

Resiliency Assets Checklist:

Attitudinal Asset Practices

- ☐ The simple act of saying thank you to others at work contributes to positive attitudes. Practice gratitude, and thank someone today for a job well done!
- ☐ Smiling at colleagues and asking them how they are doing may uplift them and encourage positivity in the workplace.
- ☐ Host fun events with teams working together toward a common goal. Organizing team games such as The Amazing Race, Jeopardy or trivia contests can provide a break from everyday school routines and help to increase team engagement. Elicit ideas or suggestions from team members on how to structure such activities.
- ☐ Invite team members to create a list of things for which they are thankful such as family, good friends or health. Ask them to attach these lists to their desks, bulletin boards or other places that they will see often. Encourage team members to discuss their sources of gratitude with each other.
- ☐ Holding outdoor “Walking Meetings” is a new idea that has engaged many workplaces. You can accomplish the same goals while enjoying the fresh air and getting exercise together!
- ☐ One of the best ways to restore positive thoughts is to be other-centred. As a team, undertake a collective action once a month to contribute to others outside the school workplace. This could be accomplished by organizing volunteer opportunities, or by collecting clothing or canned items to be donated. An other-centred culture improves staff morale and results in a more positive work environment.
- ☐ Ask team members to share one positive work outcome per week with their colleagues during a staff or team meeting. This task assists in identifying and focusing on the positives. When challenges or areas of concern are discussed, invite team members to also focus on the positive.
- ☐ Carry out a learning session or workshop on the topic of optimism. Discuss the importance of maintaining a positive disposition and sense of optimism, even in the face of difficult or challenging situations.