



Reflection Activity

August 13, 2018



In our last email we reminded you to practice taking three breaths and setting an intention. Both skills continue to be important. However with the new school year starting, we invite you to look at page 8 of your workbook, Setting an Intention: Reflection Activity. As you review your responses, see if there is anything you want to change or add to the following questions:

Why did I become an educator?

What are my values that support this choice?

What is my vision of myself as an educator?

Your reflections are a great reminder of what's important to you as you start another school year.

Two additional skills to practice this week are Centering and Mindful Walking.

Centering: Centering is a way to feel grounded in the present moment. It can be used throughout the day and in your classroom. In order to feel centered, while standing find a posture that keeps your spine long with your weight evenly distributed and your feet hip-width apart. After finding your center, spend a few moments tuning into a sense of grounded-ness, feeling supported and connected to your body and the earth.

Mindful Walking: When walking mindfully, the focus is on the physical sensations of walking by bringing attention to the feet and the movement of the legs. It allows you to let go of distractions.

Let us know if you have any questions or comments. We look forward to supporting you as you practice the CARE skills throughout the year.

Arlene, Nancy, Jaimi and Patricio

Breath Awareness: Focusing attention on the breath has a calming effect on the body and allows the mind to settle. In the stillness, we begin to notice the contents of our thoughts, emotions, and sensations, and we can also notice the ordinariness of how our bodies and minds actually work. We notice ideas, feelings, and physical sensations that in our usual busy lives we ignore unless they become very pronounced. We begin to recognize that all these states are temporary; thoughts pass by, emotions and sensations fade.

Body Scan: The intent of the body scan in CARE is to notice and become more familiar with the physical sensations in the body. The body scan is a practice in awareness. We don't use it as a means of relaxation, even though it can be relaxing.

Caring Practice: (May I/you enjoy well-being, happiness and peace) a practice extending a feeling of caring to ourselves and to others.

Mindful Pause: By becoming aware of our reactions to stress, it's possible to pause, breathe and find a space of more clarity and self-compassion. The pause frees you from repeating old patterns that no longer serve your well-being. With even a short pause you can begin to sense more aliveness, clarity and heart.

Memories of joy/gratitude: Participants will gain a greater understanding of how to fully experience feelings of joy by identifying where in their bodies they feel the emotion and what kinds of experiences trigger the feeling.

Participants will gain practice generating the feeling of joy for one's self.

Participants will be able to apply this to the workplace by identifying how feelings of joy affect their teaching.

Participants will gain a greater understanding of how to fully experience feelings of gratitude/appreciation by identifying where in their bodies they feel it and what kinds of things trigger the feeling.

Participants will practice of generating the feeling of gratitude/appreciation for one's self.

Participants will be able to apply this to the workplace by identifying how feelings of gratitude/appreciation affect their teaching.