

# LOVE ALWAYS, YOUR TEACHER: TIPS ON KEEPING JOY IN THE CLASSROOM

WITH CHELSEY CULLEY-LOVE

## **Mindfulness links**

According to Social Emotional and Ethical Learning at Emory University (SEE Learning), Mindfulness is best defined as a focus on attention; the ability to remain mindful of something of value, to keep it in mind, and to not forget it or be distracted from it. Think of mindfulness as attention training- mindful listening, mindful walking, mindful eating. These sites are supporting resources that aid in forms of attention retention that can calm, energize, and cultivate personal growth for all.

<https://www.mindyeti.com/>

<https://dharmacrafts.com/>

<https://blissfulkids.com/>

<https://bitsofpositivity.com/>

<https://www.stopbreathethink.com/meditations/>

## **Contact Tips/Ideas**

*Don't overly extend yourself.*

*Meant to be a pleasant experience for students, parents, and teachers.*

*Find a way to touchpoint with your families that works best for you*

### 1. Morning News Broadcast

- no more than 3 minutes long and once per week

### 2. Screenshot Quotes

- Send quotes to kids to be their guiding light for the week
- Revisit quotes over the course of the week so they are able to take the words from theory to practice

### 3. Daily or weekly check-in call/text.

- hearing your voice can help parents and students feel supported and recognized

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## Morning Meeting

- Keep it fun and informative
- Time for kids to socialize, share, learn, and grow
- Morning meetings are an important element of the classroom experience
- Learn how to incorporate so much in this time- carry over these “grows” back into our brick and mortar space

Time for kids to practice conversing in a virtual space

- Kids practice their patience and listening skills
- Kids get to see and share with each other
- Kids get to see and experience each other's spaces as they learn and grow every day

## Teach a lesson like Social Studies, SEL, and games

- I love teaching Social Studies during this time because we are able to have rich discussions and the kids can continue to build their social global perspectives together.
- We also use our morning meeting in school to discuss the issues going on around our community and the world. We also use this time for SEL lessons. These lessons have been so helpful in the maintenance of our mental balance and connection. The kids have learned about focus and attention of self through these tough times.
- We play games during this time. I usually share my screen to play online games. I will also use sites like, <https://socrative.com>, <https://nearpod.com/>, and <https://kahoot.com/> to name a few. These sharing sites provide fun opportunities for kids to interact and watch their progress.
- Cloud-checks are a way to check in without expectation. Kids simply give me a response of red, yellow, or green. Sometimes they even combine the colors. They can name a color and give background or not- it's up to them. They use this time to hear and be heard without judgment.