



# Restoring Teachers

A six-session onsite PD (monthly) cycle for teachers focused on self-care, strengthening relationships, and developing Restorative Practices

## **Session 1 - Self-Care Strengths and Needs**

In this session teachers will engage in breathing and meditative exercises while reflecting on their self-care practices. They will participate in a circle where they will learn (or be refreshed on) some circle basics (talking piece, guidelines, rounds, opening and closing) while exploring their strengths and needs in regards to self-care. The group will create a circle center to be used in subsequent meetings. The session will close with a discussion of how this experience may be adapted to be used with students.

## **Session 2 - Caring for the Body and Mind**

In this session teachers will engage in visualization and muscle relaxation exercises while continuing to examine and improve their self-care practices. By participating in a reflection circle, teachers will also have the opportunity to build circle facilitation skills for check-in circles, as well community building circles.

## **Session 3 - Destressing Yourself**

In this session teachers will practice intentional body scanning for stress and work collaboratively on a community Zentangle. While constructing a collaborative art piece, teachers will experience community building, and expressing their experience with affective statements. By participating in the community building circle, teachers will develop applications for classroom circles.

## **Session 4 - Resilience**

In this session teachers will participate and learn yoga practices that can easily be done in their classrooms throughout their day and with their students. Managing stress and the effect it can have on the body throughout the day will be discussed, along with other coping strategies for themselves and students. The connection between the body and the mind will be discussed in a relationship-building circle as it relates to self and to the school community. Restorative questions will be discussed as a means to de-escalate situations with students and coworkers.

## **Session 5 - Listening with the Heart**

In this session teachers will experience mindful listening activities and connect them to empathy and kindness. Tools and exercises to build and maintain empathy in ourselves and students will be shared along with how we relate to students following a break-down in relationship. The skills of maintaining a relationship when conflict occurs using empathetic skills rather than blaming or shaming, will be discussed with applications in circle.

## **Session 6 - Walking the Walk**

In this session teachers will participate in a mindful walking exercise and meditative movements reflecting on the self-care practices they have embraced. Reviewing the restorative practices discussed in each session and their application in the classroom and in circle, teachers will discuss ways to sustain self-care practices in their own lives and in their classrooms regularly.