

# Positive Intent Summary

**Power:** Love: See the best in others.

**Becoming Brain Smart:** Positive Intent integrates the brain and produces oxytocin, increasing trust, safety and moral behavior.

**Skill:** “You wanted\_\_\_,” “You were hoping\_\_\_,” A.C.T., Reframing

**School Family:** Celebration Center, Wishing Well, School Family Assemblies

## Power of Love Reflection

We’ve explored how the willingness to see the best in others allows us to hold hope for the hopeless, safety for the fearful and encouragement for the discouraged. The Power of Love and the Skill of Positive Intent transform resistance into willingness, and set the stage to teach new skills to those who call for help through hurtful actions and words. Begin practicing the Power of Love by doing the following:

- Reflect on what we unconsciously value.** What we see with our eyes, we value with our heart.
- Attribute positive intent to ourselves.** Instead of chiding, “I can’t believe I forgot to go to the store,” reframe it. Say, “I wanted to get home in time to greet the children when they got off the school bus, so I will spend time with the children now and go to the store later.”
- Consciously notice how often we try to determine others’ intentions.** How much energy does this occupy? Pay attention to how often we attribute negative intent to our selves, our partners, our colleagues and the children we teach. Who do we tend to give the benefit of the doubt to and who are we hardest in judging?
- Continue wishing well.** Encourage children to wish well by providing ample opportunities throughout the day. Personally wish ourselves and others well when difficulty arises.
- Practice reframing negative intent to positive intent.** Reframe upset! Take a deep breath and say, “I am willing to see this differently.” Then ask, “Am I extending love or calling for help?” Obtain the help you need.
- Watch the Power of Love video** on the portal to deepen your reflection.