



THE EDUCATOR'S ROOM
LEARNING ACADEMY

"CREATING SOLUTIONS TO
PROBLEMS ALL TEACHERS HAVE"



WWW.THEEDUCATORSROOM.COM

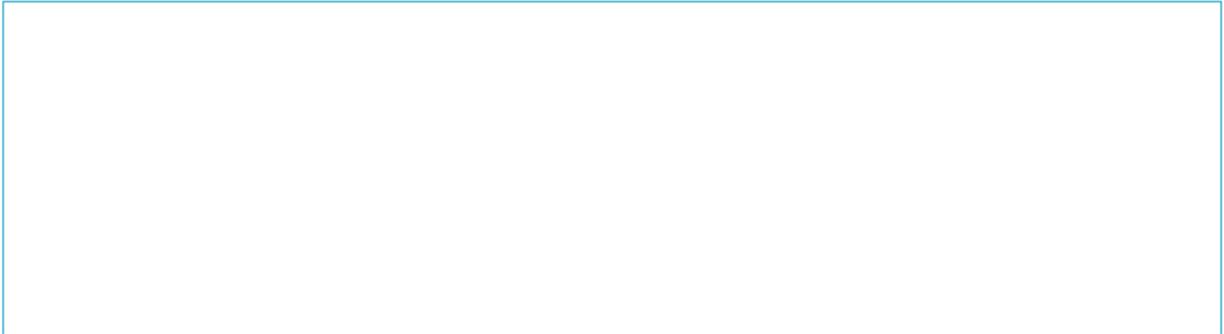
Is Your Classroom a Safe Space?

Directions: Part of recovering from teacher burnout is recognizing that the layout of your classroom is important. In this activity, you will reflect on your class layout and make revisions to make your space safe.

1. Reflect on how your current classroom is set up. Using the resource [Classroom Architect](#), what do you realize about the layout of your room? Should you change the setup or is your space optimized to the best of your ability?

2. Part of making your classroom sacred is the ability to bring in personal items into your space. Identify some personal items that you currently have in your room. How do those items change the “feel” of the space? What items could you bring in that could bring you (and your students) more joy?

3. During “downtime” in the classroom (planning, lunch, specials, etc.) take 2-3 days to just turn off the light and retreat to a corner in the room where no one can see you. Practice some silent time where you listen to some relaxing music, pray and/or meditate. After doing this for at least two days, reflect on how this practice helped you focus during those days that you are feeling especially burned out.



4. One of the most stressful parts of a teacher’s job is organizing paperwork. Take a day and create a system for organizing papers and supplies, by looking at our private Pinterest board found [here](#). Identify one system you can use starting tomorrow to get organized!

