

Week One

REFLECTION DOES A MIND GOOD

WEEK'S FOCUS

WHAT YOU NEED TO KNOW

There are few things that can bring a teacher to their knees quicker than the sudden blow that you are suffering from burnout and your time in the classroom may be extremely limited. Many teachers retreat to their classroom unsure who to talk to about their experiences while other teachers just leave the profession. This week we believe that reflection is key to healing from teacher burnout.

WEEK ACTIVITIES

1

- Reflection Does a Mind Good (PDF)
 - Keep the Fire Burning Discussion Questions (PDF)
 - Is Your Classroom a Safe Space? (PDF)
 - Teacher Burnout Reflection Graphic Organizer (PDF)
 - Affirmation Cards
-

2

Readings: Keep the Fire Burning Avoiding Teacher Burnout

- Chapter 1: "I Was Exhausted"
 - Chapter 2: "Sacred Spaces, Quiet Places"
 - Chapter 3: "What Do I Make? A Difference"
 - Chapter 4: "My Job Matters"
-

3

Digital Resources

- Teacher Podcast: "I am the Expert." (Digital Download)
- Google Drive: Download research articles around burnout.