

Leverage the power of positive emotions



Make an emotional connection to a topic



Use relevant and authentic activities



Utilise novel activities or engaging methods



Strengthen affective engagement through social interaction, cooperative learning and community building



Utilise story telling to engage



Provide autonomy through regulated choices



Design activities at the right level of challenge



Emotions and learning are inextricably connected

All learning is influenced by our emotions – positive and negative. If we feel happy, secure, and like we belong, we learn better, but if we are stressed, tired, hungry or feel disconnected, we won't learn as well.

Design classrooms with emotions in mind



Create a positive class environment where students feel they matter



Show authentic enthusiasm for a topic – it's contagious



Develop positive relationships and multiple, open communication channels



Let students know you are available



Co-create rules and enforce them fairly



Be aware of the effect of negative emotions



Adapt classes to students' emotional needs

