

Positive Climate Reflection

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As human beings, we all make mistakes and have our moments that we regret. Can we have a positive attitude for twenty-four hours? Well, after conducting an experiment in which one has to make sure you respond and react in a positive matter, was a challenge! As an educator and mother of three, I realized how important it is to have a positive attitude towards both children and adults. Furthermore, it is something that can easily become second nature to us and we do not realize that our words are hurting someone. The positive climate experiment took thirty-two hours for me. I restarted about four times and it was harder than I thought. It is much more difficult to do in a home setting than work. The hardest was realizing that things that I probably do or say on a daily basis are not positive.

As the day started around 8 AM, I was productive, very polite and positive to my daughter. Nonetheless, as the morning progressed I was preparing breakfast and that is when the contract broke. It happened when my husband started playing with my daughter, while she was eating breakfast and I said nonpositive words towards him. From my perspective, my daughter is a very picky eater and since she was eating breakfast that day, if someone disturbs her she stops eating. However, I realized that I did go out of the line to scream at my husband. As Tucker says, “When classrooms operate like a family (a functional family), students feel safe to learn and are able to focus on gaining concepts and skills, rather than surviving. An environment of respect among all adults and students creates a bond and motivates students to put forth the effort,” (p.85). In this situation, I created an environment, in which, I clearly lost my sense of respect for my family. Our home had become a place where no bond could be created at that time. I could have been polite and said something simple. For example, please do not disturb our daughter she is eating breakfast. This incident taught me that looking at a situation from a different perspective helps a lot.

Somethings in my life is a daily battle in my family, for instance, going to a store with three children. There we were at Marshalls shopping the girls were being very well and we were talking and having fun. As we preceded to the line the girls kept pointing at things and I was at the register I had to go back to find them. When we got out of the store we were late for prayer. That is when I started telling the girls the importance of prayer and how it was not nice of them to leave my side in line. However, I was wrong, I should know that no one kid can stand in line in one designated spot and I should have not used the importance of prayer in that tone. Instead, I should have asked the girls to play their favorite hand game in line next to and told them to stand in one place nicely. In this situation my tone of voice was wrong and that is not an excuse. As the contracted started again, I did say sorry to the girls and that they behaved very well at the store, which I was proud of them for.

As the day progressed, it was going great until early evening around 6 PM. My middle daughter woke up the baby, I had said different things to her, that was not nice. This incident really shook me, I broke down, got some water and started thinking. As I coached myself on my bathroom floor, I realized that I have must speak clearly and be positive in my instructions or comments towards people, especially my family and students. That very minute I started the contract again and the next twenty-four went much better.

Having a positive attitude towards life develops a positive climate around you automatically. It seemed very easy at first, however, it was very difficult. I shocked myself how I just say things sometimes and did not think twice about it. As an educator, I believe I really need to focus on my conversations towards my students. Remaining silent in a situation that can make one not say things that are not positive, it is a way of creating a positive atmosphere. This is something that is taught us in the religion of Islam, as Abdul Fattah Abu Ghuddah (Ghuddah,

2010) states, “If any Muslim says or does something in the presence of the Prophet (SAW) and the Prophet (SAW) agrees to it by remaining silent or by displaying his pleasure with it, then this is an indication from the Prophet (SAW) that that particular act [which was done in his presence] or speech [which was uttered in his presence] is permissible,” (p.111). As a mother, I have must be more loving and caring. Tucker states, “Laughing increases the flow of neurotransmitters that relieve stress suppress pain and improve the immune system. Laughter is truly good medicine. Humor can increase learning retention,” (p.85). Sometimes a smile can just fix everything, especially in a classroom or at home with children. This whole experiment made me I realized that there are other ways to say things to others in a more positive attitude.

References

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