

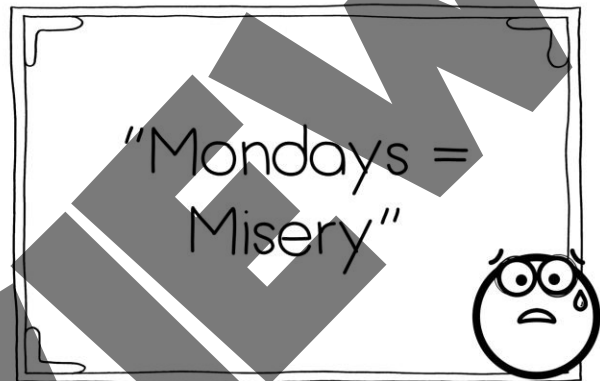
TEACHER REFRAMES to **BOOST** morale



REFRAMES INTRODUCTION CARD

- See attached PPT
- Print on duplex long side to long side

IS THIS EVER WHAT YOU THINK?



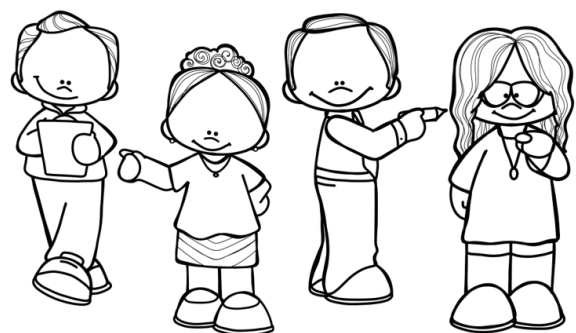
Hello teachers!

We often spend time helping our students to reframe their thinking and look at situations in different ways in order to improve their mood, increase their learning, and encourage better problem solving. We as educators should be doing the same for ourselves! Over the remainder of this year, I'm going to be sharing some 'teacher reframes' with you.

These are just food for thought – different ways of thinking about problems we face that can help us feel better about ourselves and our jobs. I hope you find them helpful!

Best,
**YOUR
NAME**

Reframe your *thinking*.
reframe your *MOOD*!



Hello teachers!

We often spend time helping our students to reframe their thinking and look at situations in different ways in order to improve their mood, increase their learning, and encourage better problem solving. We as educators should be doing the same for ourselves! Over the remainder of this year, I'm going to be sharing some 'teacher reframes' with you.

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Reframe your *thinking*.
reframe your *Feelings*!

"A new week, a new
chance for amazing
learning with my
students!"

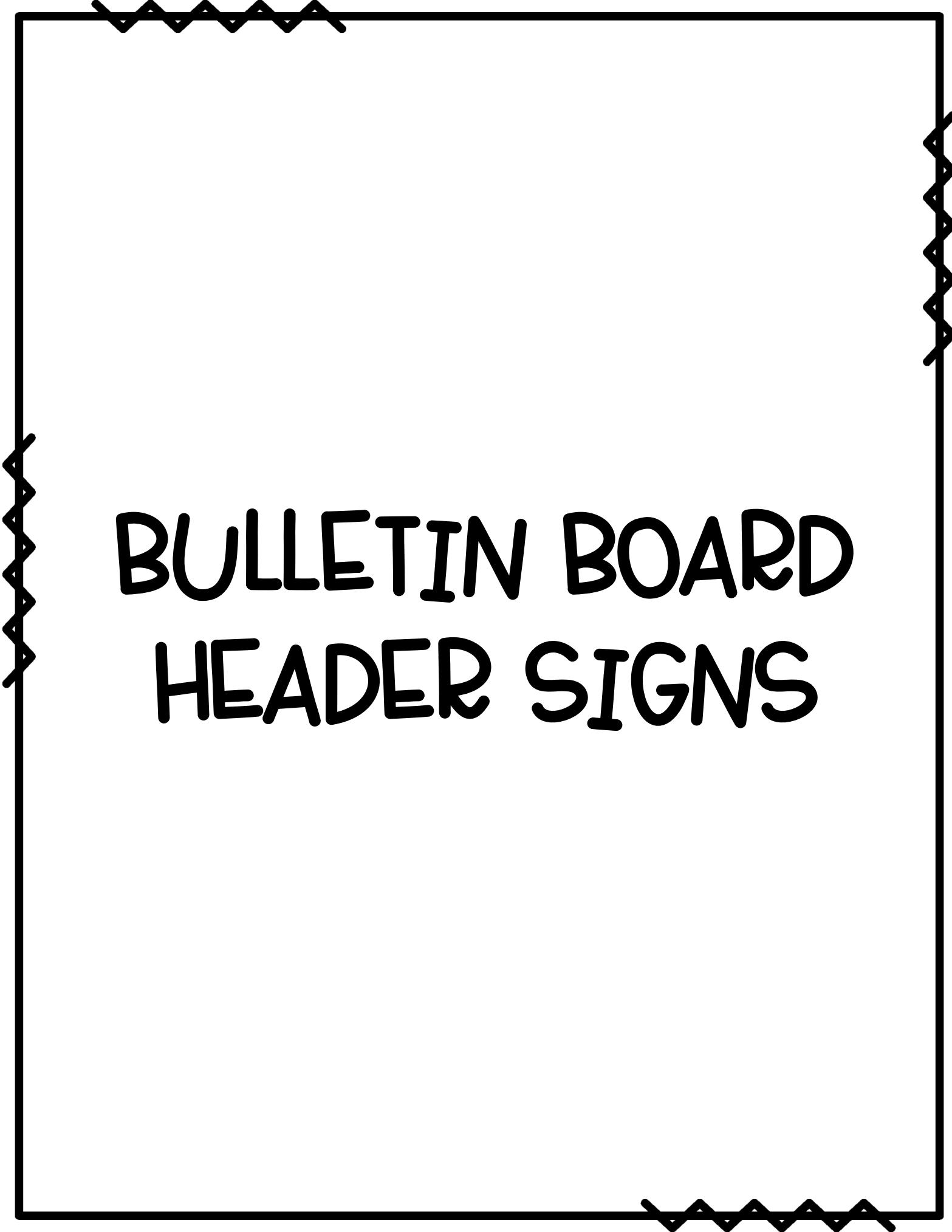


IS THIS EVER
WHAT YOU THINK?

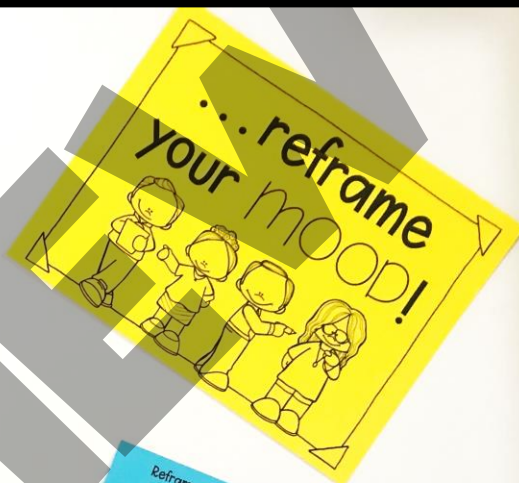


"Mondays =
Misery"

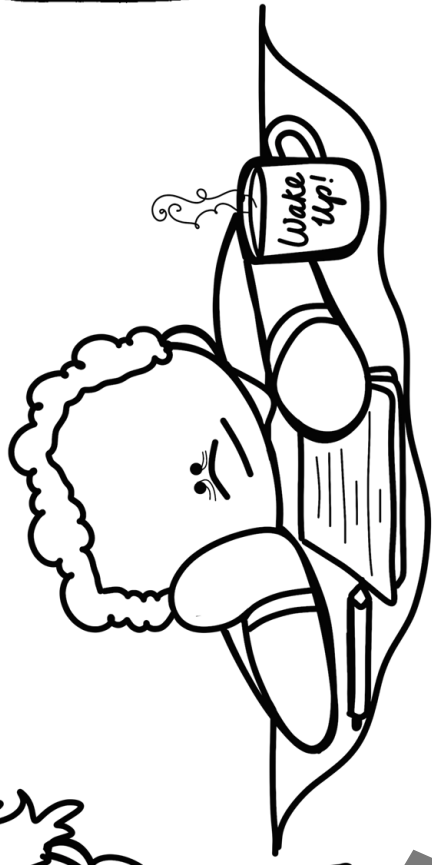
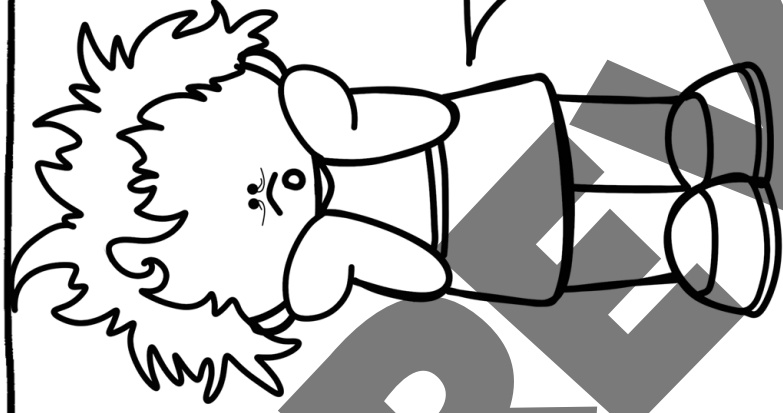
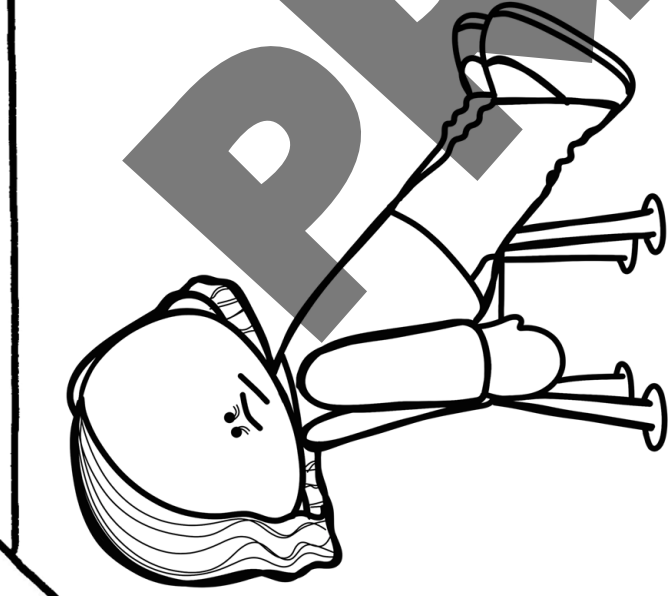




BULLETIN BOARD HEADER SIGNS



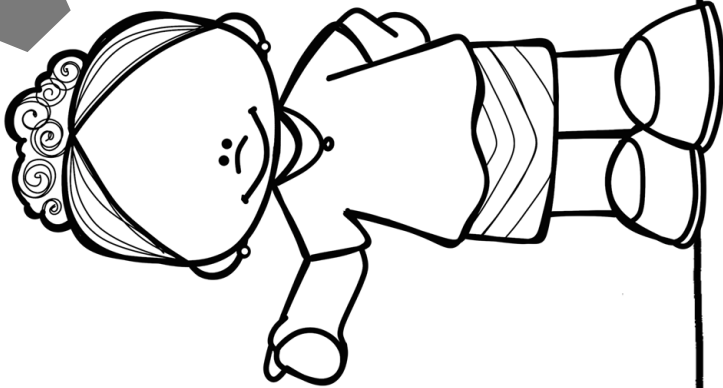
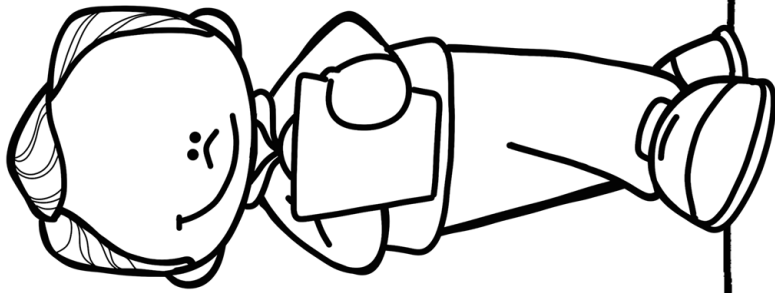
PR



Reframe your
thinking...

..reframe

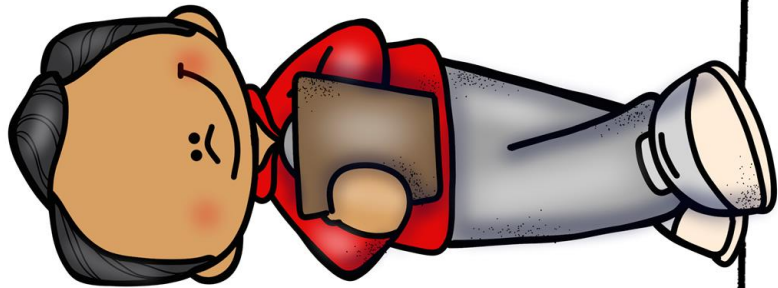
your GOOD!





Reframe your
thinking...

Reframe your ..OOD!



TEACHER REFRAMES

Print multiple copies to
put in teacher mailboxes
or print one set at a
time to put on a bulletin
board.

Reframe your thinking.

reframe your mood!

"He just doesn't
care."



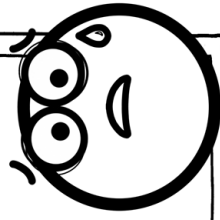
"Something is
getting in the
way of him being
motivated."



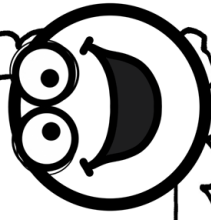
Reframe your thinking.

reframe your mood!

"Until her parents
start caring,
there's not much I
can do."



"I wish her parents
were more involved,
but I'm still going to
help her grow."



Reframe your thinking.

reframe your mood!

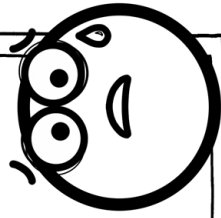
"It's such a shame
that kids don't
automatically respect
adults
these days."



Reframe your thinking.

reframe your mood!

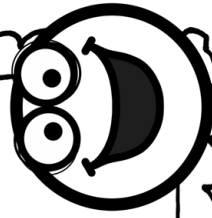
"The only way
he's going to
learn is if he gets
an IEP."



"All humans are
deserving of respect, no
matter their age.
Sometimes children
need to experience
trust and respect
before they can give it."



"I'd like him to have
more academic
support but I'm going
to make the most of
my time with him."



THE Responsive COUNSELOR



Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling and
Clinical Mental Health

Experience

I started my post-grad career as a school-based therapist before becoming an elementary school counselor. Social and emotional learning in youth is my passion, whether through large group prevention, individual intervention, or parent and teacher education! I have been at my current school for 5 years now, providing a comprehensive school counseling program.

Philosophy

- I only sell resources that I create for my own students and use first with them!
- All of my work is rooted in evidence-based instructional, SEL, and/or therapeutic practices.
- My aim is to make things **effective** and **engaging** for wiggly learners and use wording accessible to underserved and EL populations.

Connect With Me!

