

Keep the Fire Burning Discussion Questions



Directions: As you read the assigned chapters in Keep the Fire Burning Avoiding Teacher Burnout, reflect on the following discussion questions.

Chapter 1

1. In chapter one, Franchesca discusses the utter exhaustion she felt when it came to teaching. So much so, she decided to leave her school and move out of state in what she thought was a less stressful school. She blames her exhaustion on the lack of teacher preparation she received during her pre-service and her unrealistic work habit of working 12 hour days at least five days a week.

Think about when you first entered the teaching profession. Were you properly prepared for what would happen in the classroom? If so, please explain how you were prepared. If not, discuss what type of training could have taken place to better prepare you for the classroom.

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Chapter 2

2. In chapter two, Sarah discusses the need to make her classroom a sacred space for her to deal with the pressures of teaching. Describe the atmosphere in your current classroom. Is it conducive for thinking and mindfulness for you and your students? Do you feel like it is a safe space from all of the upheaval in your school and/or district? If not, what are some immediate things you can do to improve the environment to keep (or restore) your sanity intact?



Chapter 3

3. In chapter three, Lori discusses the difference she makes in the classroom and how she's always known that she wanted to be a teacher. Think about at least one student and/or colleague who have made a positive impact in your life.

Describe the impact they made and how that relationship with them has shaped how you teach children and/or view education.

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Chapter 4

4. In chapter four, Cari discusses the immediate need for teachers to collaborate with one another in order to avoid teacher burnout. Visualize a perfect school environment that you teach in and think about who you would want to collaborate with in your classroom.

Describe what this collaboration would look like and what you would like for them to work with you on to improve your teaching practices.

