

The following is a message from a long time MAAP 101 contributor. Unfortunately, Delon Musselman could not attend MAAP 101 for the first time since its inception 10 years ago. De is known for his Blue Collar Yoga session as well as Sacred Circle. He wanted to deliver a message to those in attendance at Jane Goodall Environmental Sciences Academy on October 4 but I forgot to deliver it so I wanted to include it with the conference materials. De has an expertise in using simple tools to improve school culture.

Hi Steve,

Here is the note I would like you to read to the conference attendees.

Hello Everybody from Faribault Minnesota.

I wish I could be with you but unfortunately I am unable to attend. I have a few thoughts I would like to share with you about improving the social climate in our schools.

I have had the good fortune of being invited to help improve the middle school and high school social climate in Faribault. A year and a half ago we launched a "Hello Campaign" which is going into each of the schools during the lunch period and saying hello to kids, and inviting them to say hello to five people they don't know well or not at all. This is a social skill that one needs throughout life. As a result, we are seeing more friendliness in those two schools.

Research by Shawn Achor contends that our brains begin to move toward positive when we express gratitude on a daily basis. The expression of a gratitude often is accompanied by a smile, which stimulates a dopamine release from the brain causing a positive feeling throughout ones being, and also helps stimulate the learning centers of the brain. For more information check out Shawn's TED Talk. If anyone would like to visit with me by phone I will happily give you more information about how to implement these two concepts. 507-331-2524

Peace,

De