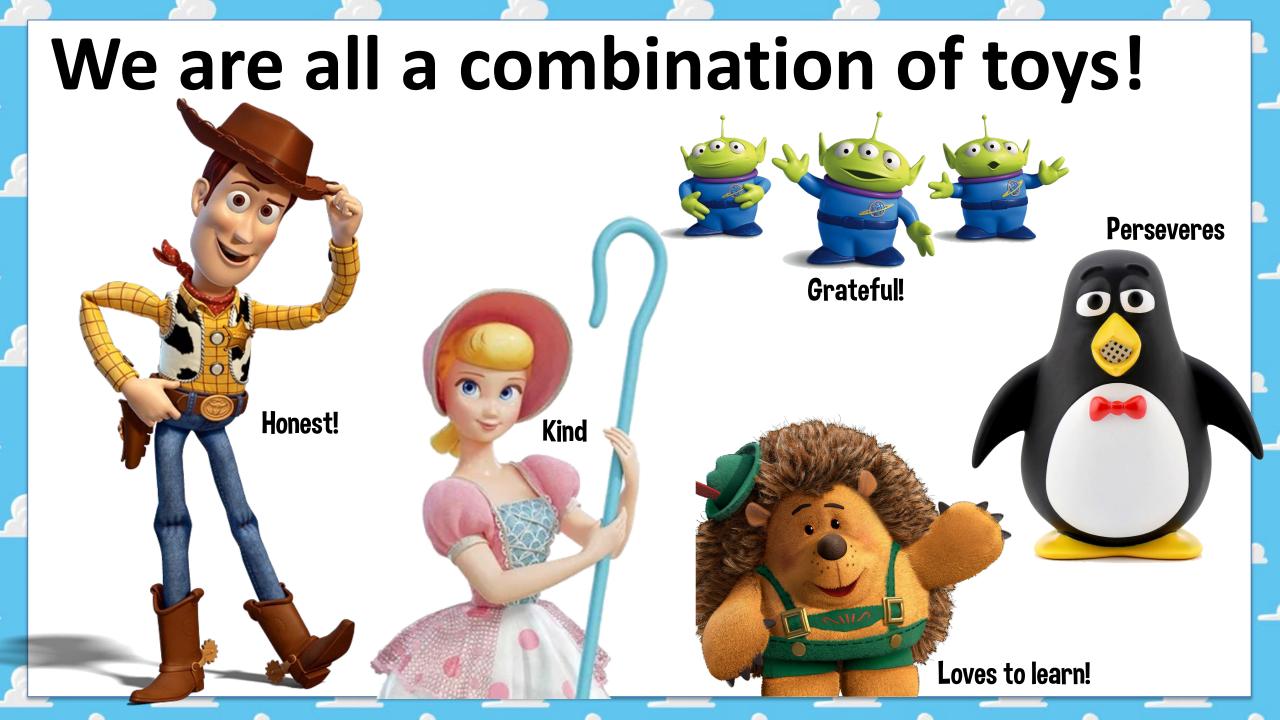
### Mr. Pricklepants: Love of Learning

**Tour Guide** 

**Barbie: Zest** 

Ken: Appreciation Of Beauty & Excellence







## If we were all Woodys, life would be pretty boring!





Look at your card... What inner strength do you need or want to focus on over the new few weeks? What toy will you be?

Find a partner next to you!

### Each person share what toy you are and why!

(can be work related or personal - what happens at the Toy Barn stays in the Toy Barn)



Together, you demonstrate the importance of friendship, courage, perseverance, humor, honesty, and teamwork in navigating TASB's challenges and embracing new adventures!

STO

## Appreciate ALL THE TOYS IN The TASB TOY BARN!



A & beau

## Appreciate ALL THE TOYS! Who are you?



## Remember: if you want to focus on a "toy" that's not in your top 5-10, bring another toy with you to play!



Don't become a Stinky Pete or Lotso Bear!

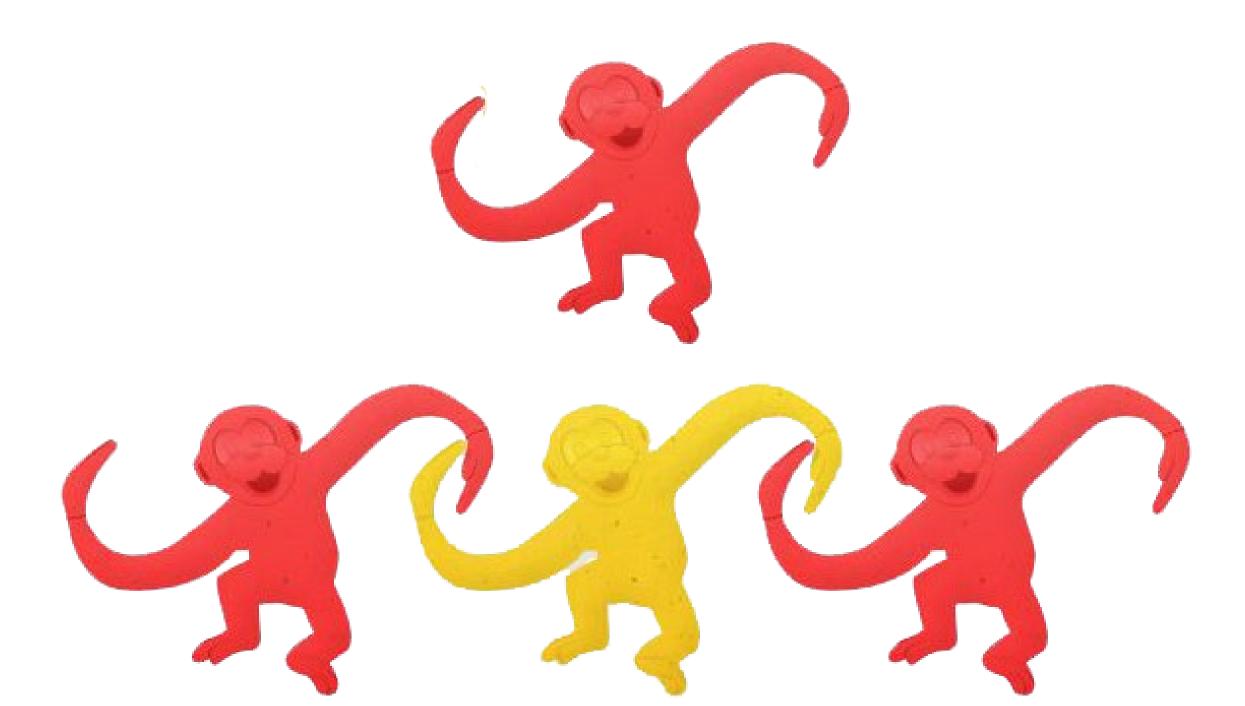
# Love who you are! And love and appreciate every toy in the TASB Toy Barn!



They were both who they were due to a sense of feeling rejected or unloved.

# **Think of TASB like...**









## <u>A</u>

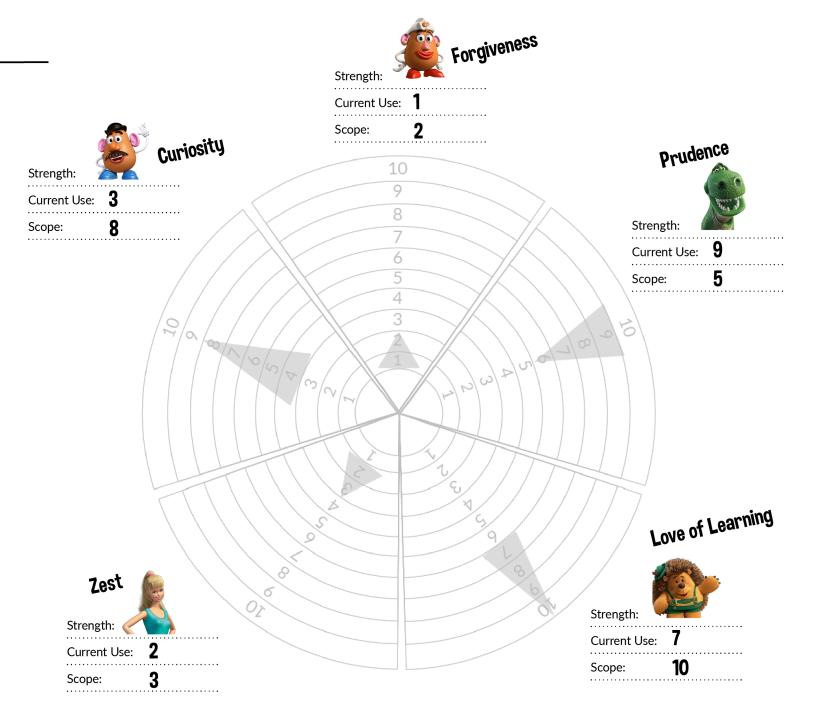


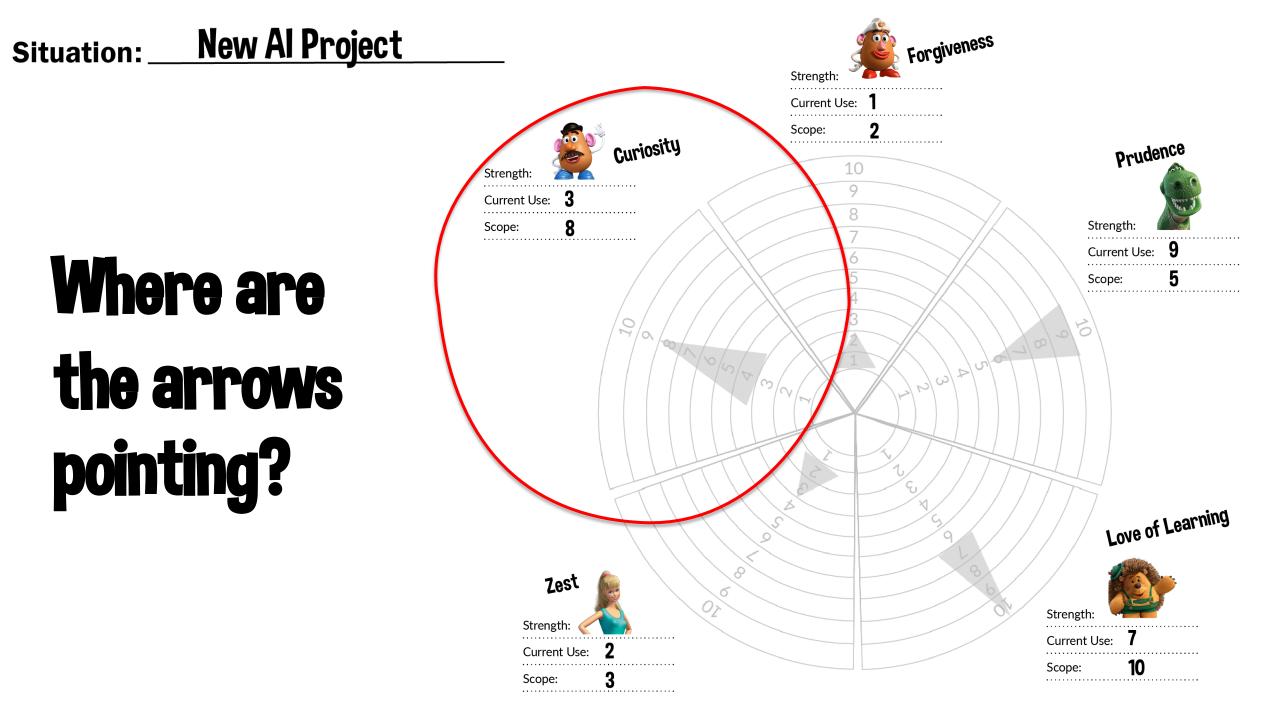




#### Situation: New Al Project

## Where are the arrows pointing?

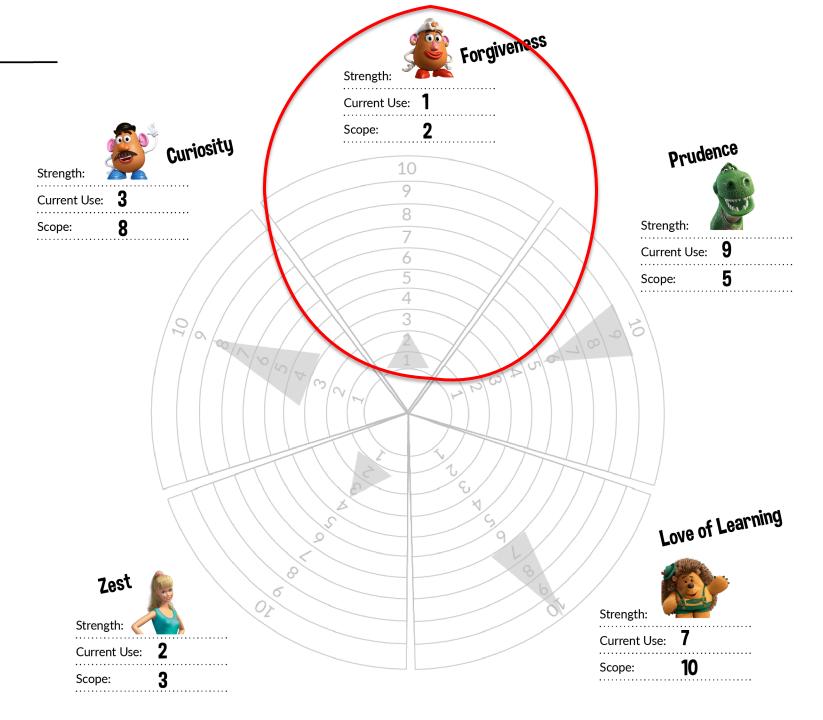




# Where are the arrows pointing?

Situation:

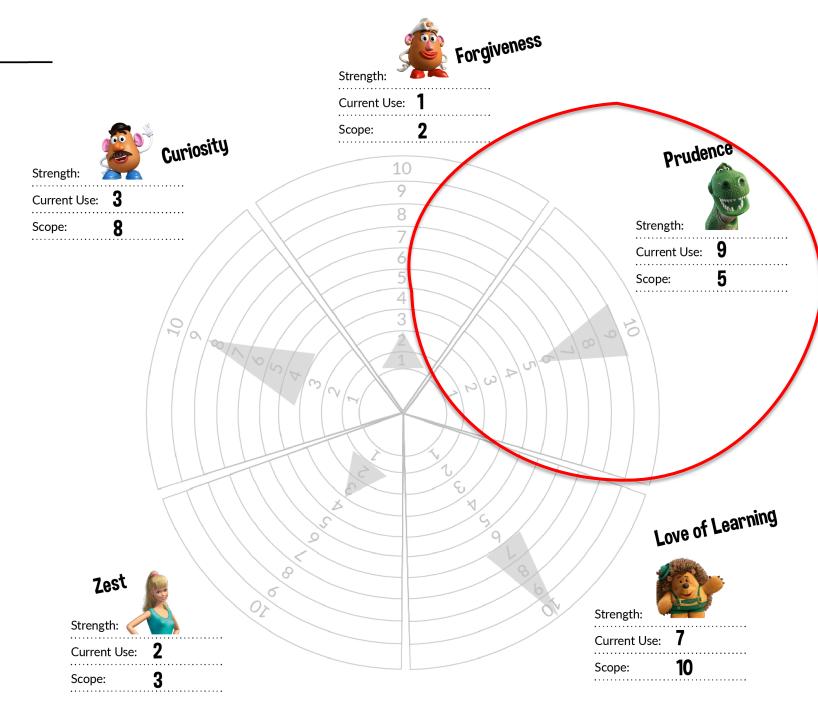
New Al Project



# Where are the arrows pointing?

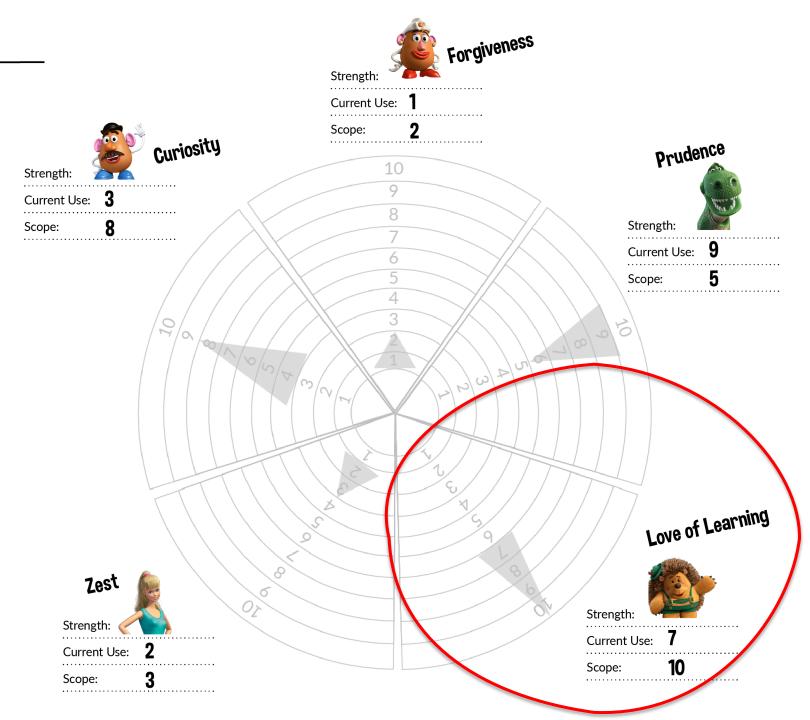
Situation:

New Al Project



#### Situation: New Al Project

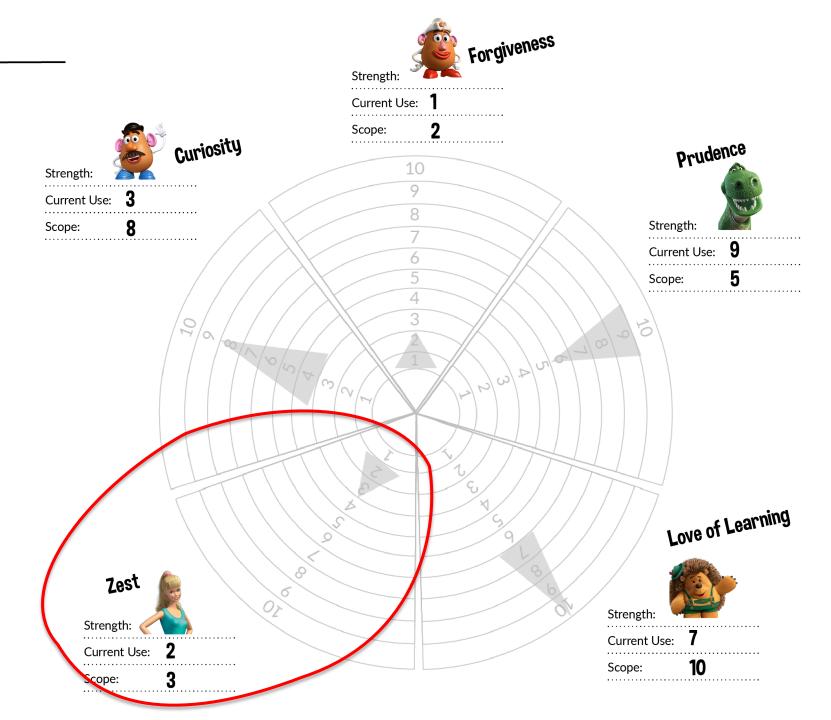
## Where are the arrows pointing?

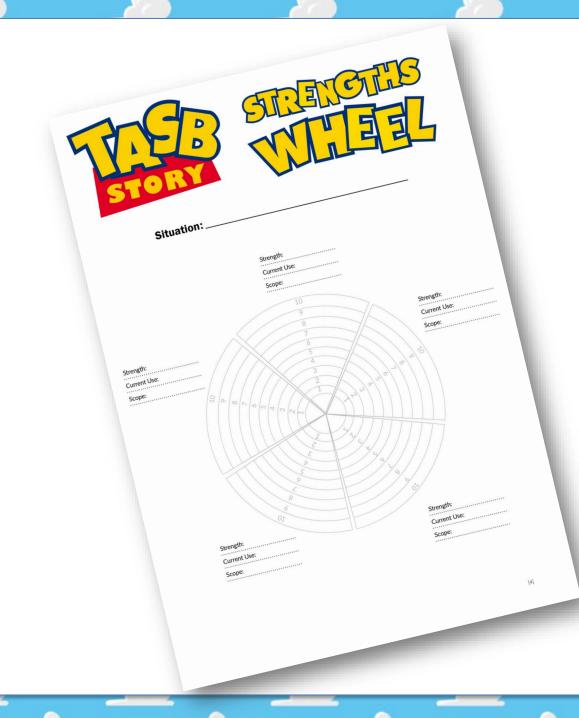


## Where are the arrows pointing?

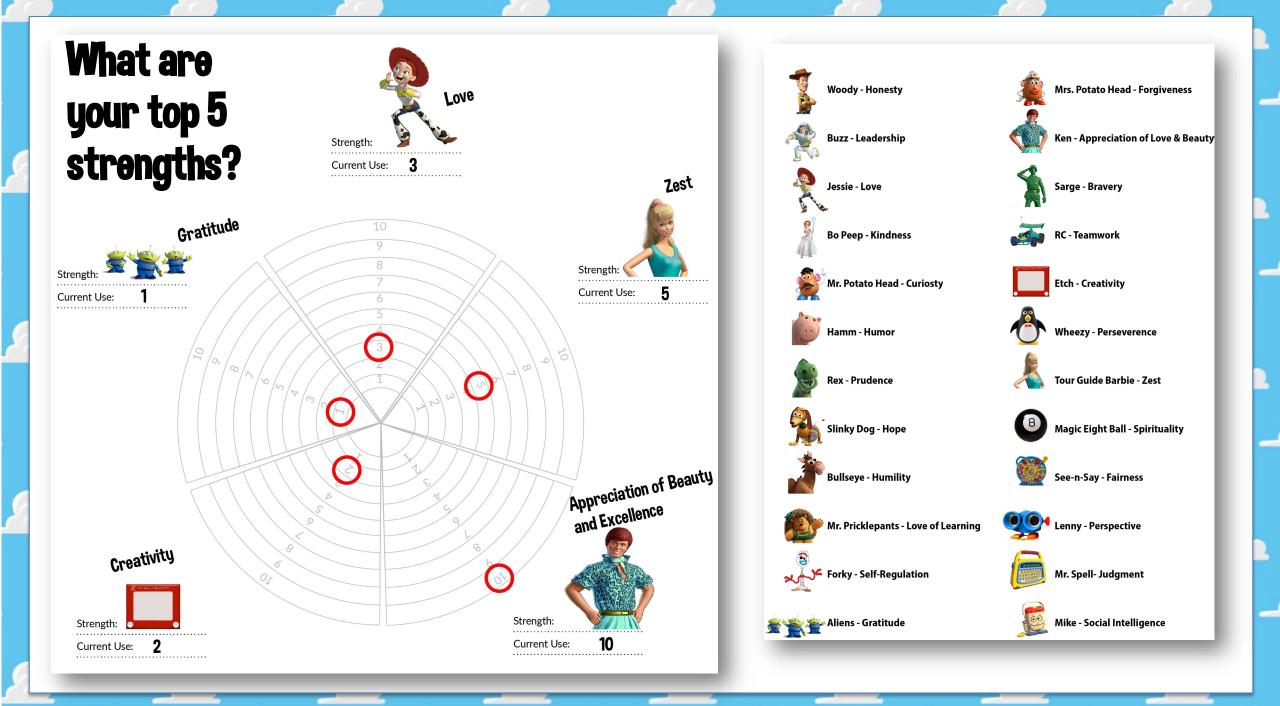
Situation:

New Al Project





### Another way to use the TASB Story Strengths Wheel...

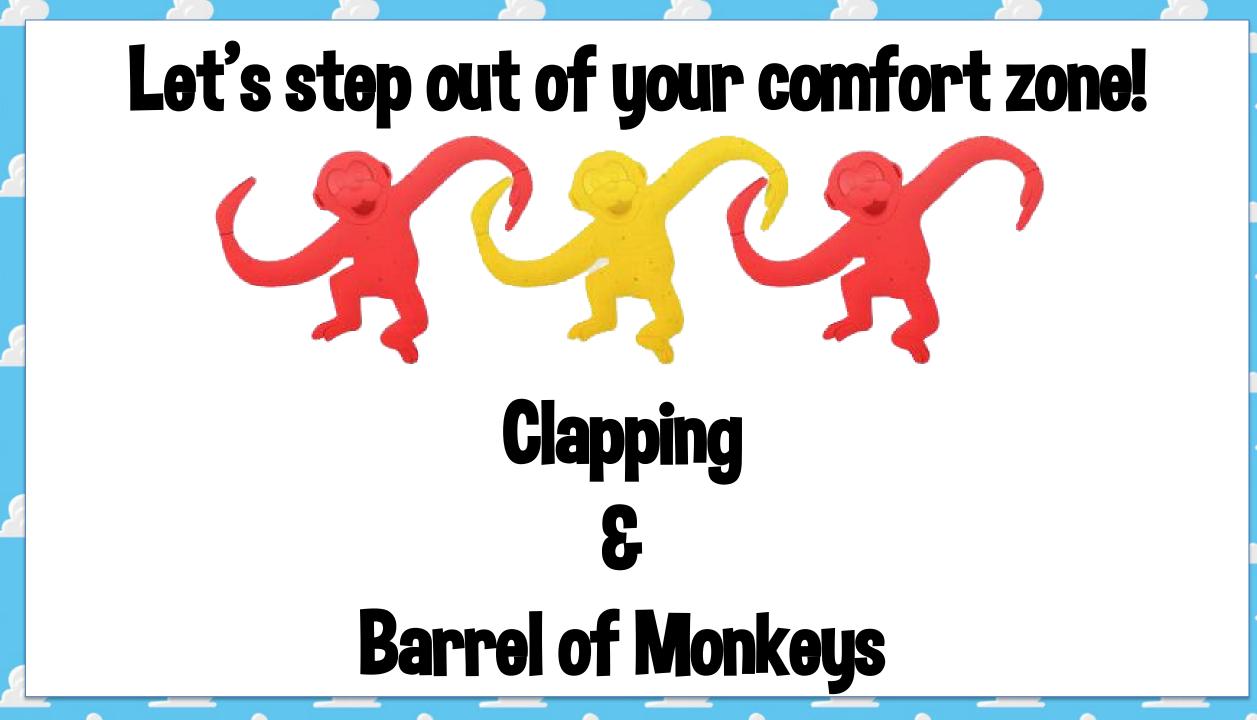


#### **Remember:** Toy Story is all about being playful... **Remember:** Happiness begins outside your comfort zone...



#### **Remember: one of the most researched tools of happiness...**













# What's the misspelled word?









#### You always have a friend in me! Happinesselement.com/TASB



#### Remember the main concept of Toy Story (and the science of happiness)...



Instead of just focusing on all the things that could go wrong... It's important to celebrate all the things that can go right!

Find that "toy" you can turn to at TASB when you need a pick-me-up!

#### **Remember...** No matter what toy you are, you are valued, you are needed.

Love who you are... whether a Mr. Pricklepants or Rex or Tour Guide Barbie or an 8-Ball!

**Focus on What's GREAT About You, Not What Isn't!** 

Focus on What's GREAT About others!



## <u>Closing Announcements!</u>

- T is for...
- TOGETHERNESS!
- TEAMWORK!
- TERRIFIC!
- THANKS!



And DO TELL - via the Feedback Survey→



#### And the winner is...

#### aka: it's TICKET TIME!!!!



© 2024 Texas Association of School Boards, Inc. All rights reserved.

TASB.