

“KNOW YOURSELF TO IMPROVE YOURSELF”

AUGUSTE COMTE

TEACHER SELF REFLECTION.....

- Does my class environment reflect compassion, kindness and clarity?
- Am I aware of the energy in my classroom and how to facilitate a shift in energy if needed?
- Do I have a way of checking in with class as a whole to see what kinds of emotions are present in the room?
- How would my students describe me as a person and as a teacher?
- What kind of tone does my voice/body language set in the classroom?
- How do I intentionally attempt to engage my students in their learning?
- Do I practice mindfulness (intentional noticing) and observe what is happening in my body when I feel triggered by students before reacting? Am I able to pause and distance myself prior to reacting?
- Do I encourage stillness practices within the class for my students and for myself?
- Am I greeting students in the morning, in a way that I would like to be greeted by my leader?
- Do I use language to empower students in my class?
- Do my students see my laugh?
- Do I listen with full attention to students and colleagues?
- Am I feeling passionate about my role and interactions with others in the building?
- Do I make an effort to compliment colleagues?
- What is my self-talk throughout the day and how does this impact my students and colleagues?
- How am I practicing self-care?
- Am I addressing my own mental health concerns and reflecting on the impact they could have on my interactions with students?
- Where/how could I implement professional growth?
- Do I have a way to receive feedback from students and am I open to making changes based on the feedback?
- Am I willing to ask for support from others?
- Do I ask others to observe me and give feedback?
- What visuals do I have in my classroom that promotes positive thinking/learning/growth mindset for my students and myself?
- Am I able to take a few minutes to emotionally regulate prior to school starting in the morning and afternoon?
- Am I open to making changes and considering alternate perspectives?

