Infuse Personal Reflection and Self-Care into Your Practice

Reflection Prompts

1. What concrete steps can I take to differentiate my work life from my home life when I am teaching from home?
2. How can I build in time for the people and activities I cherish so I don’t burn out this year?
3. Where can I seek out opportunities to join a professional community of educators to share ideas and seek answers to my questions about teaching and learning during these challenging times?
4. How can I model a regular practice of reading and writing to help my students understand the importance of both of these in developing their literacy skills, honing their voice, and preparing them for success in the world?

Action Steps

☐ Develop a routine to separate work from home. Create a daily schedule that includes blocks of time for synchronous learning, office hours, work tasks, and personal tasks, such as family commitments, exercise, hobbies, and friends.

☐ Write alongside your students in a journal. Build in the habit of writing and/or sketching for ten minutes at the beginning or end of each day. Share ideas from your journal with your students. Learn more about Facing History’s approach to journaling.

☐ Connect with educators committed to equity and social justice by joining Facing History’s Digital Lounge.

☐ Join a vibrant community of educators and continue your professional growth by participating in a Facing History live webinar, online course, or seminar.