

# Normal MAGIC

By Shell Hammond



Put a little MAGIC in your everyday life:

Normal Magic is something that every one of us can perform when talking to students - remember what MAGIC stands for:

**Me-** How you are is crucial to successful listening- Keep the lid on your inner 'rescuer'. We cannot solve everything for everyone but we can help them be their own superhero.

**Active listening-** Is my body language open? How is my posture? Am I likely to be distracted? If so can I manage it? Acknowledge and be interested but beware leading questions.

**Generate** their "Next steps"

**Inspire** and be inspired.

**Compliment** and notice them.

*We also have the ability to produce MAGIC.*

We have the ability to conjure up Magic each and every day with any interaction and the results can have a massive impact on the mental health and well-being of other people. Everyone likes and needs to be noticed and we can do this in the simplest of ways.

**"HELLO"**

**SMILE**

Not only is smiling really good for you (the act of smiling activates neural messaging that benefits your health and happiness) but it has a ripple effect, so not only are you looking after yourself, you are helping others to release feel good hormones.

Saying 'HELLO' shows the other person that they have been noticed by someone. In some instances throughout a day, you may be the only one to notice someone. There are many days when we go about our business with a head full of what we need to do, where we

need to go or just how we feel. Stopping to say "Hello" to someone brings us back to now.

So ask yourself: Today have I.....

SMILED AT A STRANGER  
OPENED THE DOOR FOR A STUDENT  
GIVEN A COMPLIMENT  
ASKED HOW SOMEONE IS AND  
WAITED FOR A REPLY  
MADE A COLLEAGUE A CUP OF TEA  
STARTED A CONVERSATION

Interactions with other people affect the way we feel about our life. Close relationships help to keep us grounded and make us feel contented. Even interactions with others can have a deep impact on us, helping to make us feel part of a wider community. Both interactions help boost our happiness levels.

**SOMETIMES THE SIMPLEST THINGS CAN  
MAKE THE BIGGEST DIFFERENCE!**

