

38th Annual
JALT Hokkaido
2023 Winter Language Teaching Conference
in association with
Performance in Education (PIE SIG) & Okinawa JALT

***New Directions and New Techniques:
Teaching in the New Normal***



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***New Directions and New Techniques:
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**New Directions
and New Techniques:**

**Teaching in
the New Normal**



Martin Seligman

Founder, Positive Psychology

Former President:

American Psychological Association

Prof. – Univ. of Pennsylvania



**“What do you
most want for
your children?”**

Health

Confidence

Contentment

Good stuff

Happiness



**“What do
schools teach?”**

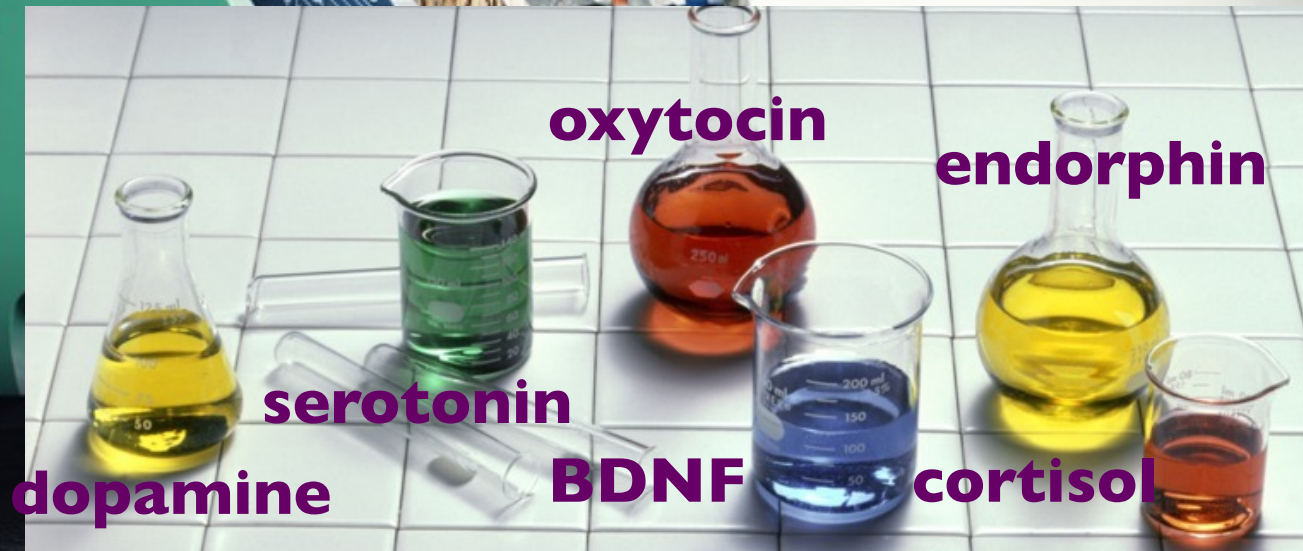
Achievement **Literacy**
Mathematics
Success
Discipline

“Designing curriculum without knowing about the brain is like designing a glove without knowing about the hand.” - Leslie Hart



This is your brain

on happiness



dopamine

serotonin

oxytocin

BDNF

endorphin

cortisol

This is your brain

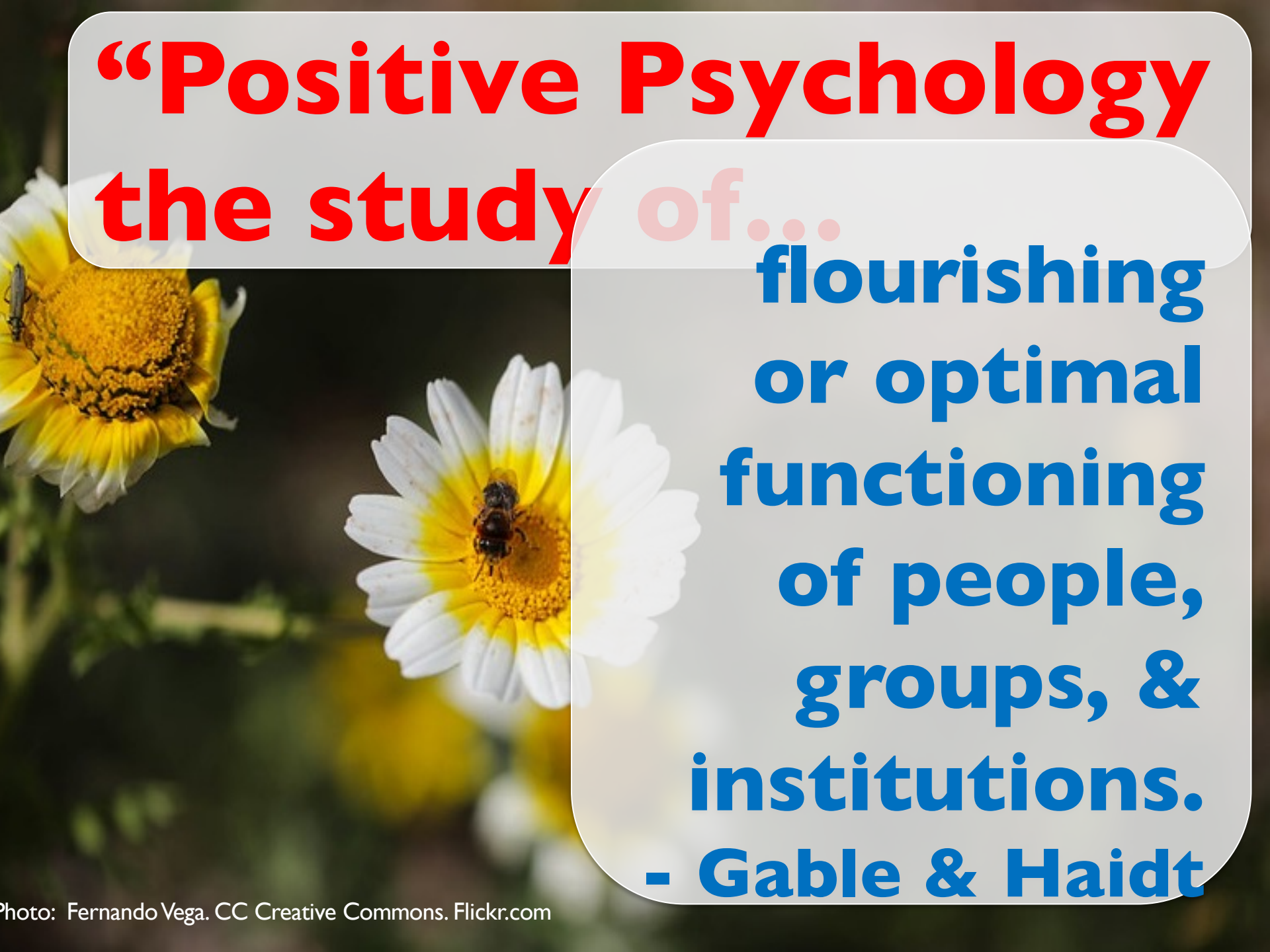
on happiness





Positive Psychology

Photo: Fernando Vega. CC Creative Commons. Flickr.com

The background of the slide features a close-up photograph of several daisy flowers. The flowers have bright yellow centers and white petals. Two bees are visible, one on the center of a flower in the foreground and another on a flower to the left. The background is softly blurred, showing more flowers and green foliage.

“Positive Psychology the study of...

**flourishing
or optimal
functioning
of people,
groups, &
institutions.
- Gable & Haidt**



**“Positive Psychology
the scientific study
of...**

**what makes
life most
worth living**

- Chris Peterson

Positive psychology is NOT The Power of Positive Thinking



Positive psychology is **NOT** **Happy-ology**





Science

- hard research

- peer-review

- replicated experiments

Increased student wellbeing



G.Lancia, 2/2022

Increased academic achievement



Photo:
Andre Hunter.
Unsplash.com
Used with permission

Prevents clinical depression & anxiety



Seligman, et al. (2009)

Photo: Alex Ivashenko. Unsplash.com. Used with permission.

Student Depression in Japan

#1 cause of student death in Japan: **suicide**

Depression among 13-18-year-olds: **5.6%**

1 year especially bad: **HS3**, 2nd semester
Univ.1, 1st semester

20% overall

males: **10.2%**, females **28.4%**

Student Depression

“Not having a best friend is the largest factor of depression, and might have a greater influence than family.”

- Mizuta, et al., 2017, p. 216

Mizuta, et al, 2017
Also, Kelly, C. 2020

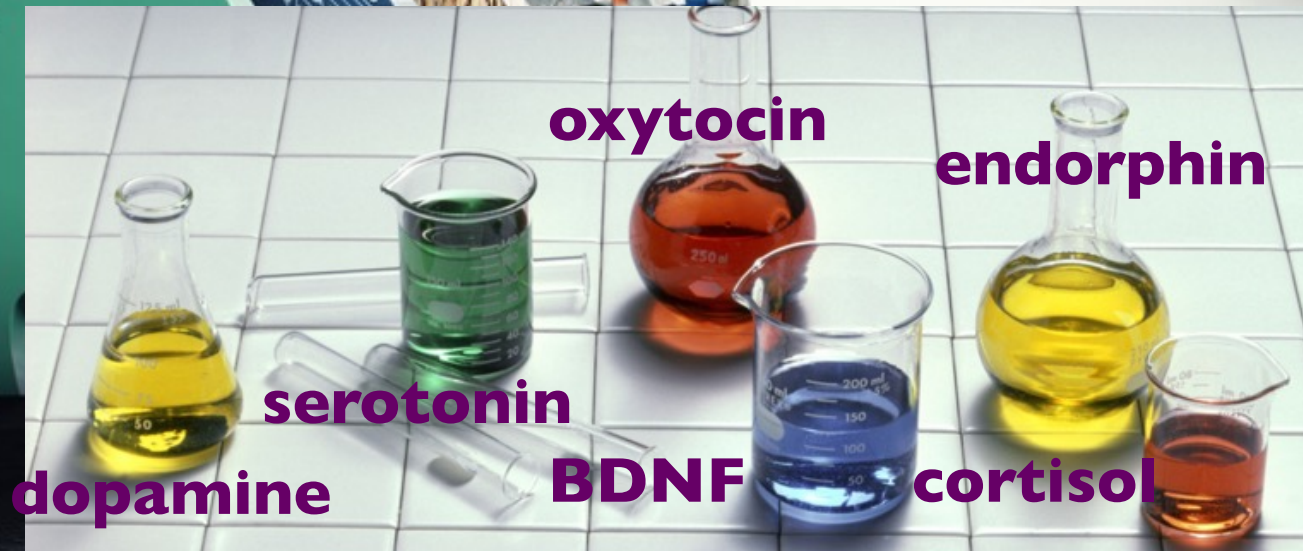
**Happy
students
build
relationships
/ friendships.**



Photo: © Taylor Smith. Unsplash.com. Used with permission.

This is your brain

on happiness





Welcome
to your
brain





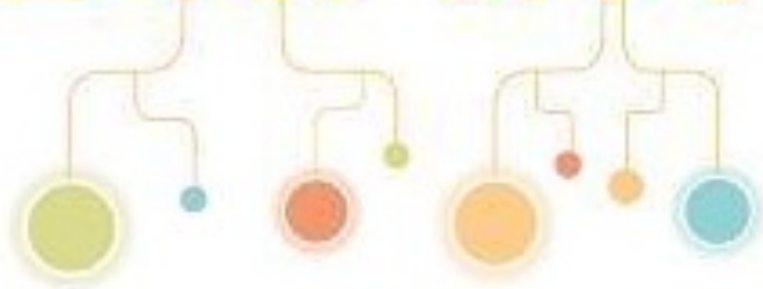


This is your brain

on happiness



HABITS OF A HAPPY BRAIN



Retrain Your Brain to Boost Your
Serotonin, Dopamine, Oxytocin,
& Endorphin Levels

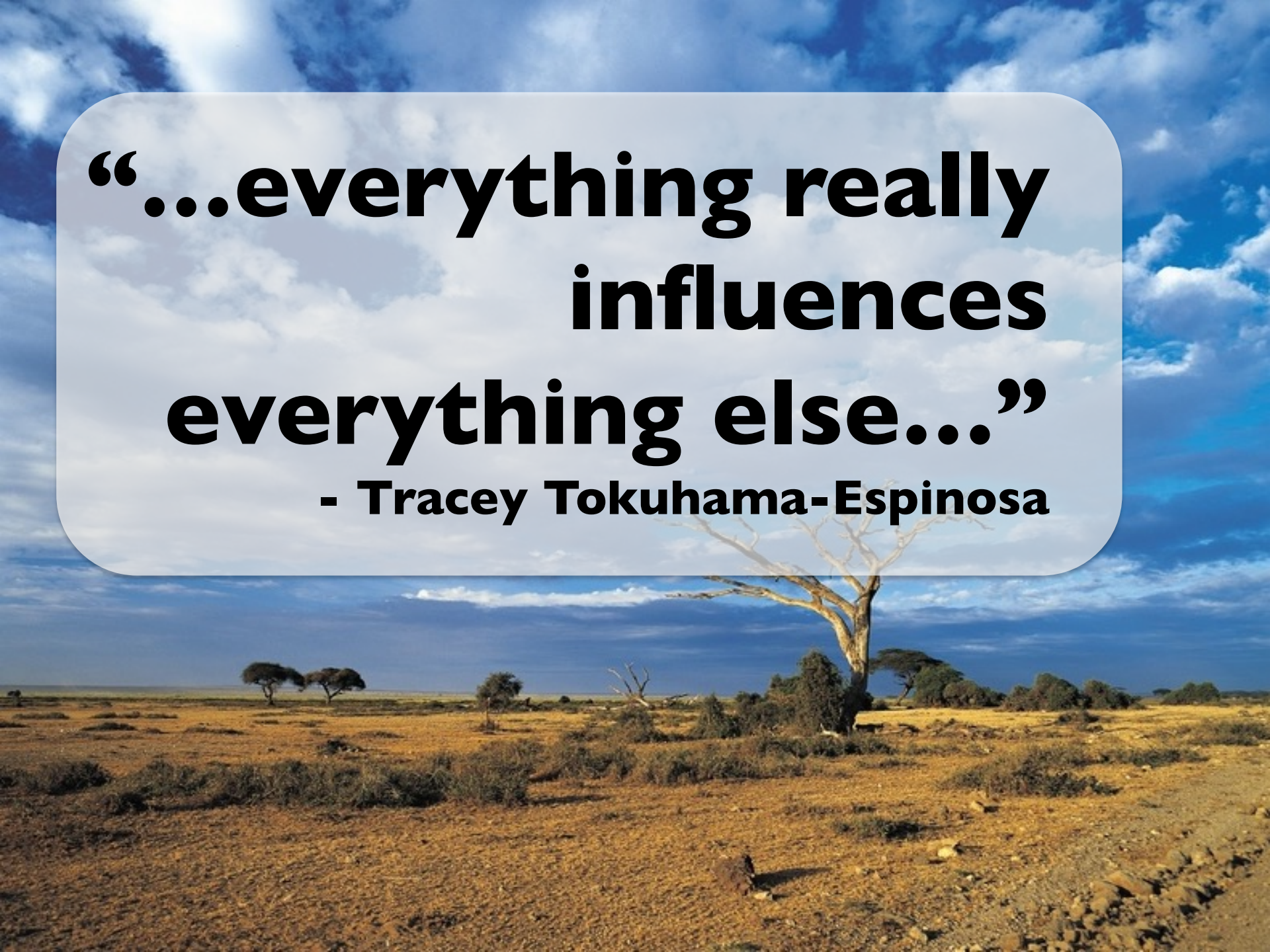
LORETTA GRAZIANO BREUNING, PHD



Inner Mammal Institute
Prof. Emerita
California State Uni.
– East Bay

**“...everything really
influences
everything else...”**

- Tracey Tokuhama-Espinosa



5 pictures: good things in my life.



2 Next class:

Think Time

What will you say about each picture?
Think of the WH-question for ideas.



- 3 Work with a partner. Show your pictures.
Explain them.
Partner, ask questions.
This will help your partner
“re-experience” the good things.



3.

or printed

¹
~~5~~ pictures:

**Good things
in Marc's life**



BBQ

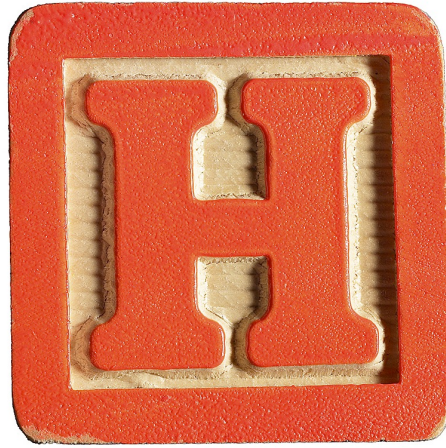
W

H

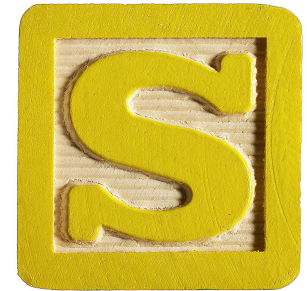
Q

S



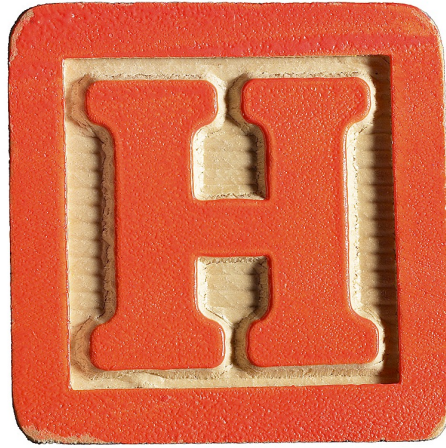


,



Discourse strategy

Keep the conversation going



,



Active Constructive
Responses

5 pictures: good things in my life.



2 Next class:

Think Time

What will you say about each picture?
Think of the WH-question for ideas.



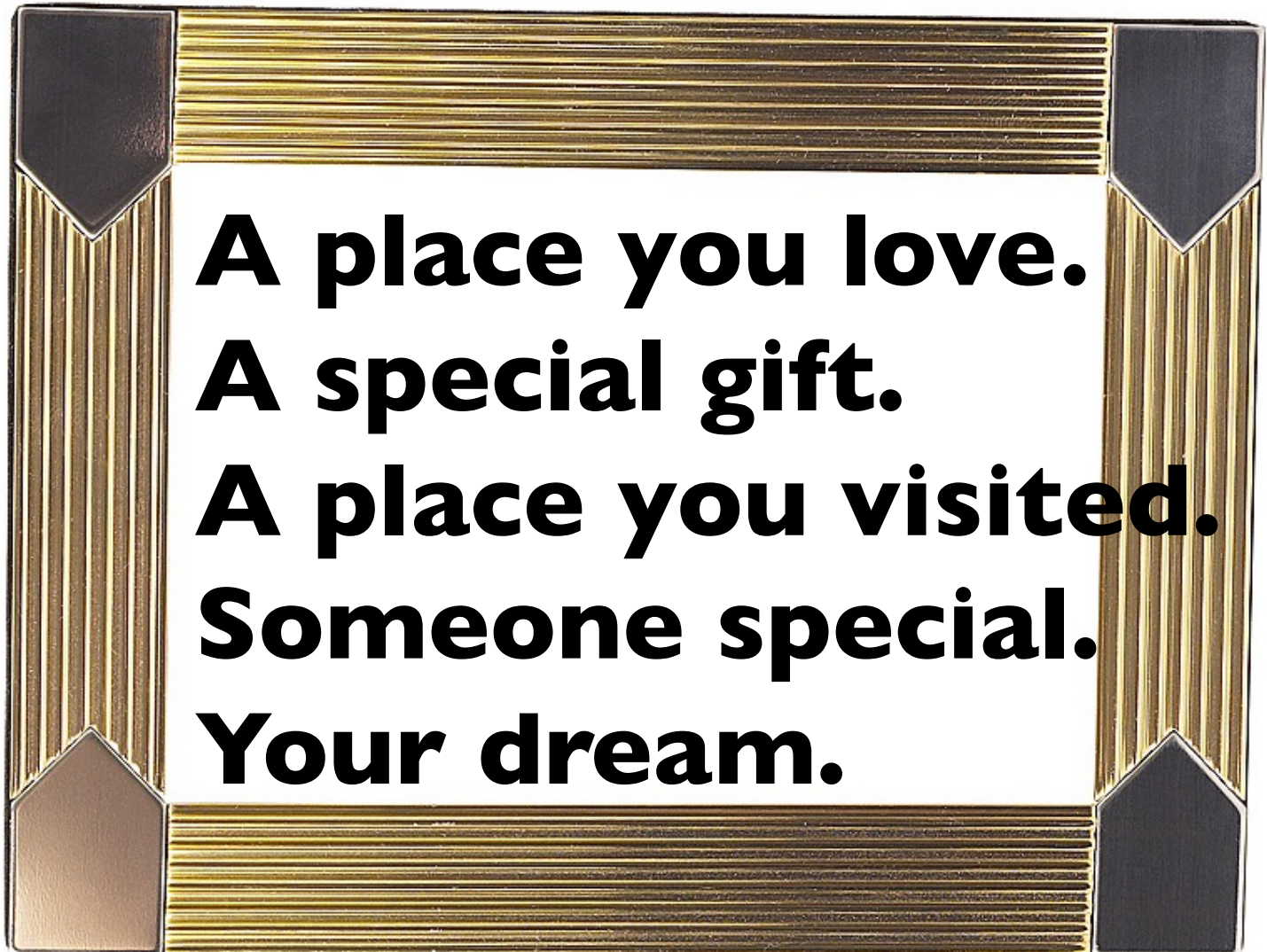
- 3 Work with a partner. Show your pictures.
Explain them.
Partner, ask questions.
This will help your partner
“re-experience” the good things.

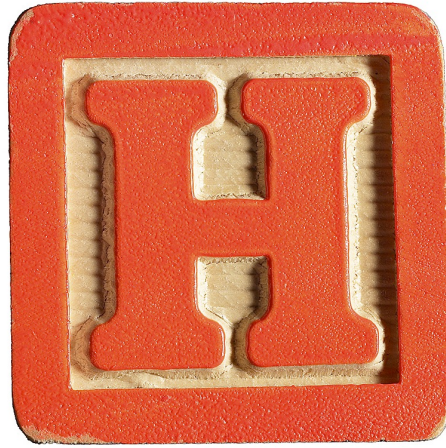


3.

or printed

Invisible photo gallery





,



Active Constructive
Responses



'



Your partner got a job promotion.

Active

Constructive

Wow, Great,
Tell me all
about it.

Passive

Constructive

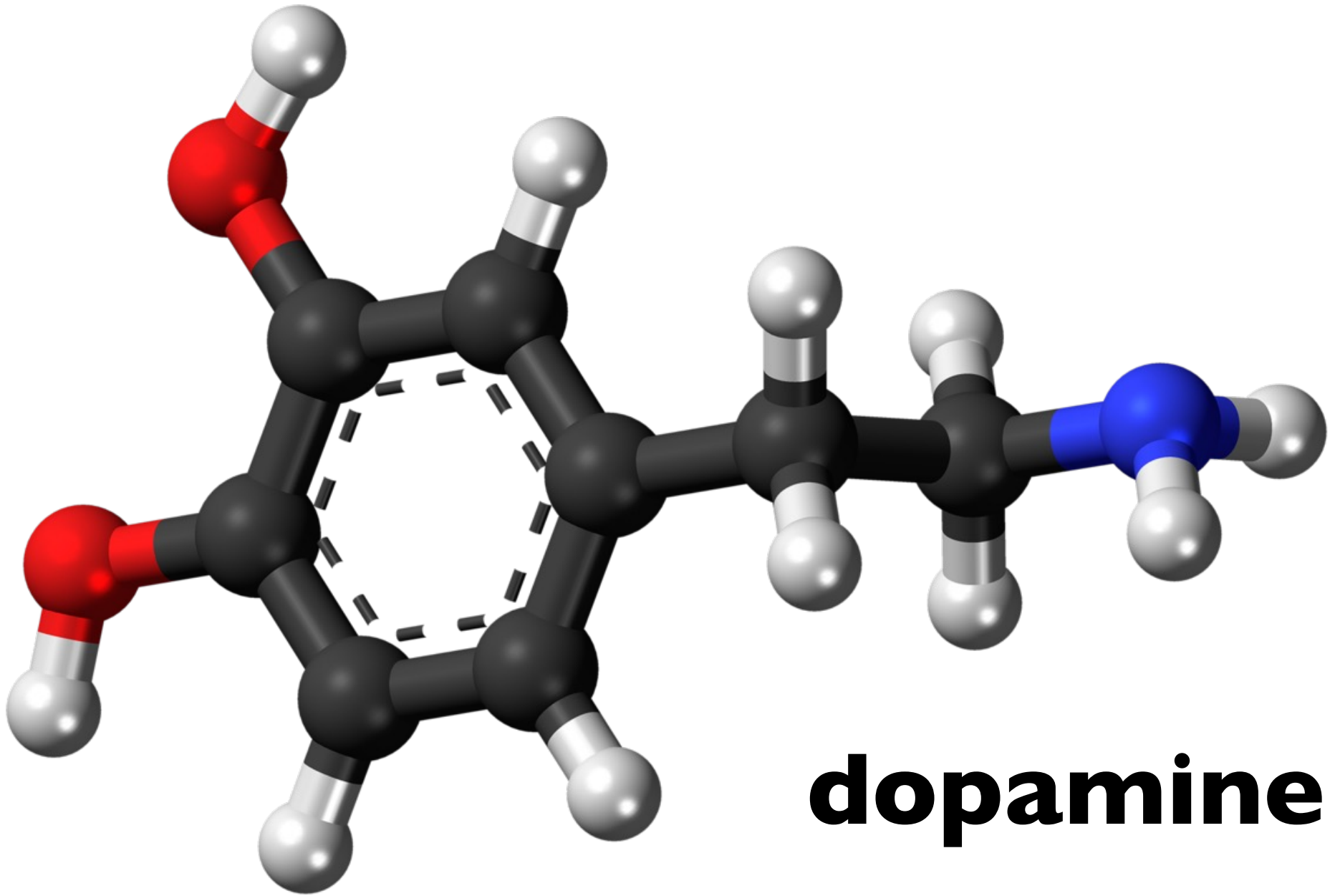
Wow, Great,
That's nice.

Active Destructive

Oh, Now you are
going to be even
busier than now.

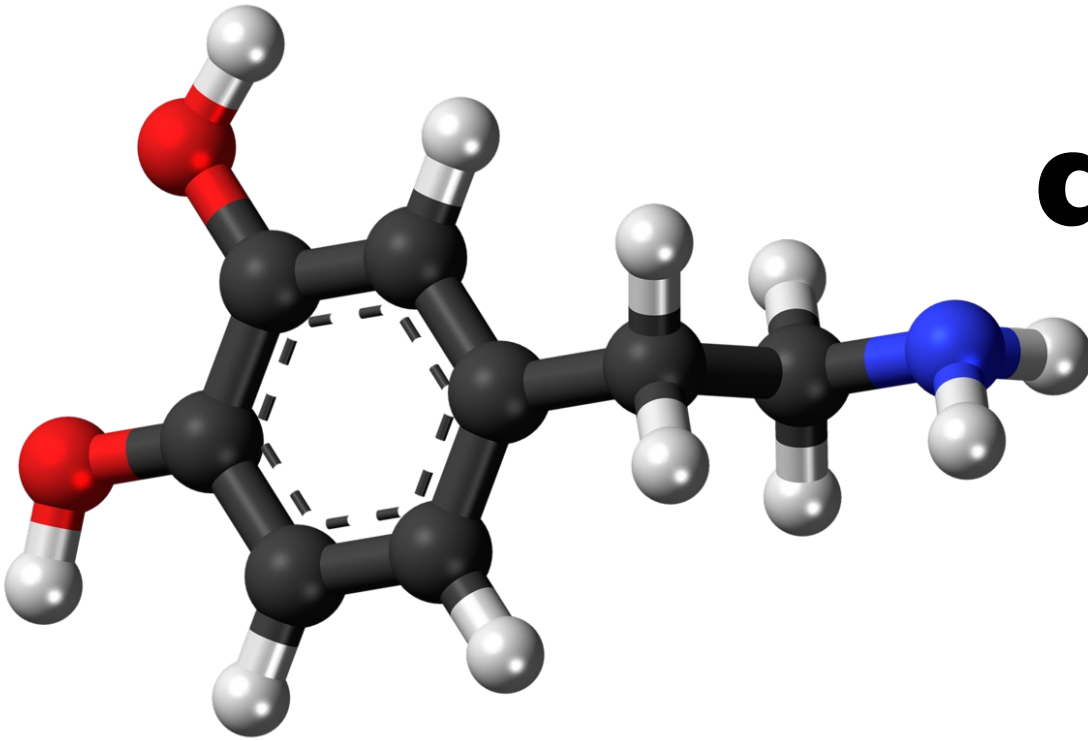
Passive Destructive

That's nice,
What's for dinner?



dopamine

dopamine

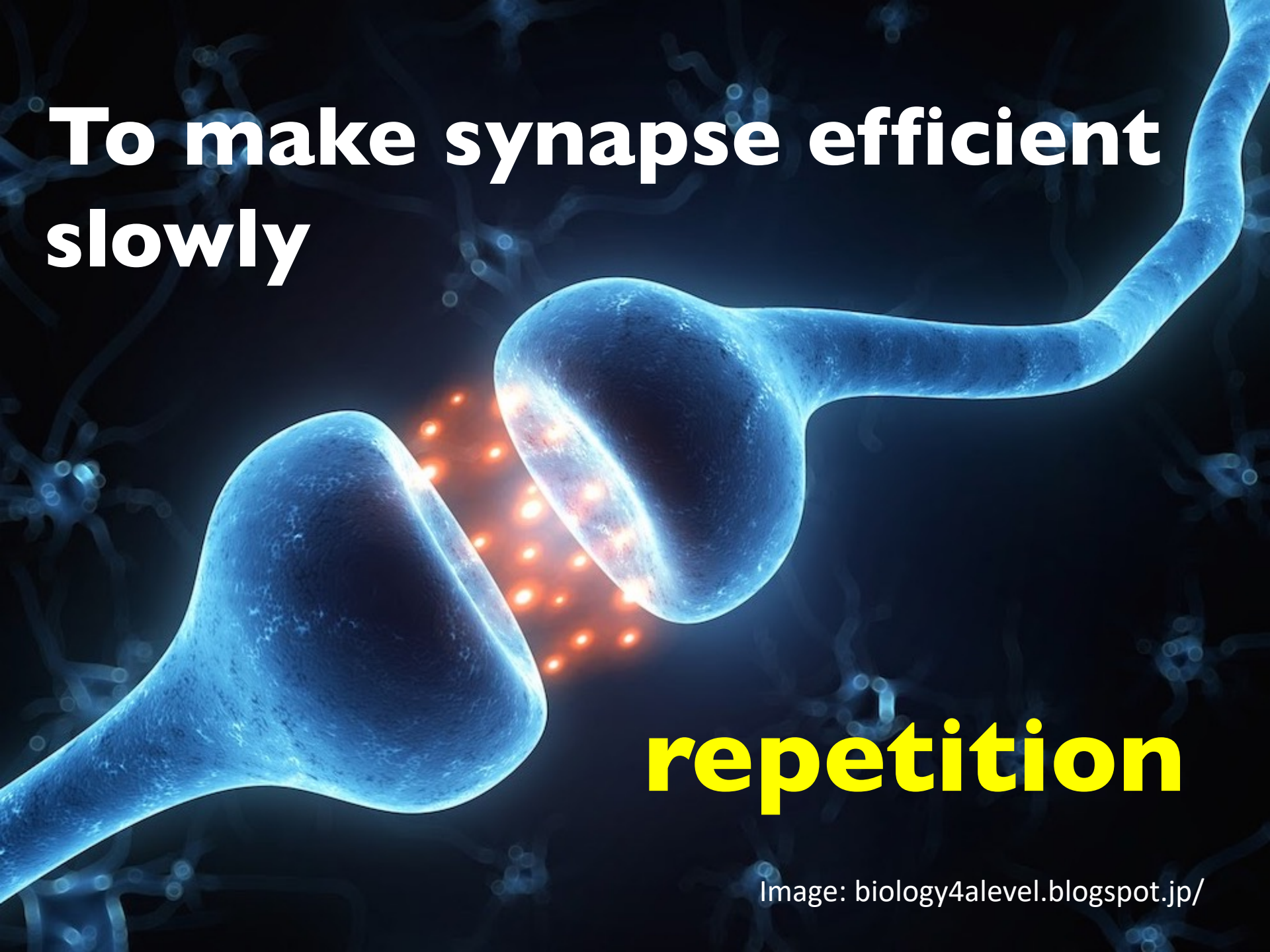


memory
motivation
focus

Emotion triggers dopamine



**To make synapse efficient
slowly**



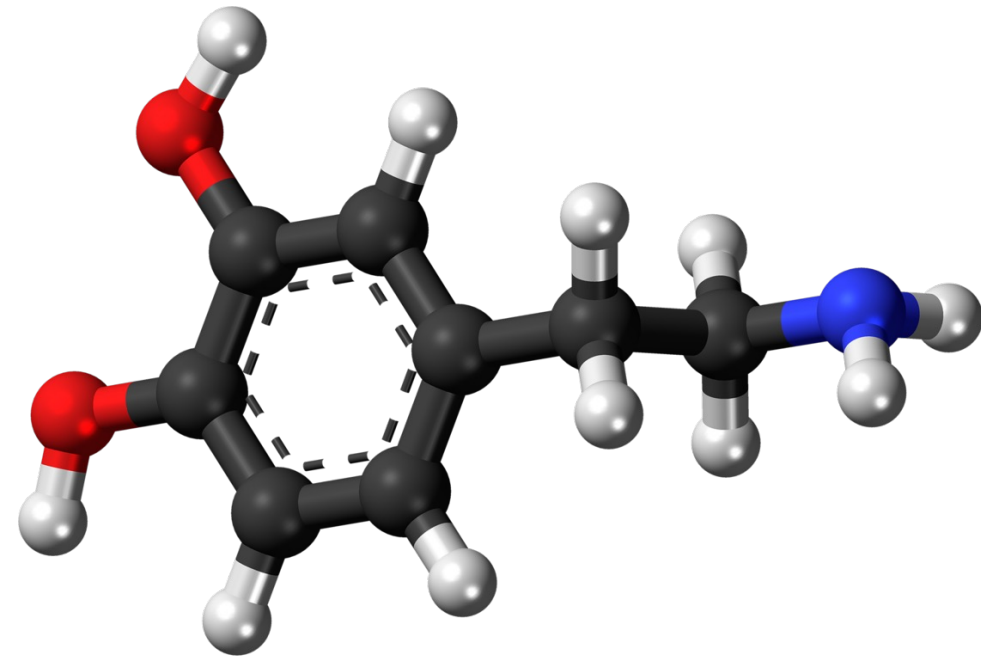
repetition

Image: biology4alevel.blogspot.jp/



**To make synapse efficient
quickly**

emotion



**Other
dopamine
triggers**

pleasure

sleep

exercise

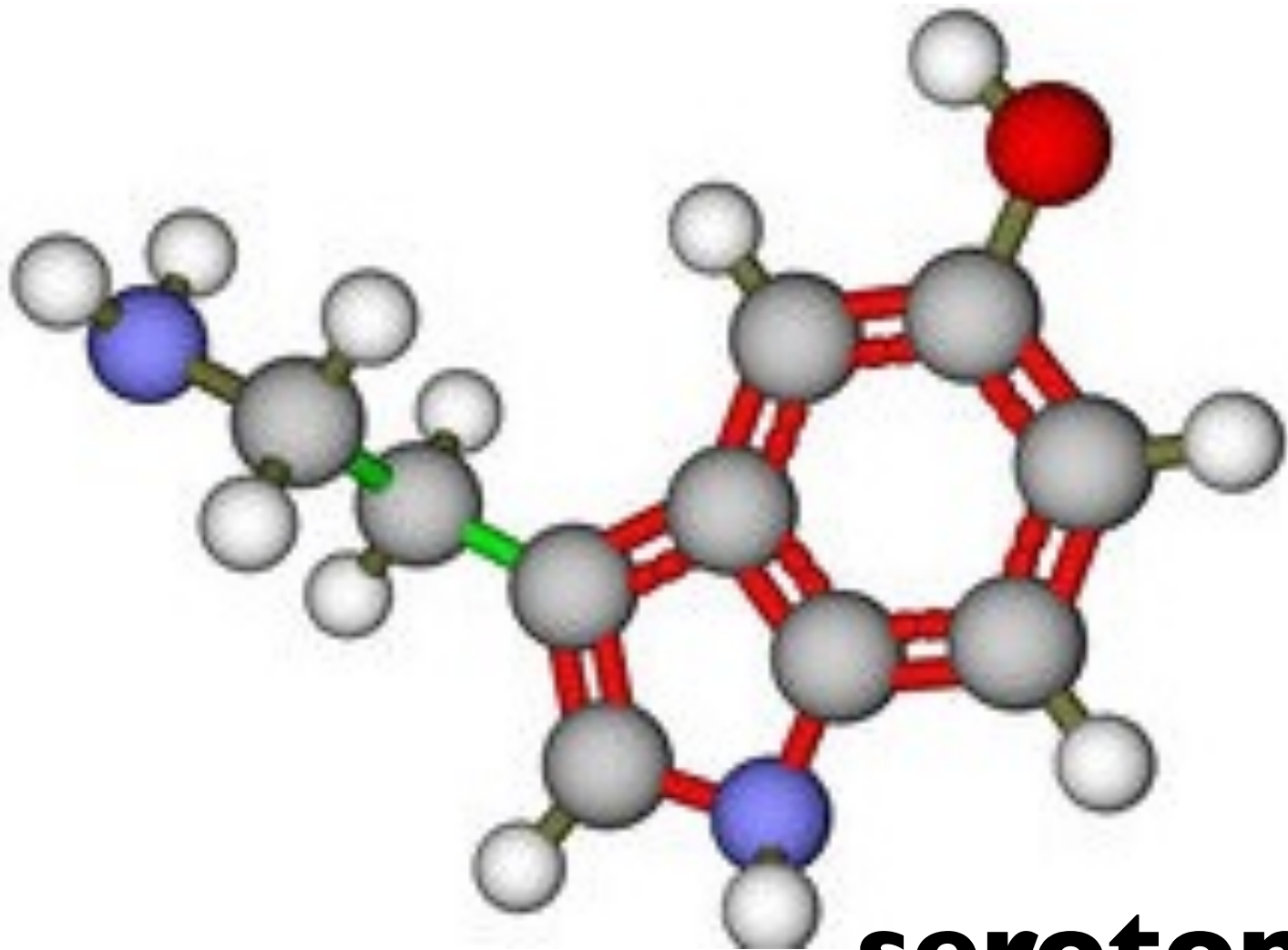
goal completion

Today's goals:

-
-
-
-

**Celebrate
small
victories.**





serotonin

**Your
body
is
like a**



**Especially
the “gut”
where many
neurons are
located**

“second brain”

Your brain Your body

Neurons:

85 billion

500 million

~~85,000,000,000~~ ~~500,000,000~~

Neurotransmitters
identified:

> 100

> 40

Dopamine production:

50%

50%

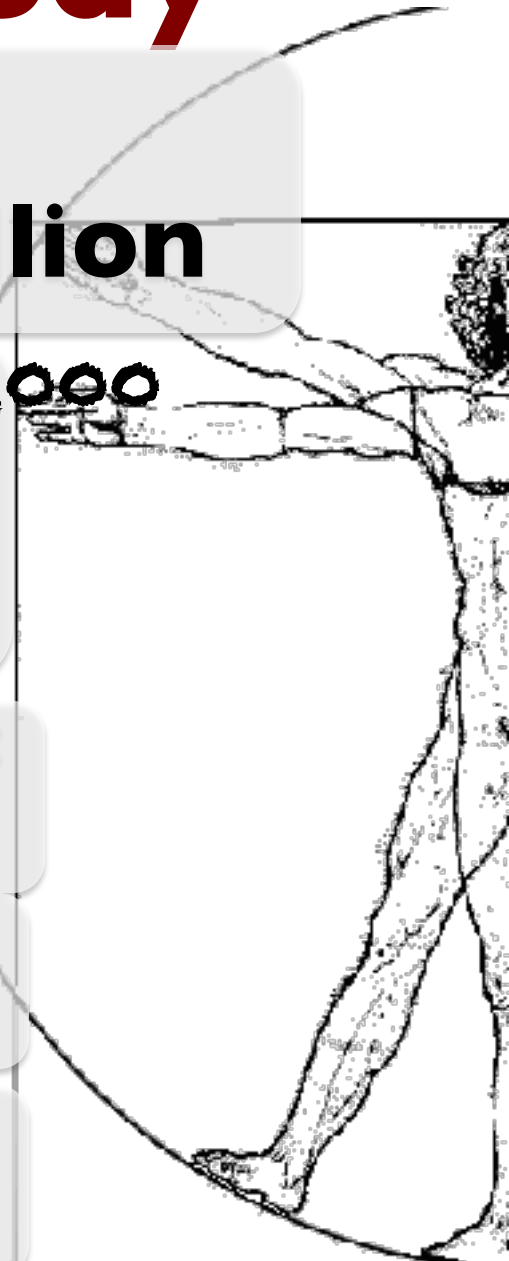
Serotonin production

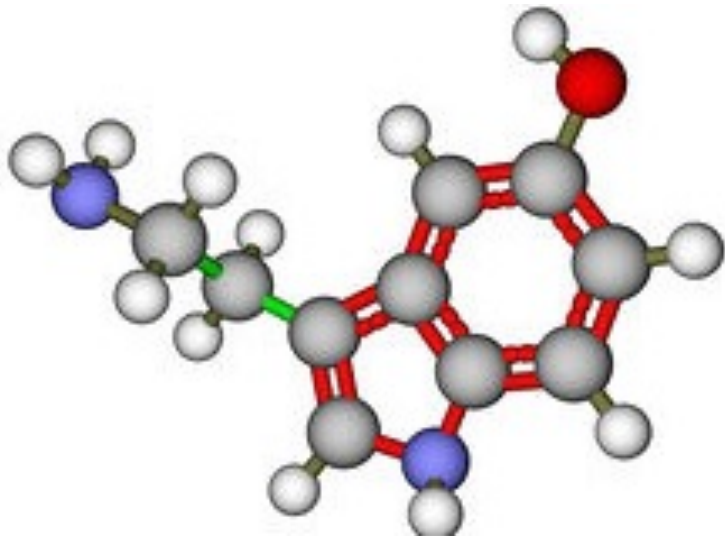
5%

95%

Both affect blood flow

Source: *New Scientist & neuroscience stuff.tumblr.com*





**Serotonin
triggers**

**bright light
exercise
meditation**

**dark chocolate (tryptophan)
feeling respected**



**deep
breathing**



savoring



“to attend to,
appreciate,
and enhance
positive experiences”
- Bryant & Veroff

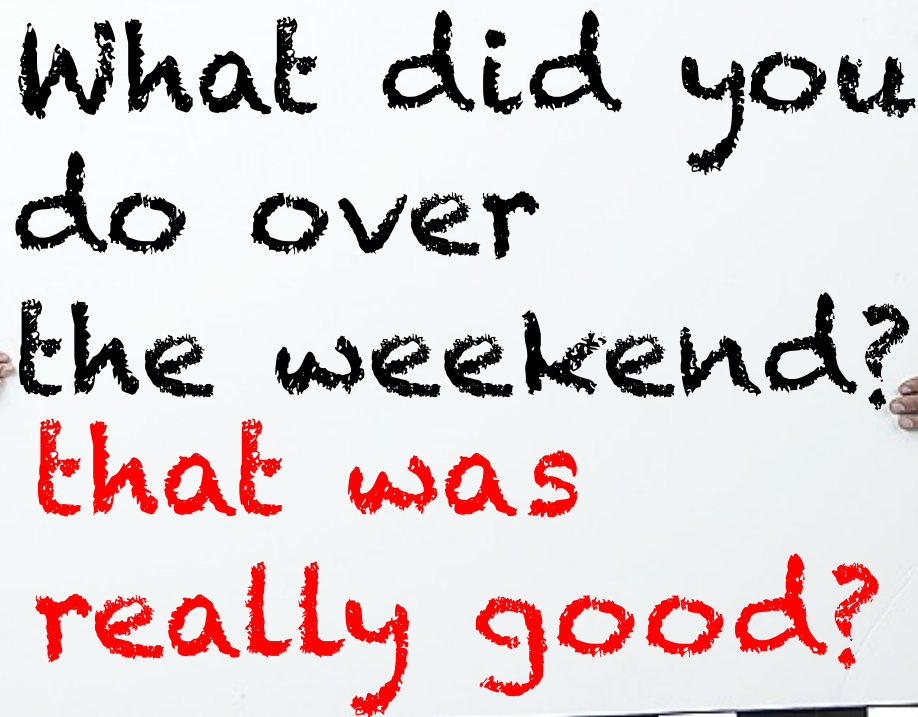
Remembering

positive

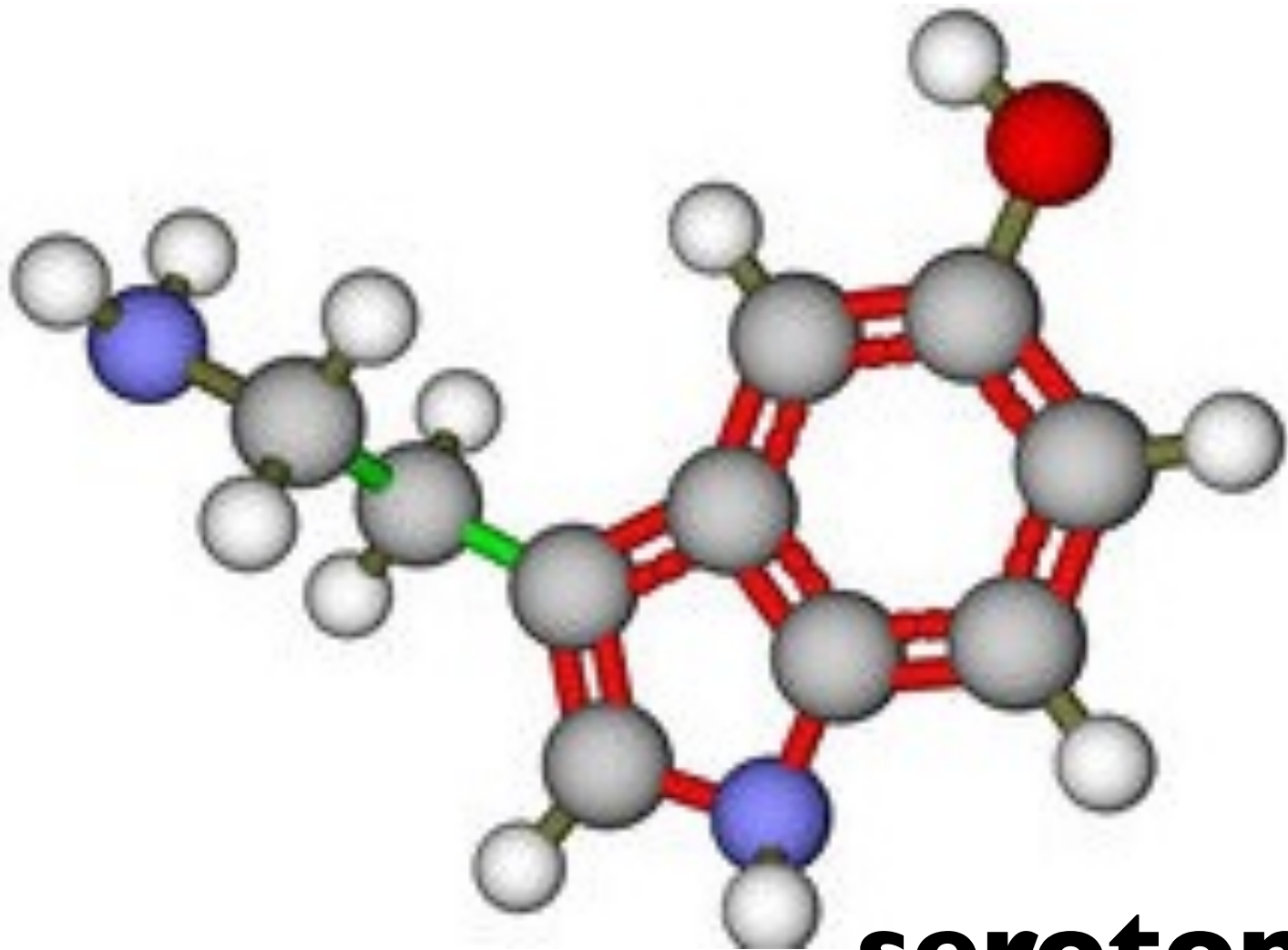
events

triggers

serotonin

A smiling man and woman are holding a whiteboard. The man is on the right, wearing a dark suit, white shirt, and patterned tie. The woman is on the left, wearing a white top. They are both smiling and looking towards the camera. The whiteboard they are holding has text written on it in black and red chalk.

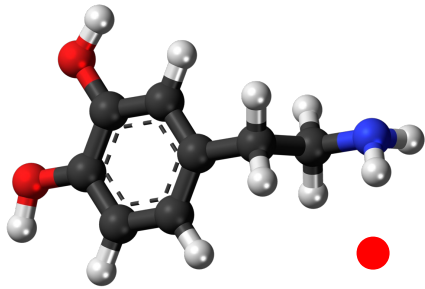
What did you
do over
the weekend?
that was
really good?



serotonin

What's the difference?

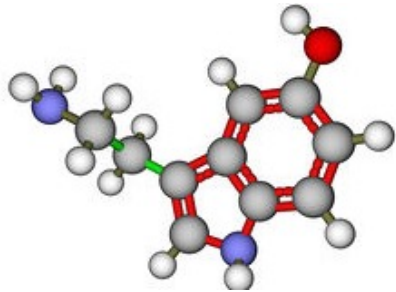
Both are neurotransmitters



Dopamine

- excitatory: motivation, reward

This feels good. **I WANT MORE!**



Serotonin

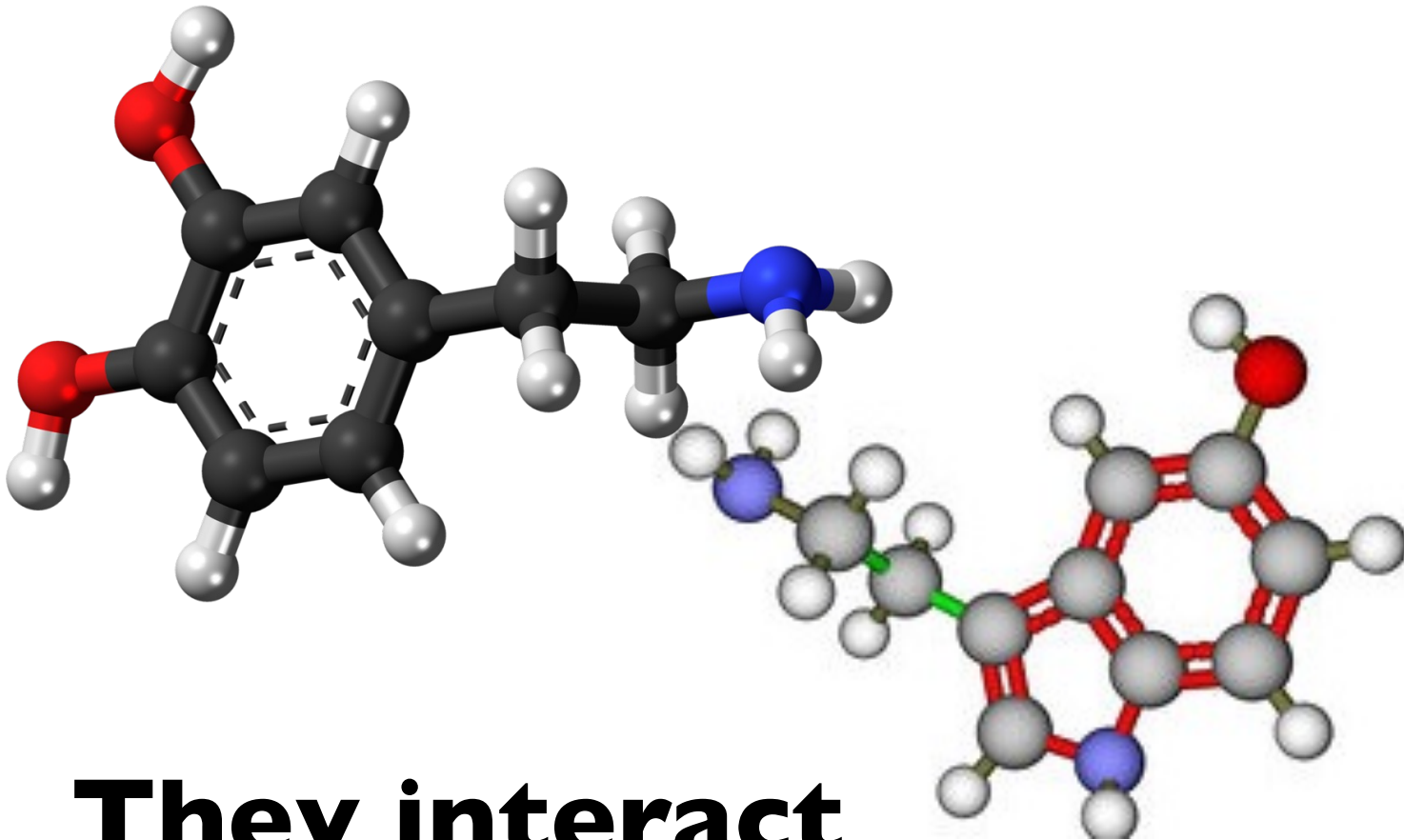
- inhibitory: happiness, calm

This feels good.
I've had enough.

1. <https://www.simplypsychology.org/serotonin-vs-dopamine.html>

2. <https://nesswell.com/serotonin-vs-dopamine/#:~:text=Serotonin%20is%20an%20inhibitory%2>

What's the difference?



They interact

Japan is famous for vending machines



Photo: Catrina Farrell / unsplash

**What if you
could have
a personal
dopamine/
serotonin
vending
machine
of your own?**

You do!



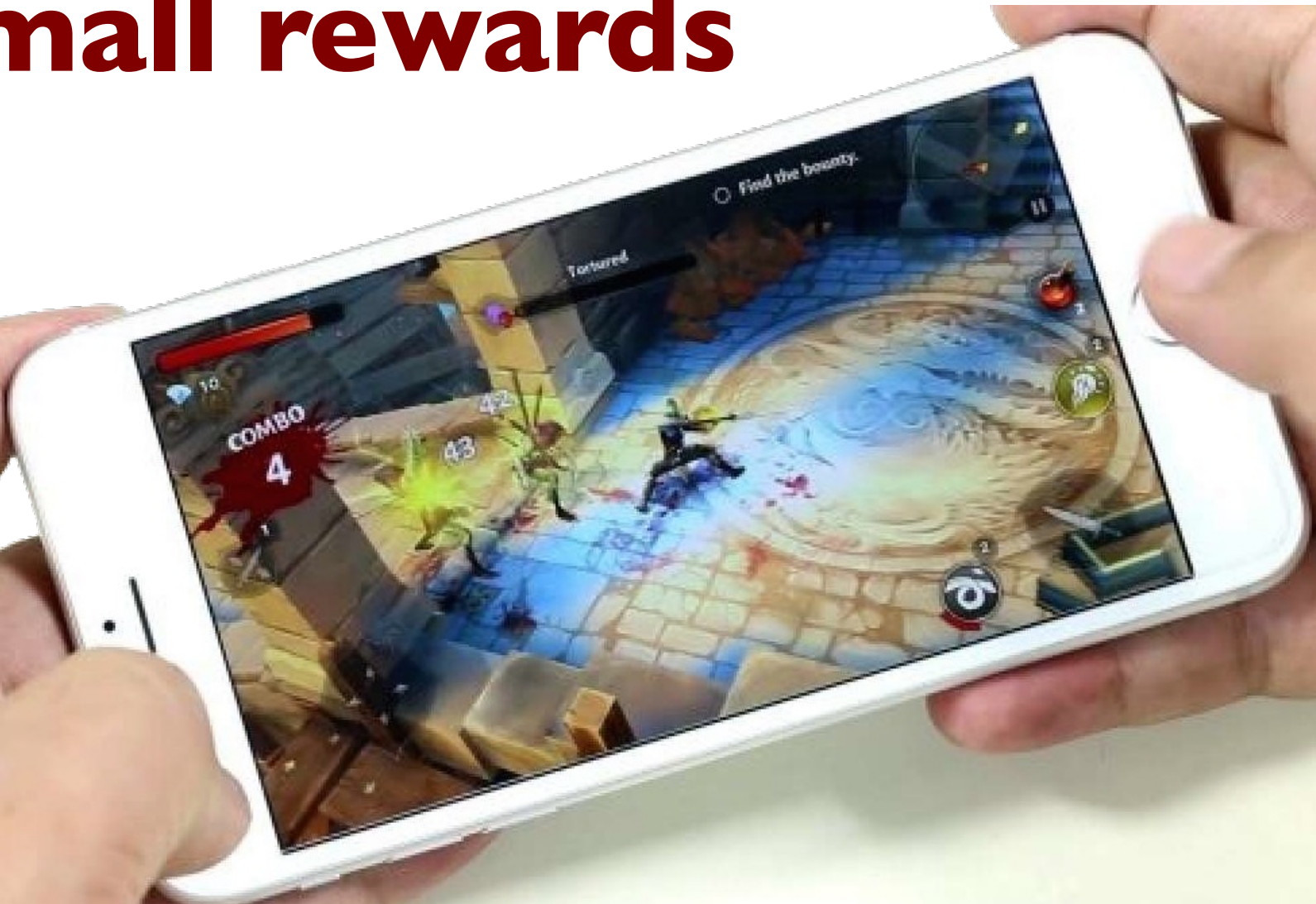
Photo: Sara Kurfess / Unsplash

**“...Feel-good
brain chemicals
...are released
and activated
when we check
our phones.”**

- *Attention Spans*
Consumer Insights
Microsoft Canada, 2015



Stress but small rewards



**That's how
our phones
addict us.**

Photo: Sara Kurfess / Unsplash





Checking your phone..

85% of Americans have smartphones.

2/2021

<https://www.statista.com/statistics/219865/percentage-of-us-adults-who-own-a-smartphone/>

Solen Feyessa
@ Unsplash



Checking your phone..

85% of Japanese
have smartphones.

> **90%** of HS Students²⁰²²

> **50%** of JHS Students

Average age Elem: **10.6 yrs**

<https://www.asahi.com/ajw/articles/14588165>

<https://www.statista.com/statistics/275102/share-of-the-population-to-own-a-smartphone-japan/#:~:text=It%20was%20estimate>

<https://www.nippon.com/en/japan-data/h00442/smartphones-becoming-standard-for-japanese-high-schoolers.html#:~:text=Ove>



Checking your phone..

Americans adults
check **47***times/day.

18-24 yrs: 84 x/day

*** - some sources – 334 x/day**

Price, C. (2018) *How to Break Up With Your Phone* NY: Ten Speed Press

* <https://www.reviews.org/mobile/cell-phone-addiction/>



Checking your phone..

Half check in
middle of the night.

25-34 yrs – 75%

Price, C. (2018) *How to Break Up With Your Phone* NY: Ten Speed Press



**I DON'T
suggest:**

Checking your phone.

**1 in 10 Am. adults
have checked phone
during sex.**



Price, C. (2018) *How to Break Up With Your Phone* NY: Ten Speed Press

Solen Feyessa
@ Unsplash



**I DON'T
suggest:**

Checking your phone.

**I in 10 Am. adults
have checked phone
during sex.**



Price, C. (2018) *How to Break Up With Your Phone* NY: Ten Speed Press

Solen Feyessa
@ Unsplash



**I DON'T
suggest:**

**Checking your phone..
FOMO.**

**(Fear Of
Missing Out)**

Boyes, A. (2019) <https://www.psychologytoday.com/us/blog/in-practice/201903/7-reasons-people-check-email-constantly>



Solen Feyessa
@ Unsplash



**I DON'T
suggest:**

Checking your phone.
You are not





**I DON'T
suggest:**

Checking your phone.

Distracting activities
easier than productive ones
Means **NO FLOW**

Solen Feyessa
@ Unsplash

Boyes, A. (2019) <https://www.psychologytoday.com/us/blog/in-practice/201903/7-reasons-people-check-email-constantly>



**I DON'T
suggest:**

Checking your phone.

**Just having phone
on table/ in hand
lowers quality
of conversation**



Solen Feyessa
@ Unsplash

<https://psycnet.apa.org/record/2016-00856-001>

Misra, S., Cheng, L., Genevie, J., & Yuan, M. (2016).

The iPhone effect: The quality of in-person social interactions in the presence of mobile devices. *Environment and Behavior*, 48(2), 275–298. <https://doi.org/10.1177/001>



**I DON'T
suggest:**

Checking your phone

**“Are you using social
media **instead** of
connecting with
people in real life?”**



Solen Feyessa
@ Unsplash

Paraphrase of Laurie Santos, *Life Examined: Why is it so hard to be happy.*
KCRW (Los Angeles) Podcast, March 19, 2022.



**I DON'T
suggest:
Checking your phone.
“Everyone
compares
themselves
to others**



Solen Feyessa
@ Unsplash



**I DON'T
suggest:**

Checking your phone
“Online you compare
your ‘average’ to
other people’s ‘best’ ”

**Paraphrase from
U.S. Surgeon
General Vivek Murthy**



Solen Feyessa
@ Unsplash

HOW TO

BREAK UP

WITH YOUR

PHONE

CATHERINE PRICE



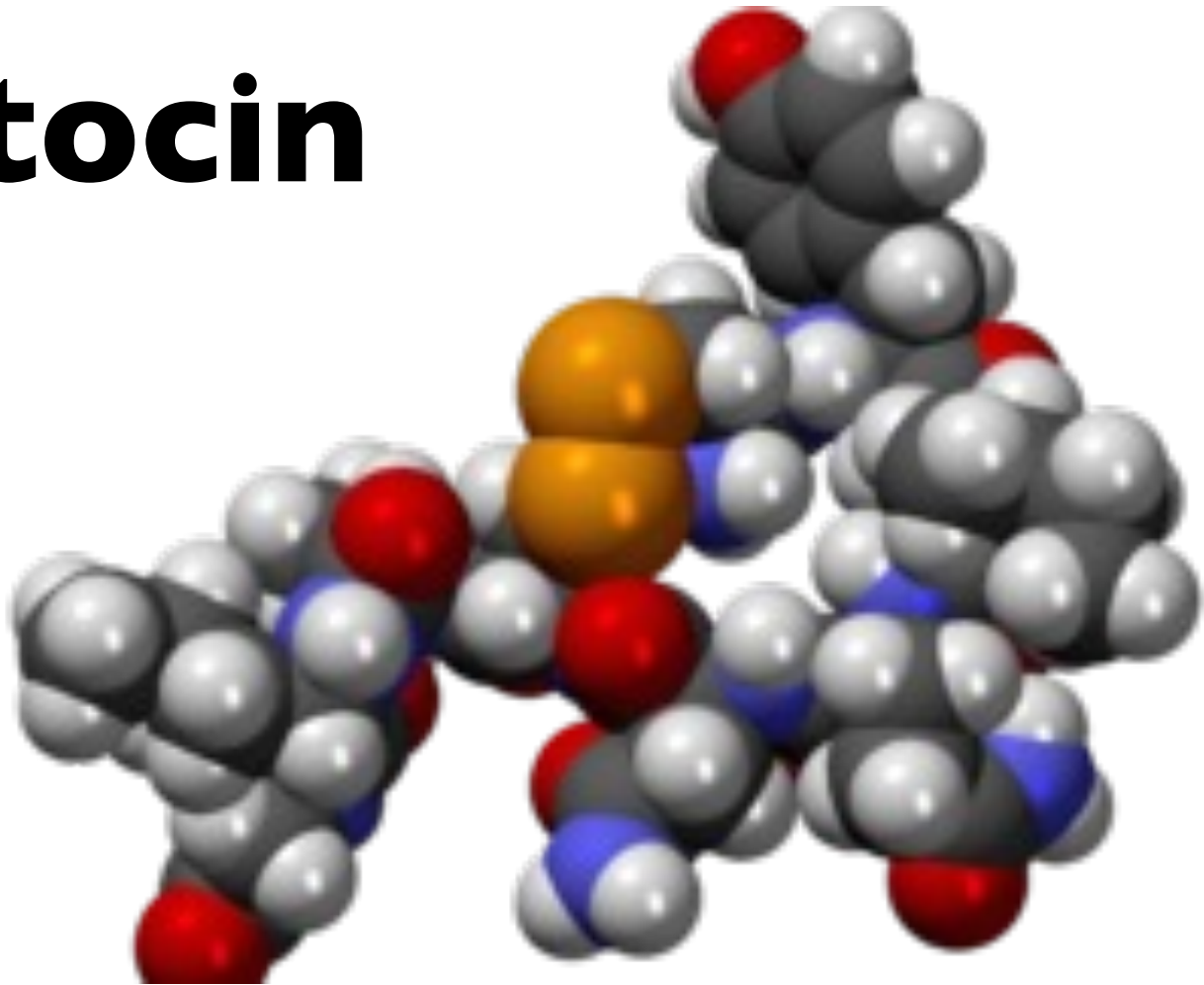
Solen Feyessa
@ Unsplash

JOMO [dʒōmō] **noun**

Joy Of Missing Out; feeling content with staying in and disconnecting as a form of self-care.



Oxytocin



The cuddle chemical
The hugging hormone



touching



bonding

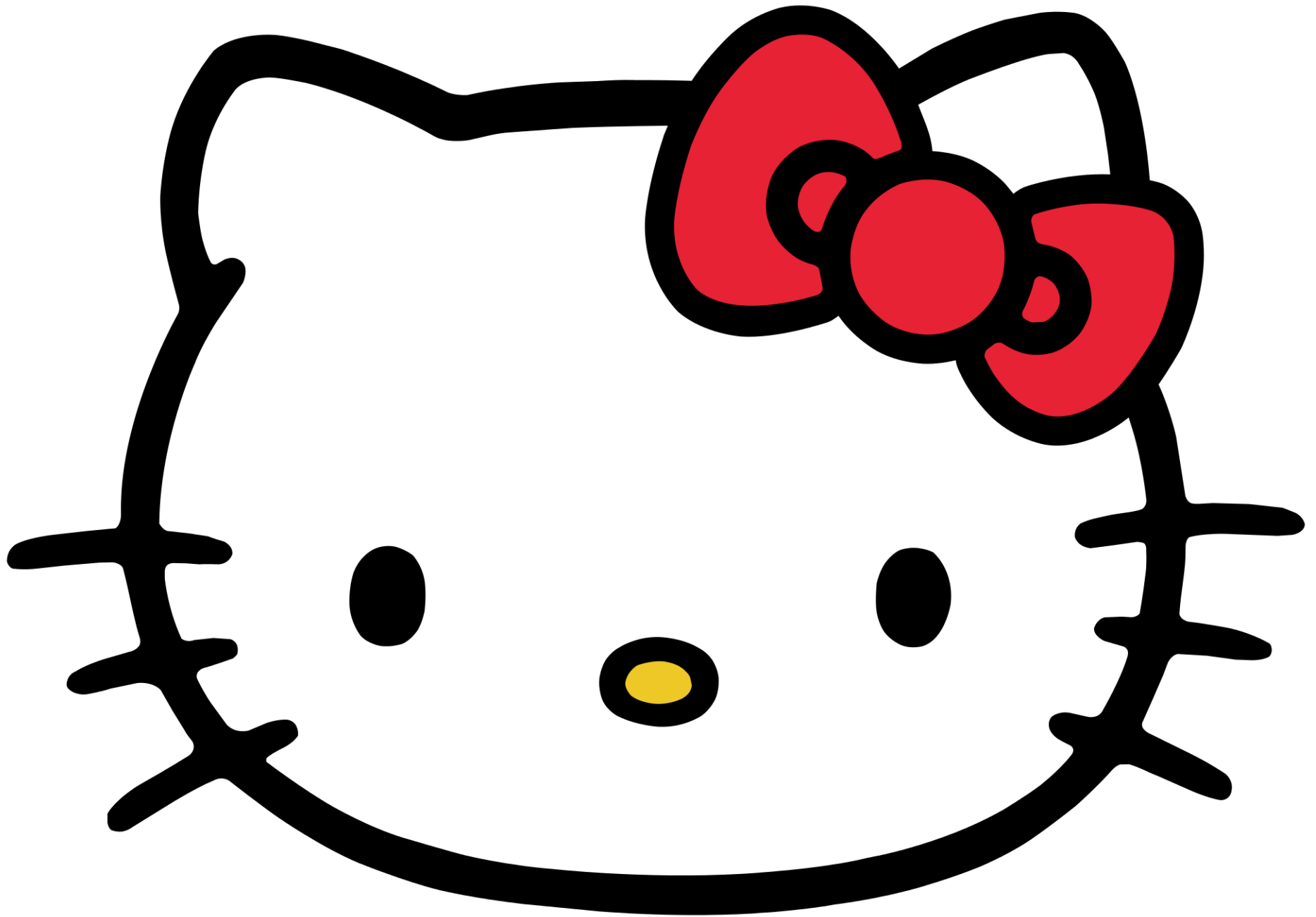




**With
fur babies,
too**



<https://www.youtube.com/watch?v=DLu2CFDBJk0>





Ty Banks



#SMIIZE

HSN



0:08 / 0:36



<https://www.youtube.com/watch?v=EBharOWh4xM>

:09-:31

Note – Smize is NOT the science.
We'll get to that in a minute.

Let's try.

Stand up.

Face a partner.

Mouth neutral.

Squint a little.

Smile with your eyes.



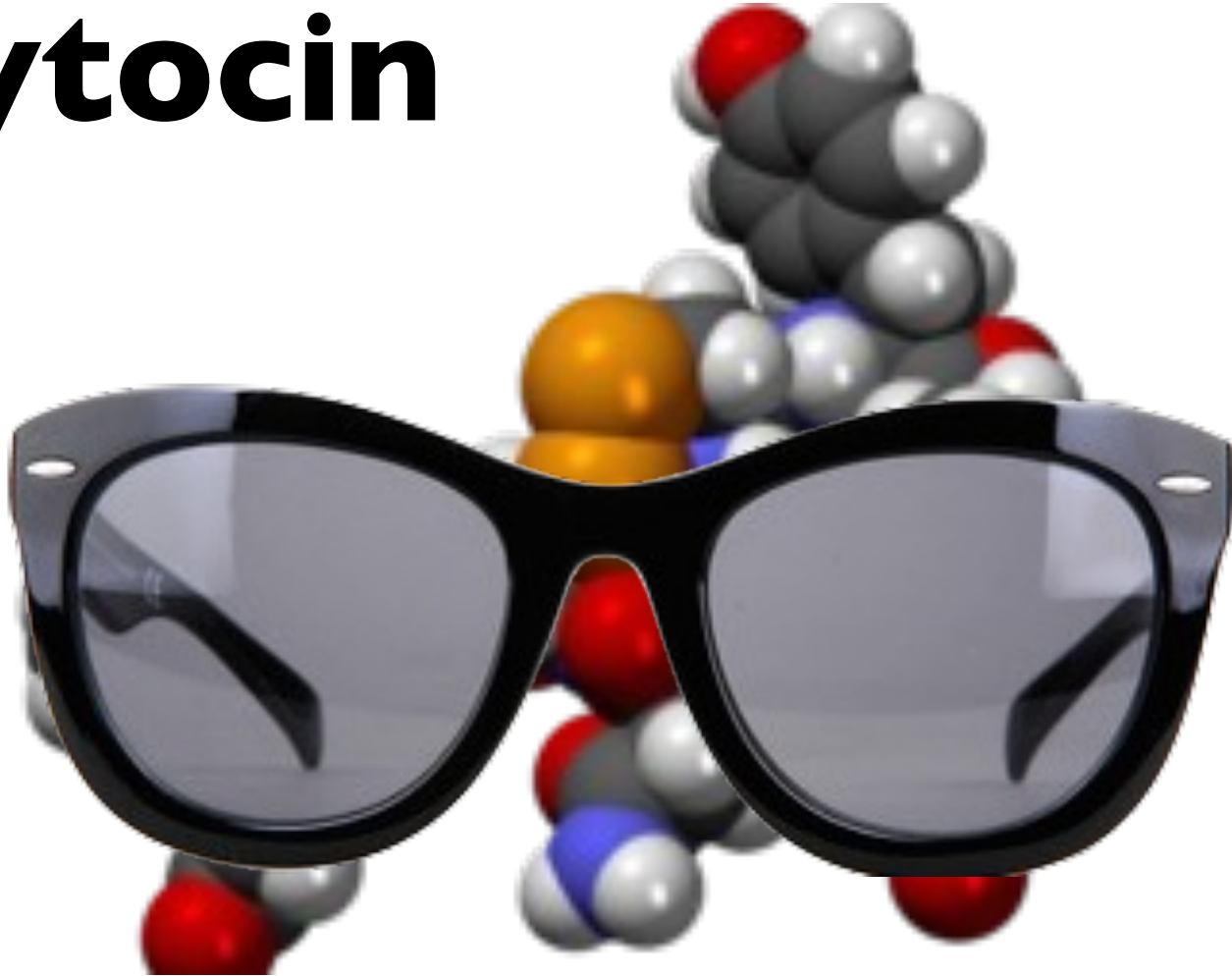


Eye contact



Eye contact
triggers oxytocin

The dark side Oxytocin






**Envy &
jealousy**



Tribalism



Violence
in aggressive people

A man with short brown hair, wearing a black button-down shirt with a subtle pattern, is speaking. He has a small microphone clipped to his shirt. His hands are clasped in front of him. The background is dark with some green and orange foliage.

Paul Zak | TEDGlobal 2011

Trust, morality — and oxytocin? **PAUL ZAK**

TED

IDEAS WORTH SPREADING



Molly Crockett | TEDSalon London Fall 2012

Beware neuro-bunk **MOLLYCROCKETT**

TED

IDEAS WORTH SPREADING



KEEP
CALM
AND
RELEASE
ENDORPHINS



**Like
roller
coasters?**





**That's not
endorphin.**

**That's
adrenalin.
(epinephrine)**

Runner's high

**Masks pain.
20 minutes**





Image: andyellowood

DIY – Do it yourself **Endorphin**

- **Laugh**
- **Cry (or tear up)**
- **Eat spicy food**



Laughter yoga







eye contact

clap



**Fake it
'til you
make it**



Ho. Ho.
Ha! Ha! Ha!



Laughter practice

Beth Agnew

www.laughpractice.blogspot.com



Final Exam

Final E

Fi:

Final Exam

The following questions are intended to test your understanding of the course material. They are designed to be challenging and to require you to apply your knowledge in a practical way. Please take the time to think carefully about each question and to provide a clear and concise answer. The questions are intended to be a guide to the types of questions that may be asked in the final exam. They are not intended to be a comprehensive list of all the topics covered in the course. The questions are intended to be a guide to the types of questions that may be asked in the final exam. They are not intended to be a comprehensive list of all the topics covered in the course.



**Stories
that touch
your heart.**



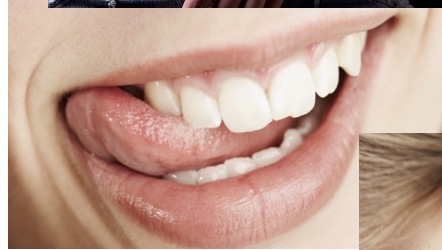
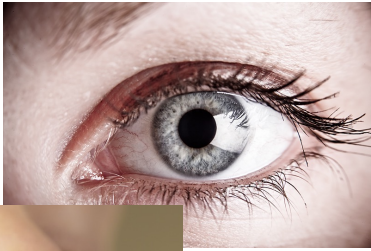
**That touch
your heart.**



**Stories
that touch
your heart.**

Eating with mindfulness slowly

Spicy



DIY – Do it yourself

Endorphin

- **Laugh**
- **Cry (or tear up)**
- **Eat spicy food**



Imagine eating a lemon with mindfulness

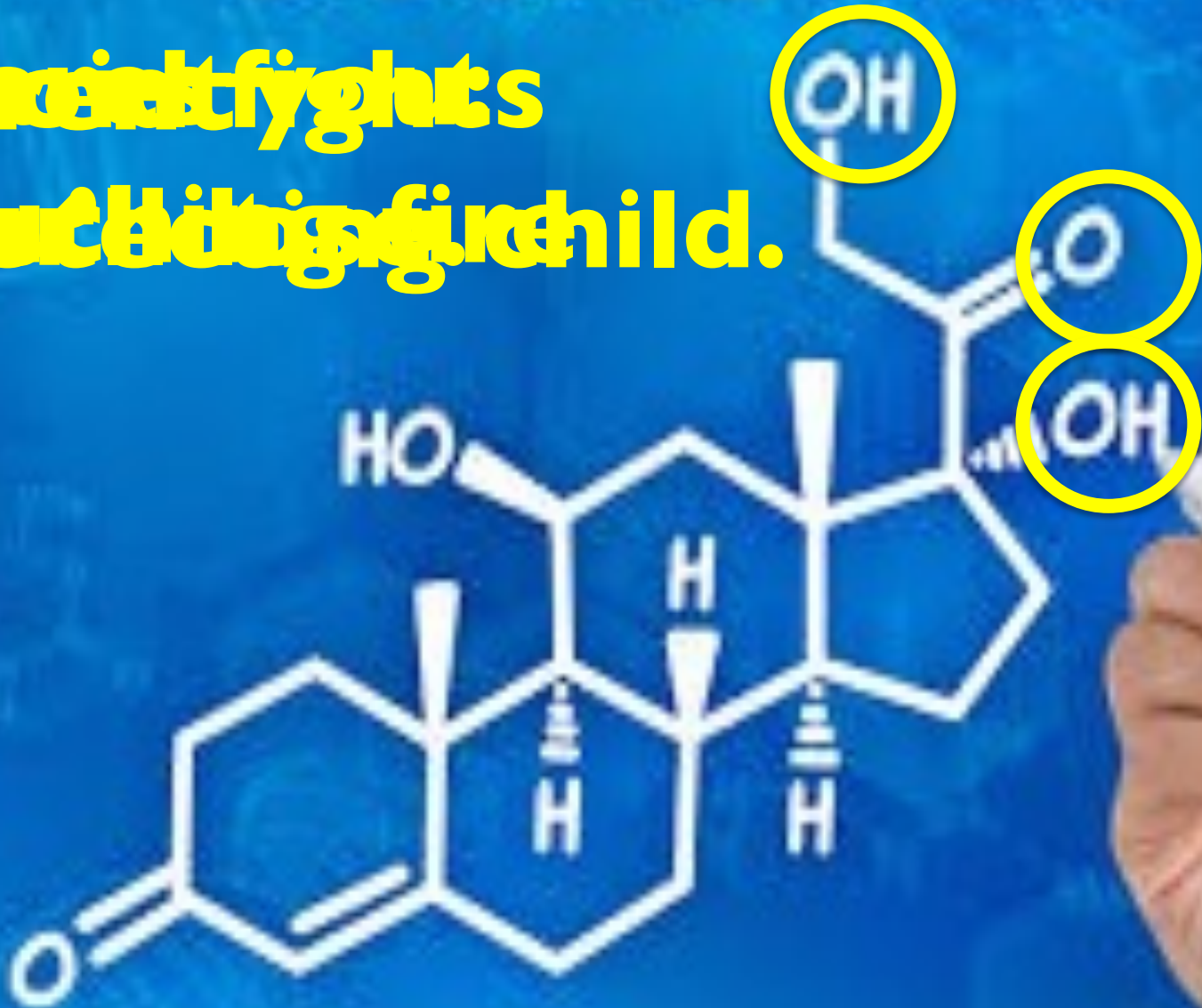


<https://www.thehealthyjournal.com/faq/does-lemon-water-help-with-anxiety>

© Dominika
Roseclay
Pexels.com

CORTISOL

Acidic
steroid hormone





**20% less cortisol
when bathing
in winter**

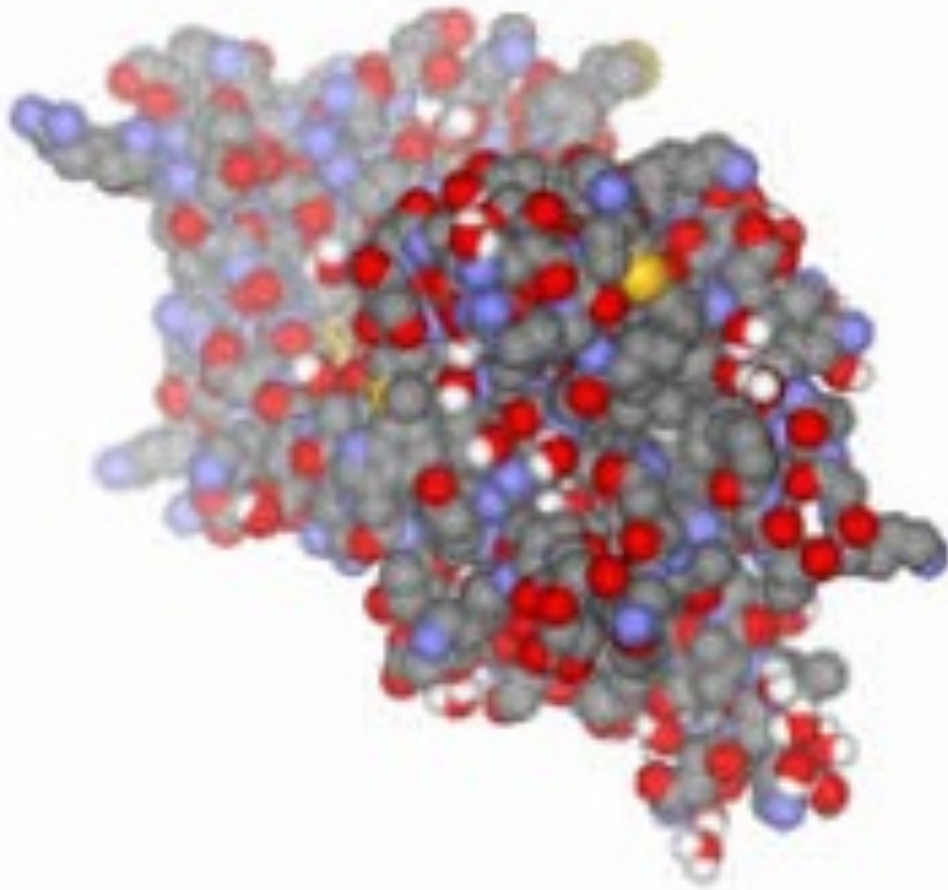
Forest bathing

**12% drop in
cortisol**

**7% decrease in
nervous system
activity**

**6% lowering
heart rate**

Brain Rules a work,
Medina (2021)



BDNF

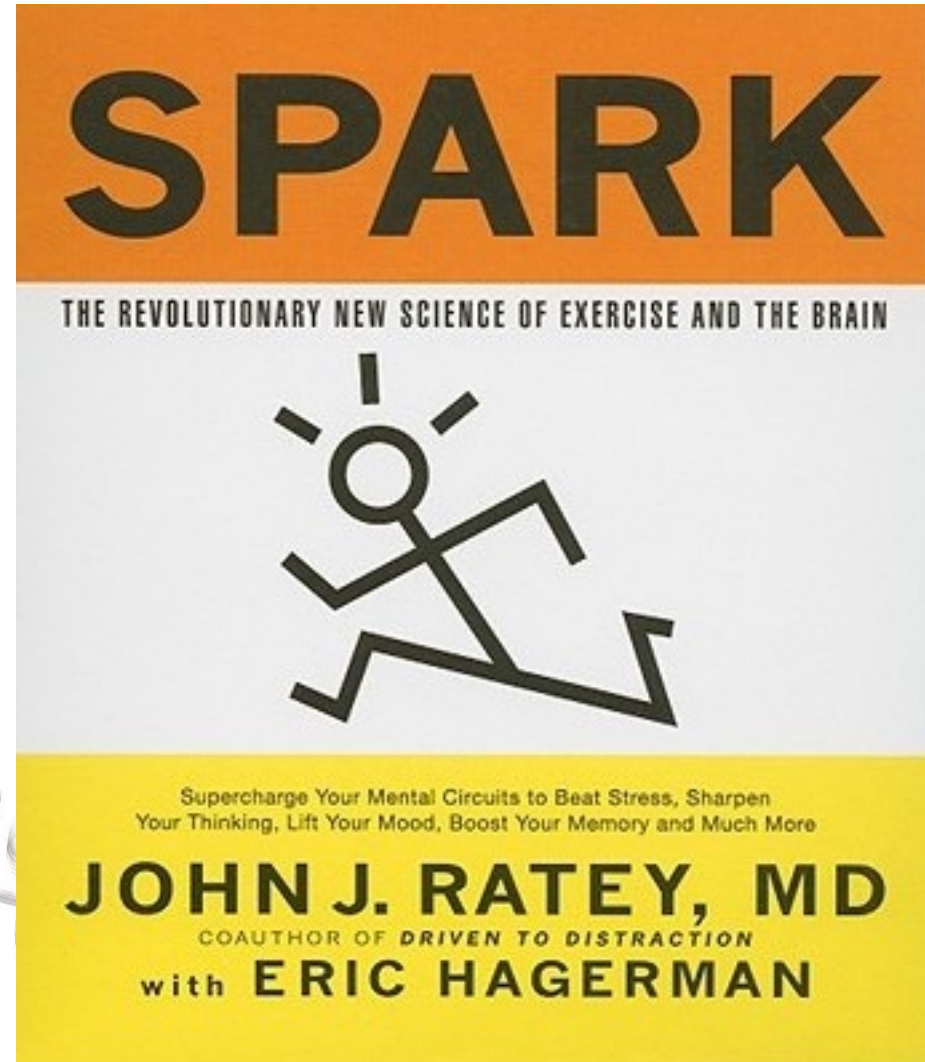
**Brain-Derived
Neurotrophic Factor**

Exercise increases **BDNF**

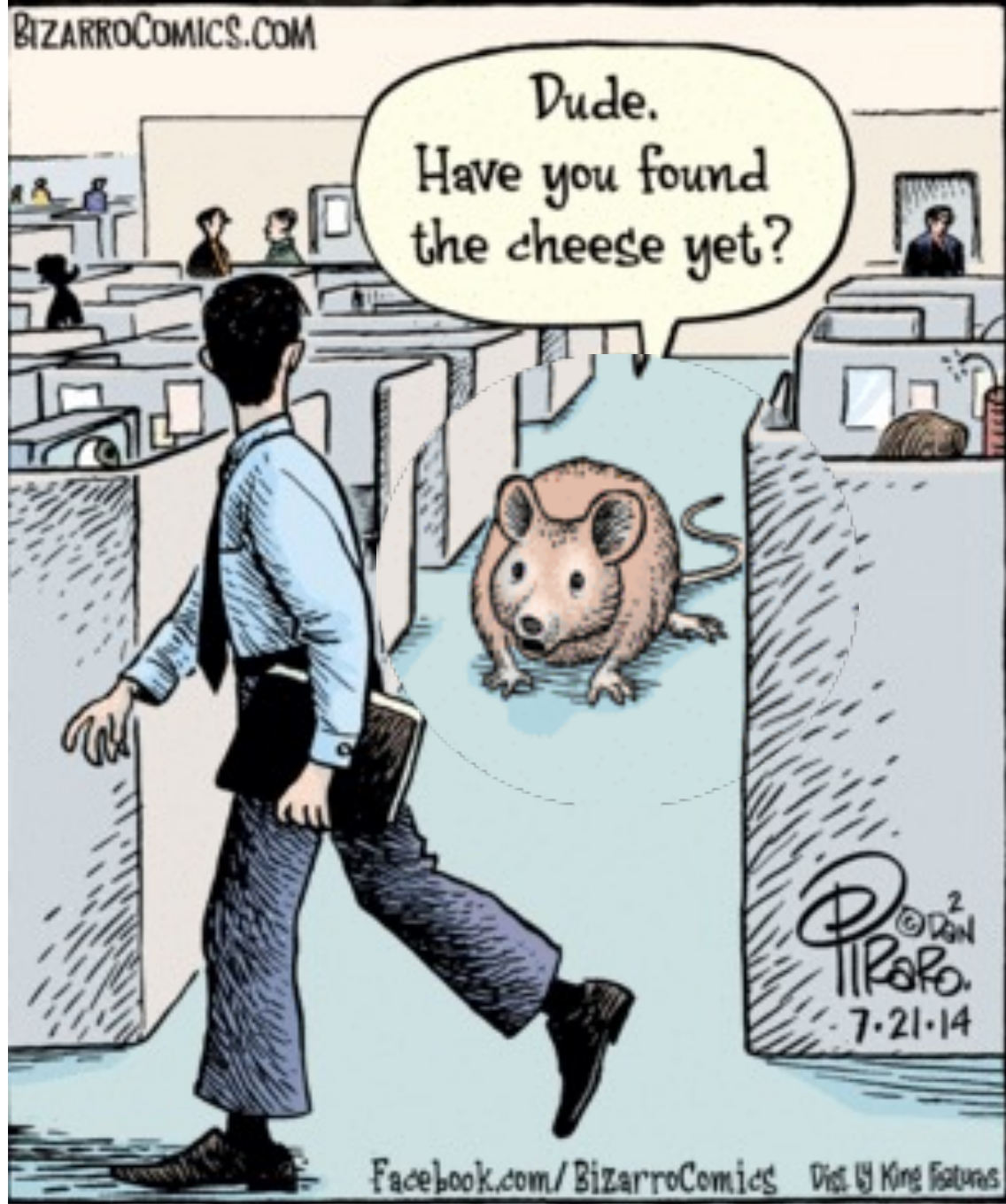
肥料

“Miracle-Gro
For the Brain”

- John Ratey
Harvard



**Lab rats –
Aerobic
exercise,
learn
mazes
2 – 12 x
faster**



**Schools
with PE
classes,
students
better on
science &
math tests.**



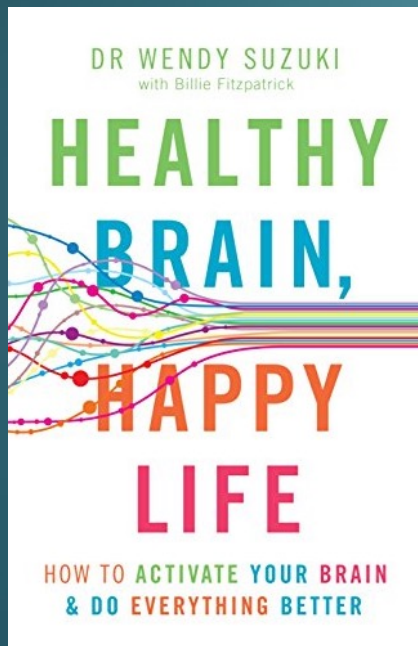
**After
exercise,
20% faster
learning
vocabulary.**



2007 German study, cited in: High impact running improves learning B. Winter, et al
Neurobiology of Learning and Memory 87 (2007) 597–609



Energy break



**Wendy Suzuki, PhD
Neuroscientist
New York
University**



Single workout:

**Increases dopamine, serotonin,
focus and attention.**

noradrenaline (+mood)



Long-term:

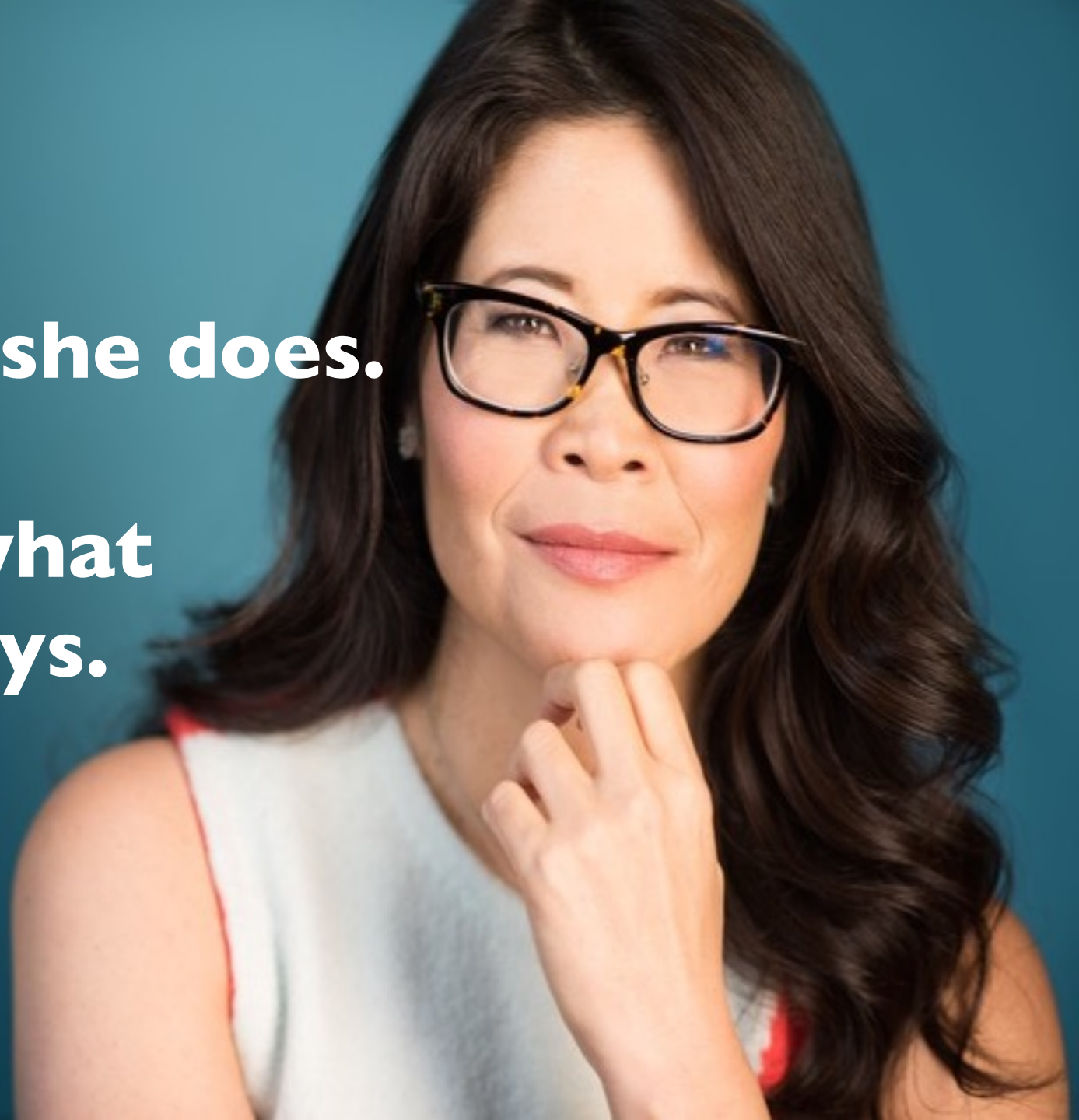
**Proteasomebeta1ar(tipofocampus,
BFA)nicotinic argininipocampus
(memory)**



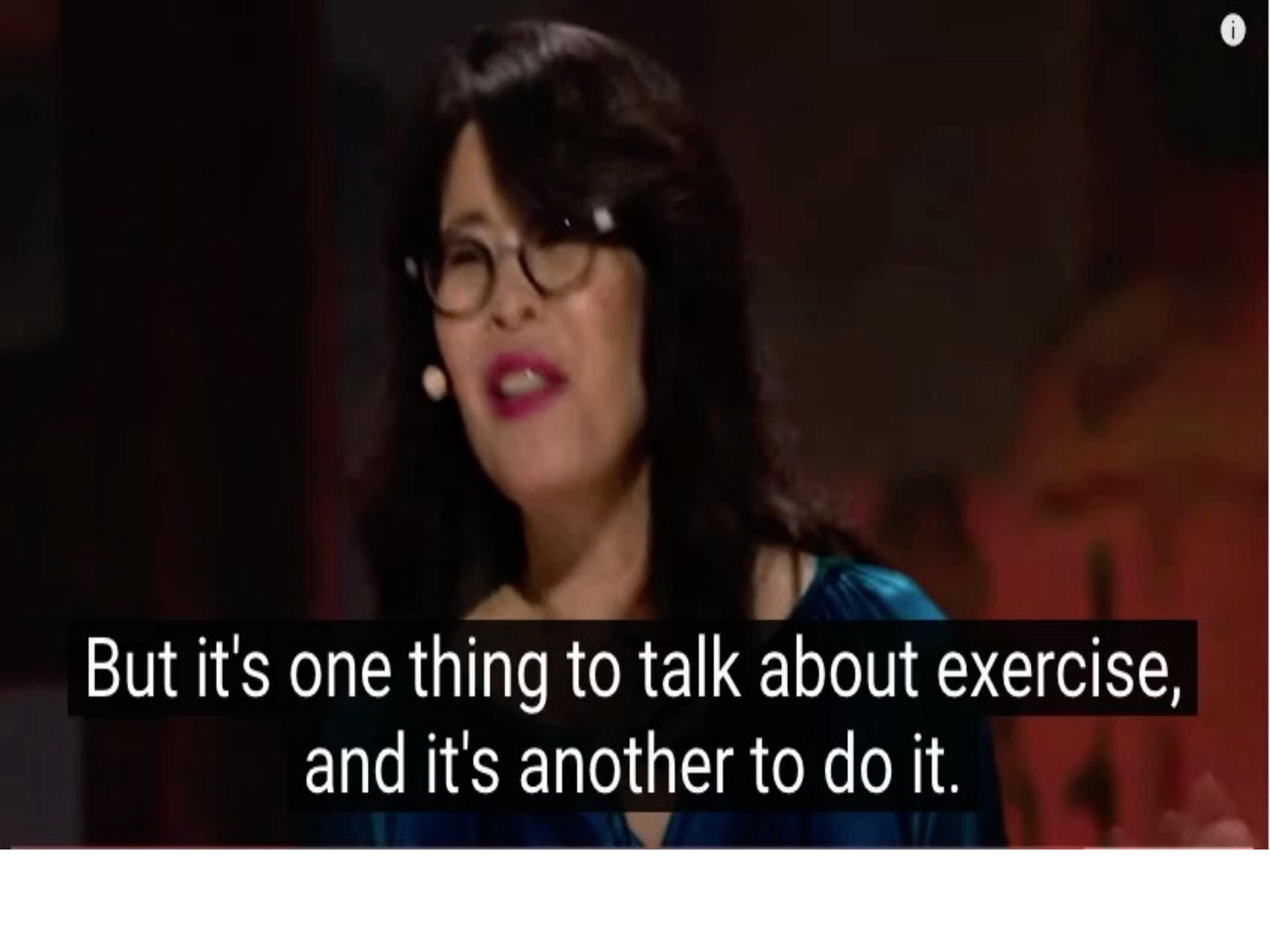
Watch.

Do what she does.

**Repeat what
she says.**





A woman with dark, wavy hair and glasses is speaking at a podium. She is wearing a blue top and has a microphone in front of her. The background is dark and out of focus.

But it's one thing to talk about exercise,
and it's another to do it.



Let's
move!

More ideas at

<http://tinyurl.com/ELT-physical>

**5-minute
physical tasks
for the language
classroom**

Marc

When
up in
around
brain

**Let's get
physical-**

**Warm-up activities involving
movement and language**

Marc Helgesen

Miyagi Gakuin Women's University
Sendai, Japan



Your brain

on happiness



**“...everything really
influences
everything else...”**

- Tracey Tokuhama-Espinosa



A new book (2/2023)

The Good Life



LESSONS FROM THE WORLD'S LONGEST
SCIENTIFIC STUDY OF HAPPINESS

CREATE A MORE MEANINGFUL
AND SATISFYING LIFE

Robert Waldinger, MD
and Marc Schulz, PhD

**summarizes
an 80-year
ongoing
study on
happiness.**

A new book (2/2023)

The Good Life



LESSONS FROM THE WORLD'S LONGEST
SCIENTIFIC STUDY OF HAPPINESS

CREATE A MORE MEANINGFUL
AND SATISFYING LIFE

Robert Waldinger, MD
and Marc Schulz, PhD

**It says
the key
is...**



© Fauxels
- Pexels



© Anastasia
Shuraeva
Pexels



© Andy Barbour
- Pexels



© Taylor Smith. Unsplash.com.

Relationships

Social contact

© Cottonbro Studio - Pexel



**Loneliness
is a killer**





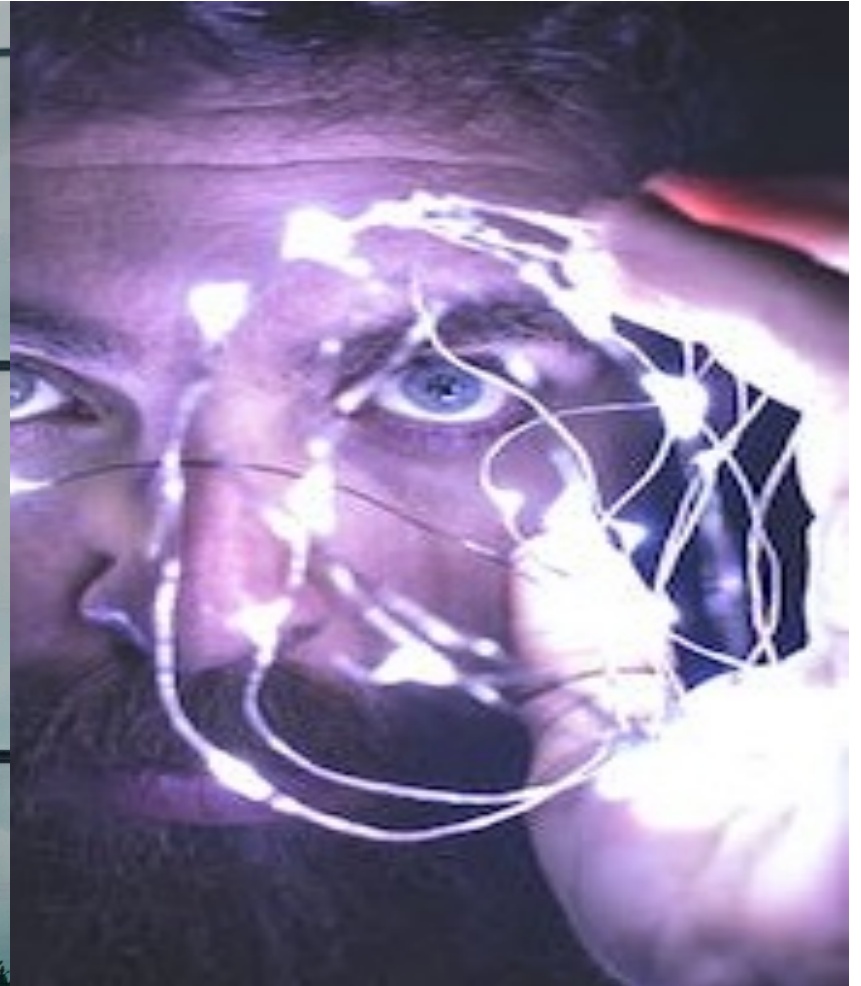
The quality of relationships

© Jasimine Carter
Pexels

Impact body & brain



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© David Cassoloto - Pexels

A wish you a



Good Life



LESSONS FROM THE WORLD'S LONGEST
SCIENTIFIC STUDY OF HAPPINESS

CREATE A MORE MEANINGFUL
AND SATISFYING LIFE

Robert Waldinger, MD
and Marc Schulz, PhD

This is your brain

on happiness



Thank you.

Well balanced students



What will you
remember/do
from this week?

OK, this next activity is a little strange.

Mind massage



Things “good English learners” say to themselves.

Rost 2005



**Learning English
makes me feel good.**

Things “good English learners” say to themselves.

Rost 2005



**I believe
I'm a good student.**

Things “good English learners” say to themselves.

Rost 2005



**I'm hungry
for English.**

Things “good English learners” say to themselves.

Rost 2005



**Learning English
is my passion.**

Choose one you like.

**Learning English
makes me feel good.**

**Learning English
is my passion.**

I believe I'm a good student.

I'm hungry for English.



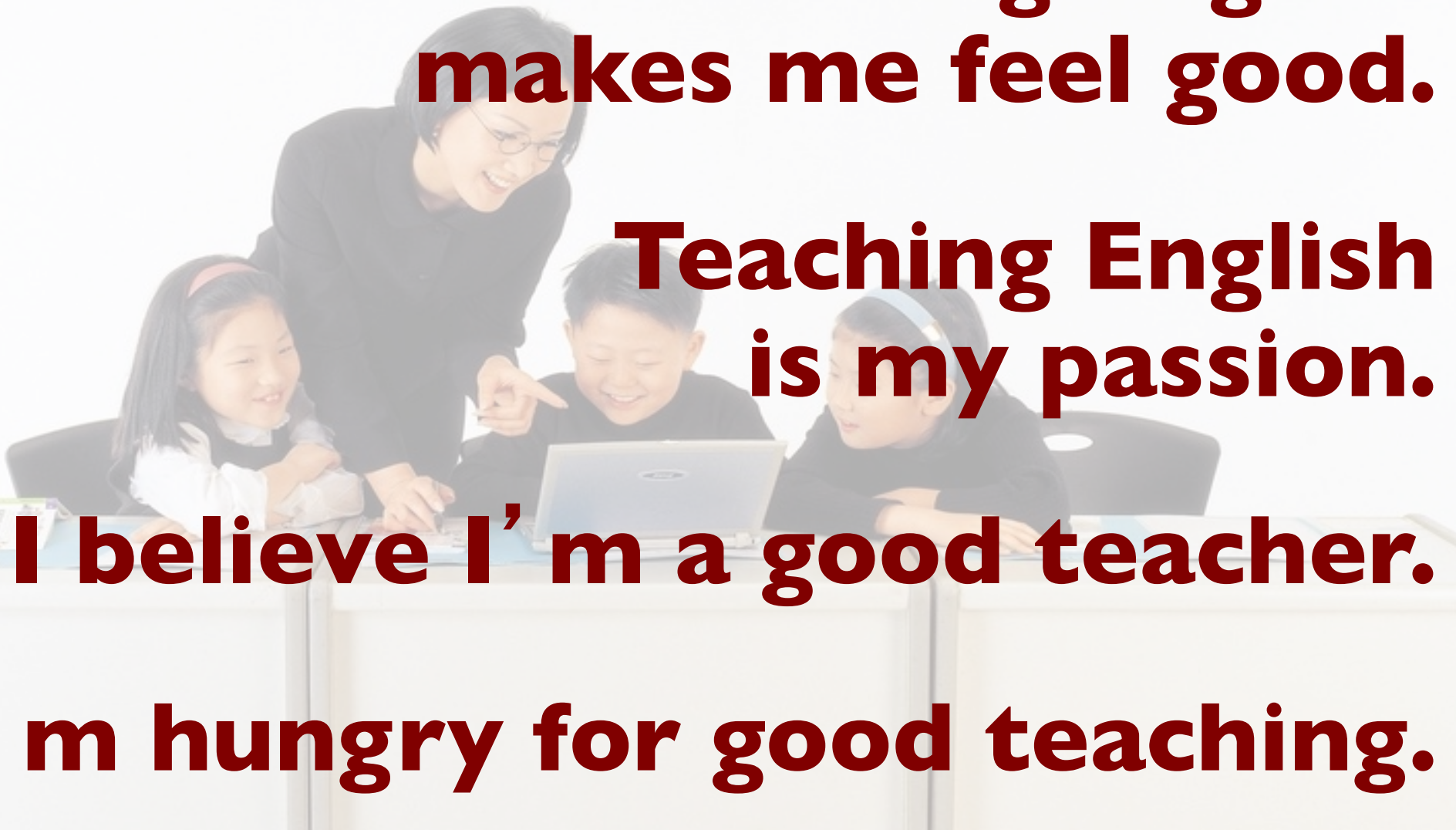
Choose one you like.

**Teaching English
makes me feel good.**

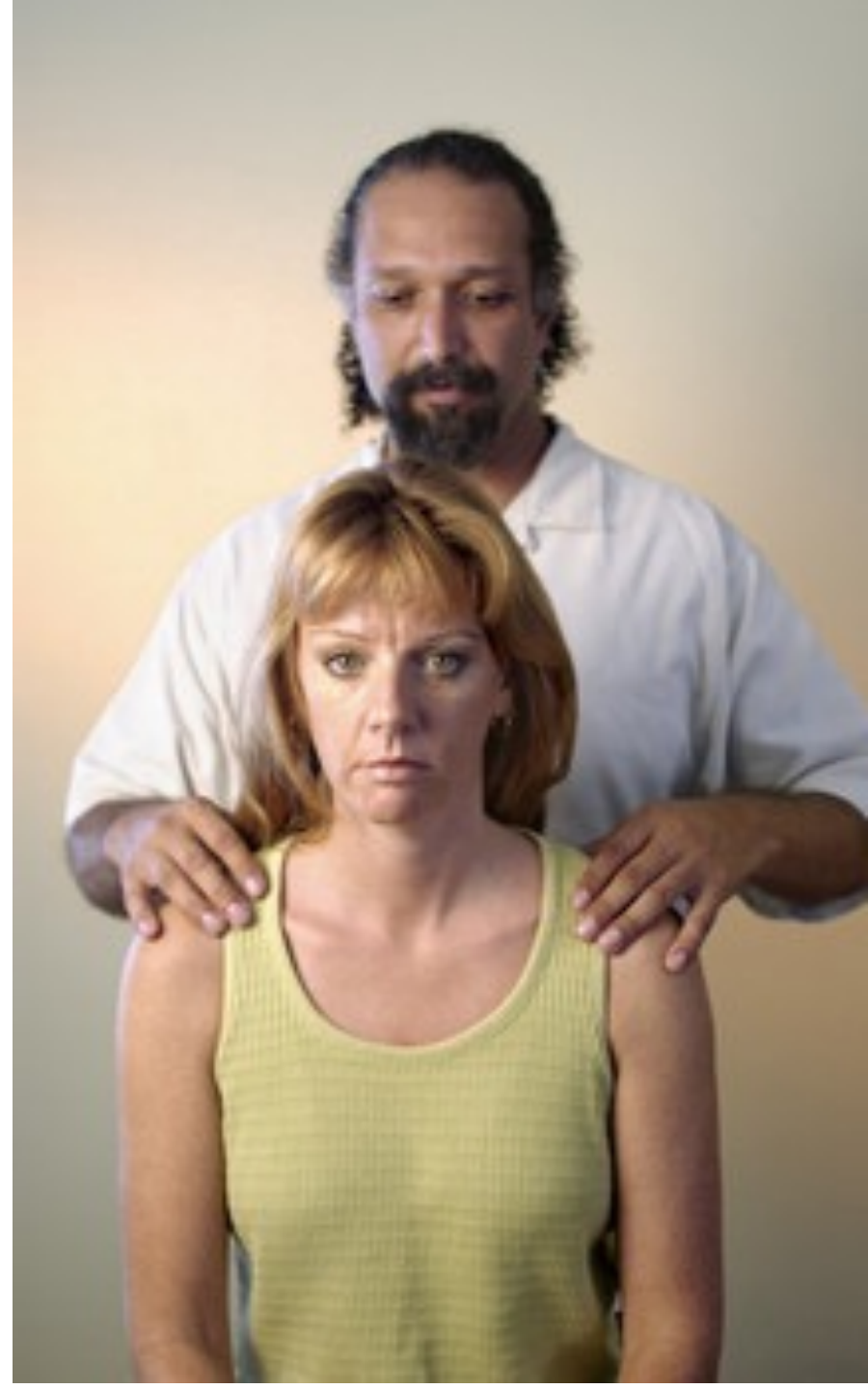
**Teaching English
is my passion.**

I believe I'm a good teacher.

I'm hungry for good teaching.



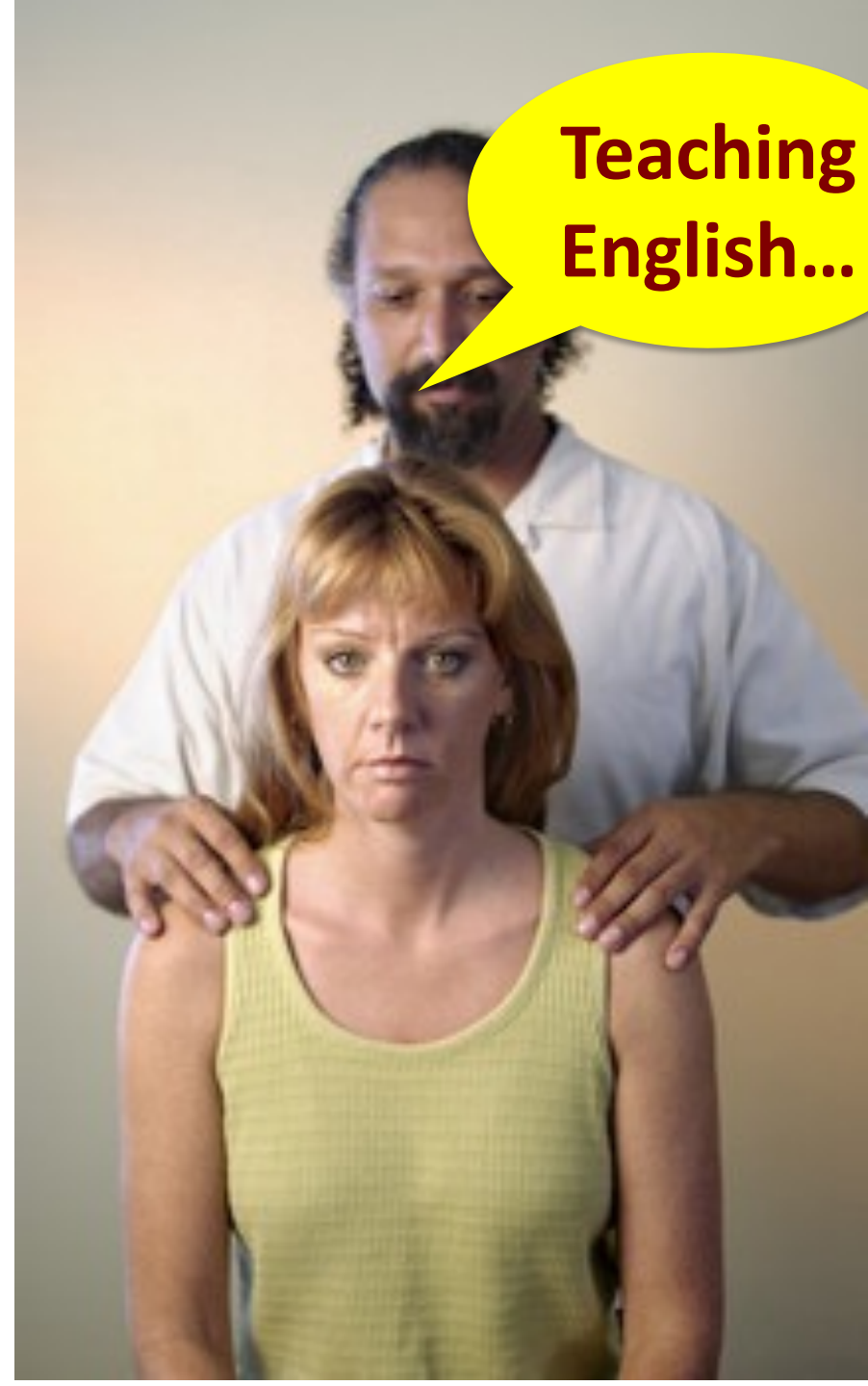
Positive peer neck massage



**Make a circle
or line of 8-10.**

**Massage your
partner's neck
& shoulders.**

**Repeat your
sentence
many times.**



**Teaching
English...**

Positive peer neck massage



Sorta like this





Learning
is..

I believe..

...my
passion.

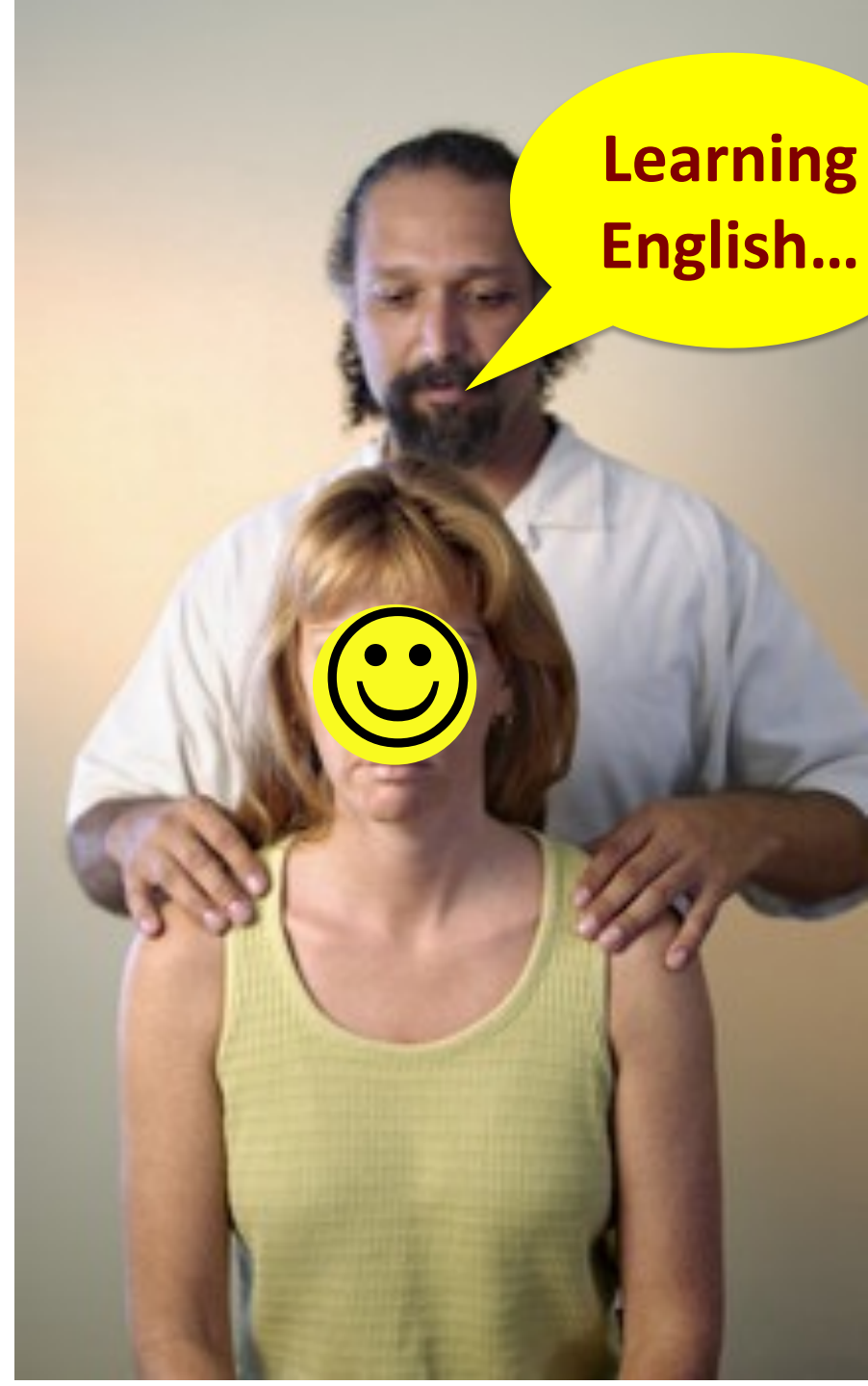
...hungry for
good
teaching ..

...feels
good.

Partner,

ENJOY.

**BTW, massage
stimulates
serotonin, too.**



Well balanced students





Mind*Brained* Think Tank+

Emotion

www.mindbrained.org
publications

Bulletin of the JALT Mind, Brain, and Education SIG
Volume 4, Issue 5

May 1, 2018



Subscribe free

This is your brain

on happiness



Thank you.

Yoga breathing

in through
the nose

out through the mouth





Yoga breathing

OUT - 2-3-4-5-6

Hold - 2-3-4-5

IN - 2-3-4

Hold - 2-3-4-5

Mind*Brained* Think Tank+

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Subscribe free

- The following are slides from a longer version of this presentation.

Things they don't believe.

I don't think

I am a good
person.

& now I'm a liar.





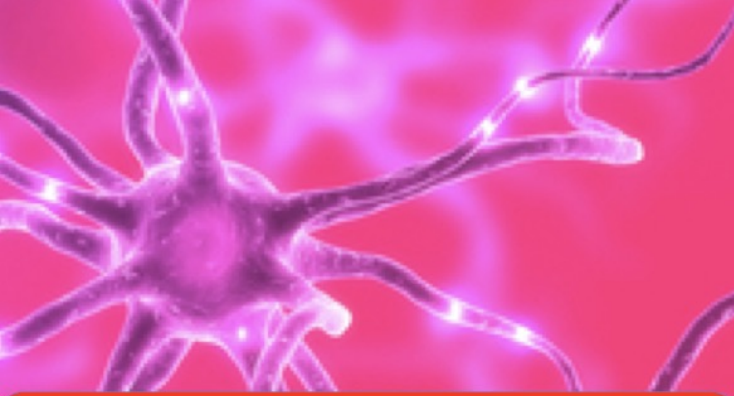
Cory's &
Yoshiko Koby's
puppy,
Luca.



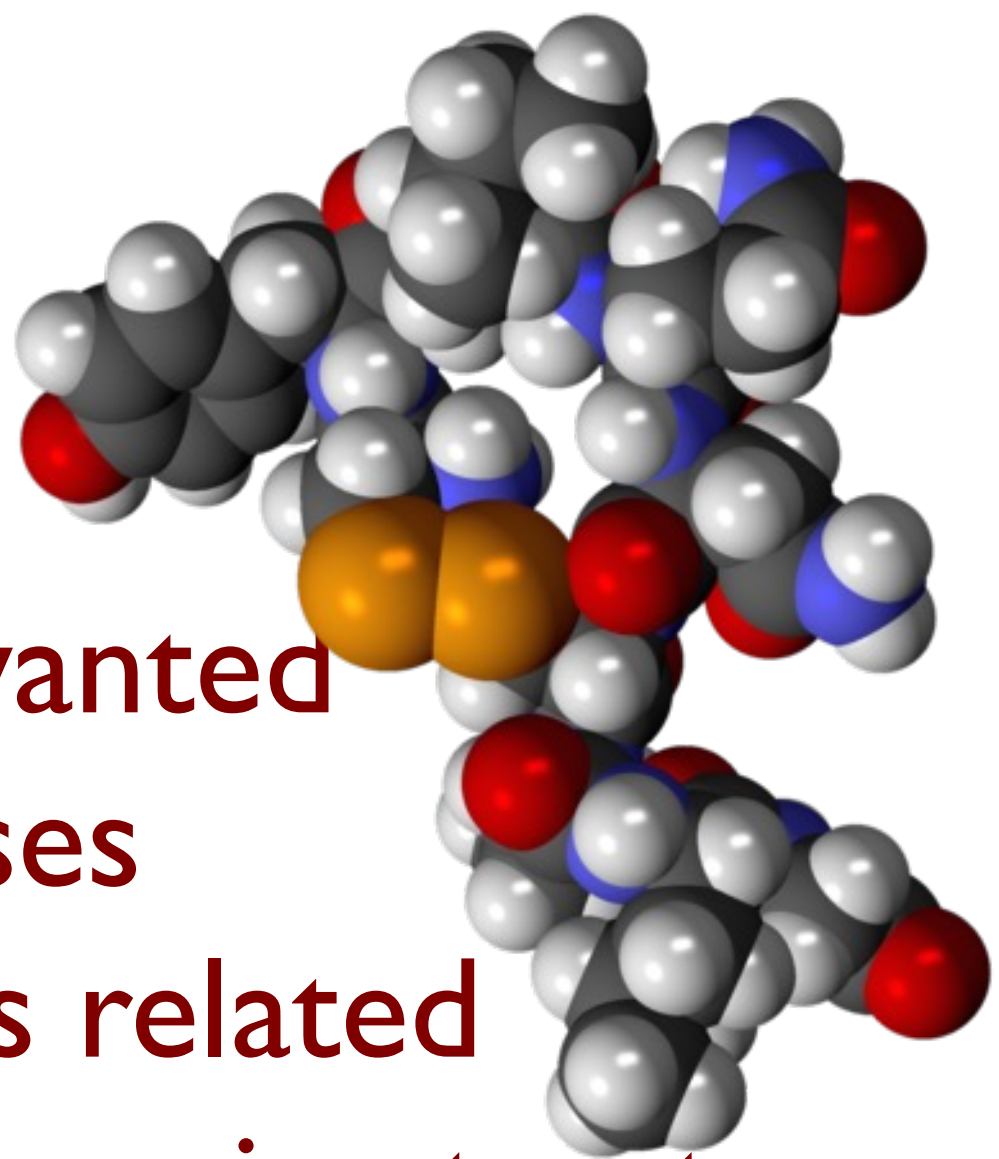
**With
fur babies,
too**

HUGS





Brain BYTE



Appropriate, wanted touching releases **oxytocin**. It is related to bonding, increasing trust and reducing fear.

Source: <http://psychcentral.com/lib/about-oxytocin/0001386>





**With
fur babies,
too**



ELT & the Science of Happiness



Positive Psychology



What makes people happy?
Scientists know what happy people do.
Here are 8 good ideas.

What number?	Number one.
Read it to me.	Remember good things in your life.
Once more, please.	Remember good things in your life.
Got it. Thanks.	

Stand up. Find a partner. Say your sentence.
Your partner will write the sentence you say. Write your partner's sentence.
Then change partners.

- 1 Remember _____ in your life.**
There are so many nice things. Remember them. Count your blessings.
- 2 Say " _____ " to people who help you.**
So many people help you. Tell them.
- 3 Take time for your _____ .**
These are the most important people in your life. Let them know.
- 4 Do _____ things.**
Kindness really does make you happy.
- 5 _____ people who _____ .**
Forgive. If you don't, you carry the problem.
- 6 Take care of your _____ and _____ .**
A healthy body gives you a happy mind.
- 7 Notice _____ as they happen .**
Think about good events every day.
- 8 Learn to work with your _____ and _____ .**
We all have problems in life. You can get past them.

*How do you
spell (that)?*

Finished? Sit with your partner. Read all the sentences.
How do you do these things? Say your ideas.

Put away this paper. Can you remember all 8 ideas? Say them.
How will you do them?

Dictation

Stand up. Find a partner. Say your sentence.

Your partner will write the sentence you say. Write your partner's sentence.

Then change partners.

- 1 Remember good things in your life.
There are so many nice things. Remember them. Count your blessings.

- 2 Say " _____ " to people who help you.
You say: _____
Say thank you to people who help you. Tell them.

- 3 **What number?**
These are the most important people in your life. Let them know.

- 4 Do _____ things.
You say: _____
Kindness really does make you happy.

- 5 _____ people who _____.
What's your sentence?

- 6 Take care of your _____ and _____.
You write it. _____
A healthy body gives you a happy mind.

- 7 Notice _____ as they happen

How do
spell (t

Stand up. Find a partner. Say your sentence.

Your partner will write the sentence you say. Write your partner's sentence.

Then change partners.

- 1 Remember good things in your life.
There are so many nice things. Remember them. Count your blessings.
- 2 Say " _____ " to people who help you.
So many people help you. Tell them.
- 3 Take time for your _____ .
These are the most important people in your life. Let them know.
- 4 Do _____ things.
Kindness really does make you happy.
- 5 _____ people who _____ .
Forgive. If you don't, you carry the problem.
- 6 Take care of your _____ and _____ .
A healthy body gives you a happy mind.
- 7 Notice _____ as they happen

How do
spell (t



ELTandHappiness .com

Home

Getting started

Introducing happiness

Main Activity Download
Center

10 Minutes for

ELT & the Science of Happiness

This website is about ELT – English Language Teaching. And about Positive Psychology – something TIME magazine calls, "[the Science of Happiness.](#)"

It is for EFL and ESL teachers who want to use

SPECIAL MIND & BODY ISSUE

TIME

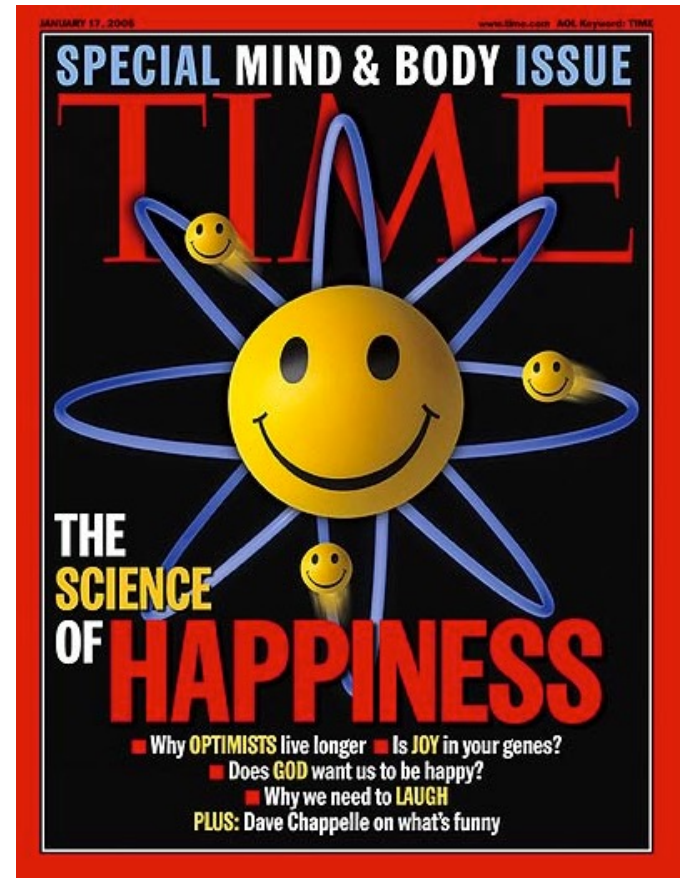


THE
SCIENCE
OF **HAPPINESS**

- Why **OPTIMISTS** live longer ■ Is **JOY** in your genes?
- Does **GOD** want us to be happy?
- Why we need to **LAUGH**

PLUS: Dave Chappelle on what's funny

Sonja Lyubomirsky





**Remember
good things**



**Say,
“thank you.”**



**Do kind
things**



Friends & family



Forgive



**Stay
healthy**

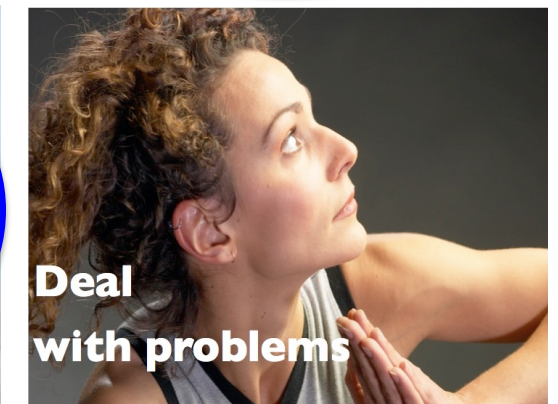
A vibrant rainbow arches across a mountain valley. The foreground is a grassy field with a rocky riverbed. The middle ground is a dense forest of evergreen trees. The background features rolling mountains under a blue sky with light clouds. The overall scene is peaceful and scenic.

**Notice good
things**



**Deal
with problems**

Top 95 Grammar Activities





**Happy
students**

**Achieve more
Show more
“grit”**

Quinn & Duckworth, 2007

Duckworth, 2016



**Happy
employees**

Perform better

Make more money

Help coworkers

Gilbert, D. 2009



Welcome to your brain

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marchelgesen@gmail.com

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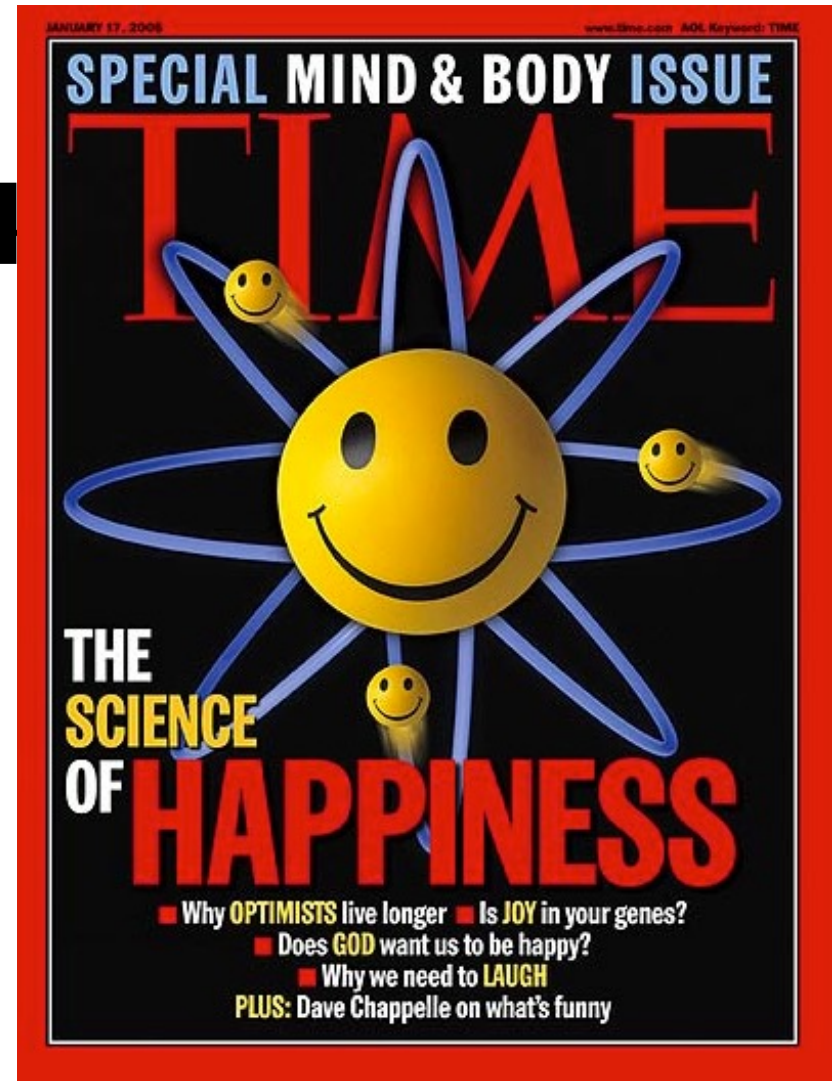
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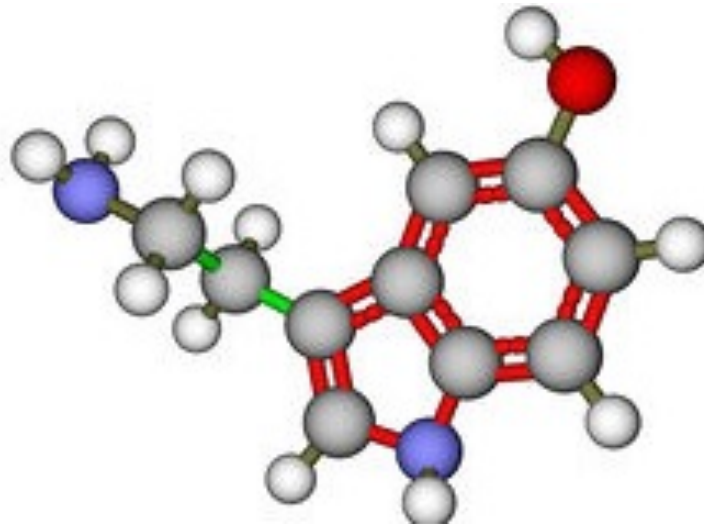
The Science of Happiness

**in your class
& in your life**

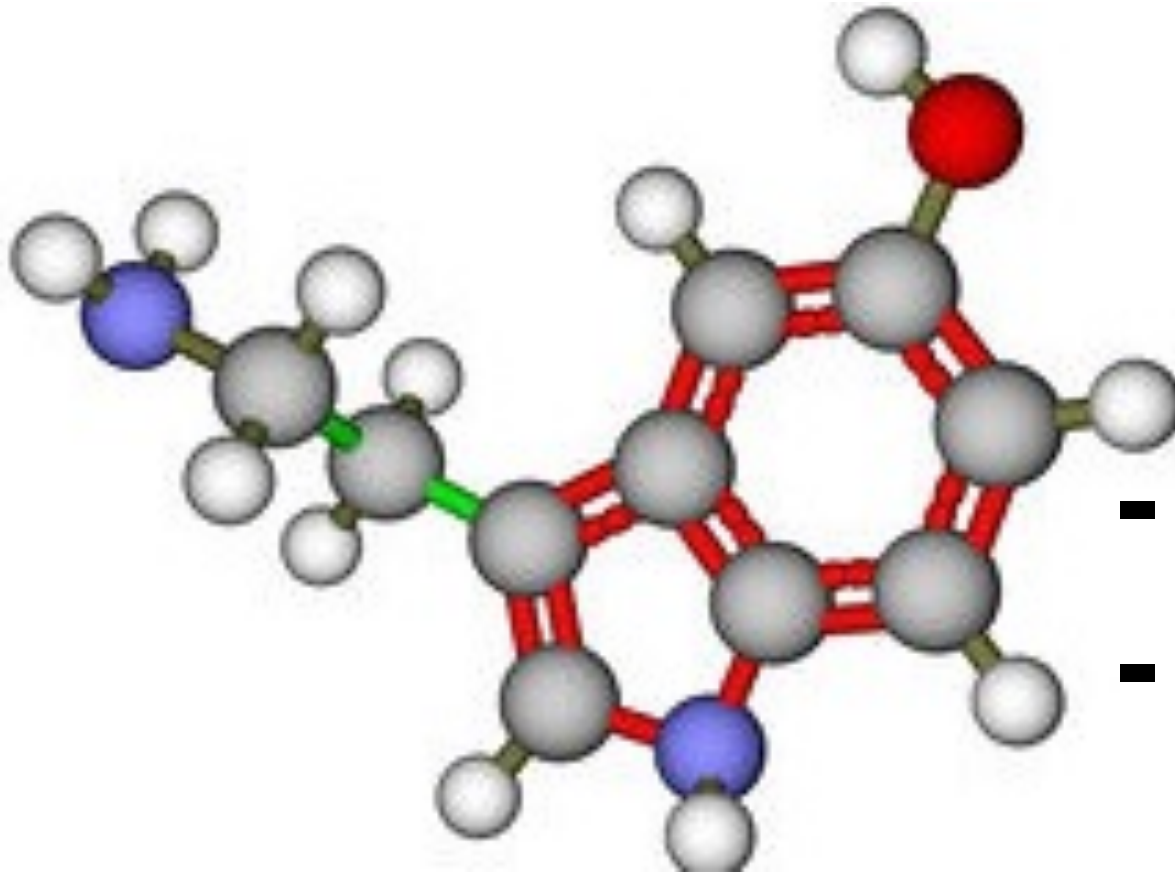
Sonja Lyubomirski



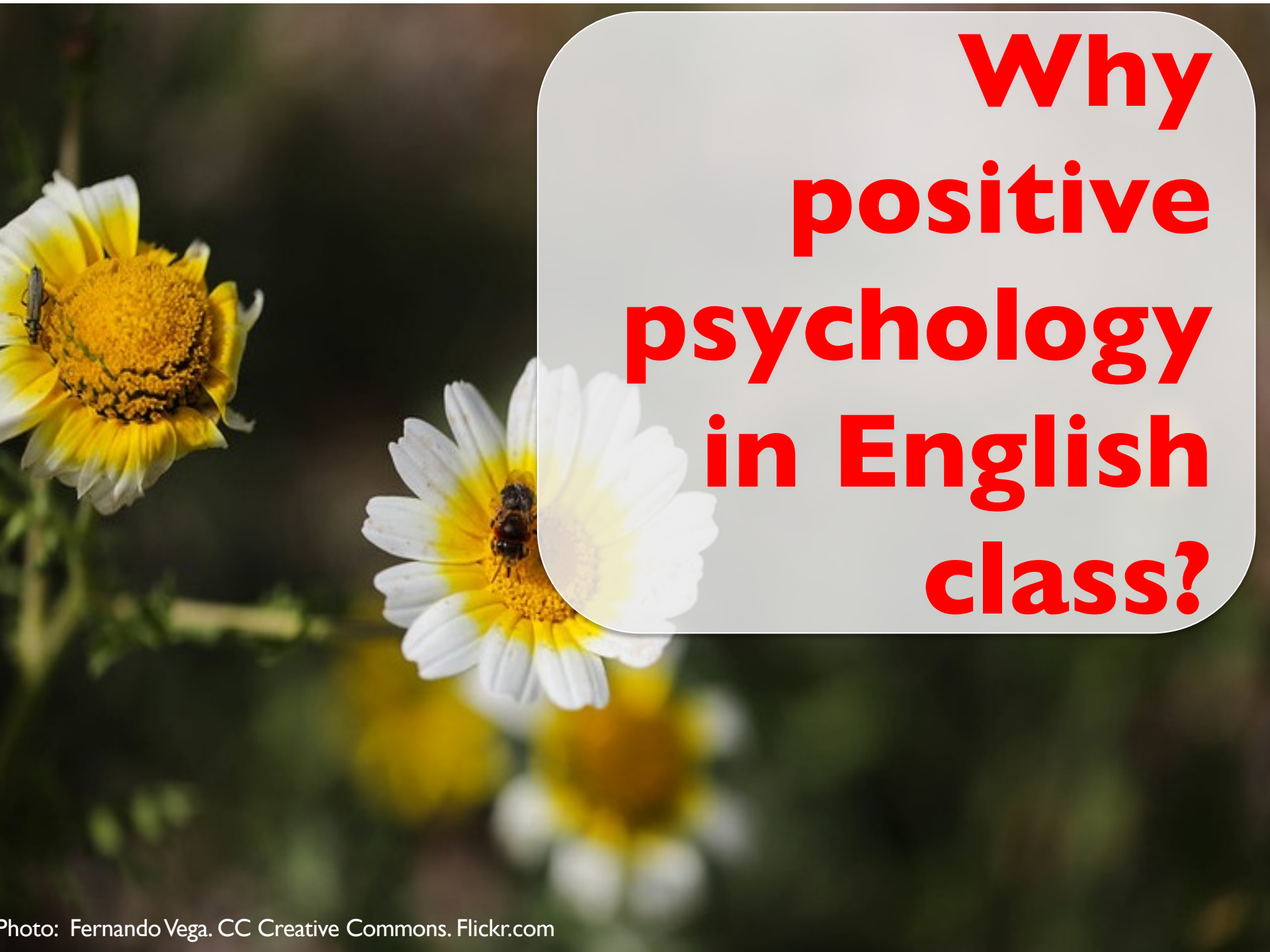
- **Partner.**
- **I good thing
this week.
& why.**



- **Serotonin**



- **memories**
- **smiling**



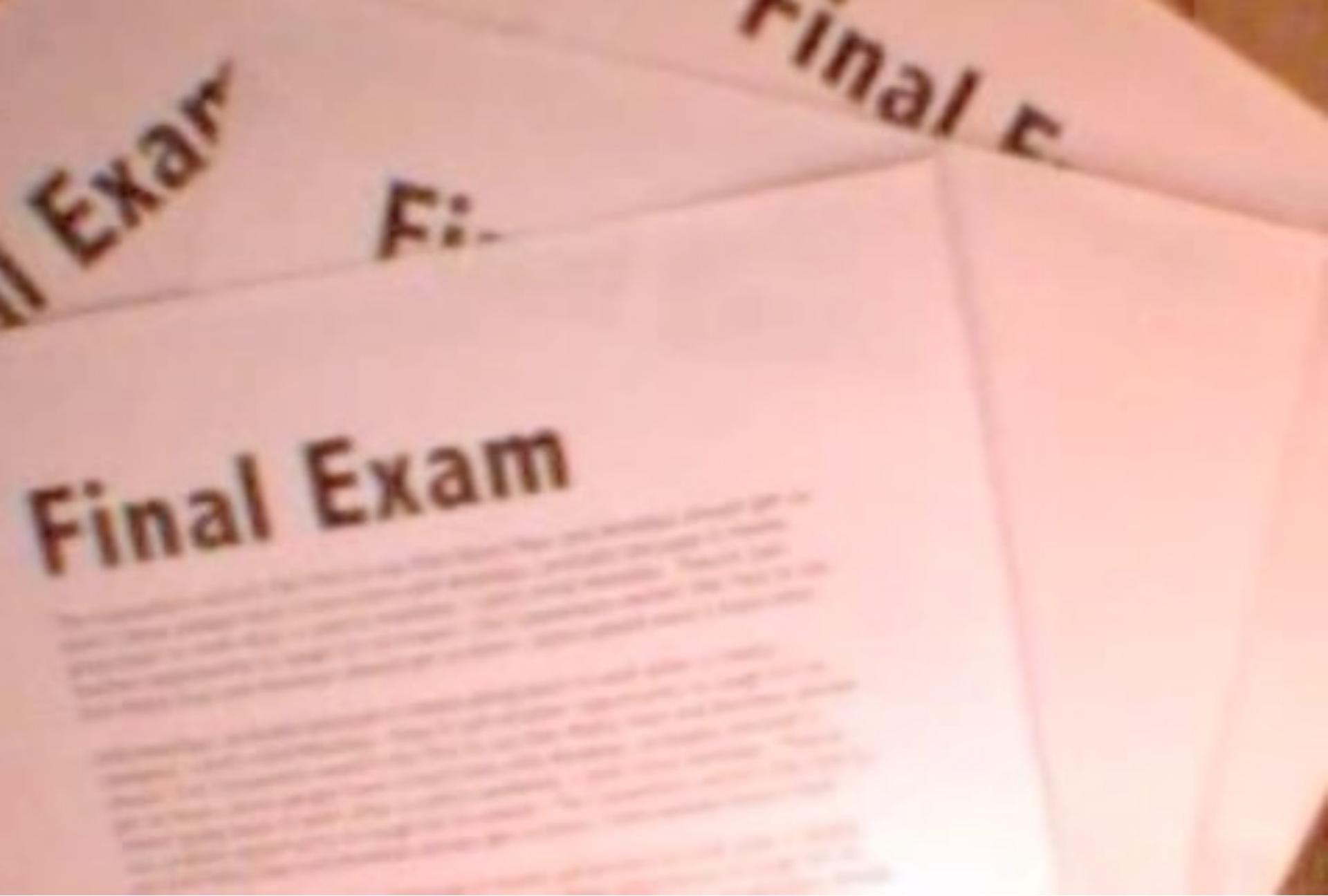
**Why
positive
psychology
in English
class?**



**Remember
good things**



**Say,
“thank you.”**



Final Exam

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