



## What Gift Will You Give?

Sure, who doesn't love a gift of chocolates or a gift card to our favorite coffee shop? However, the stress and demands of our work in education may call for different kinds of gifts this year. Think about what you can give to your students, your colleagues, and yourself that might help in sustaining our well-being even more than that cup of coffee or treat. Don't feel the pressure to give gifts in all areas. Do whatever you feel is needed right now. If you are doing this in a group, share out your gift only if you would like to.





# What Gift Will You Give?

## To: My Students

Category	Examples	My Gifts
<b>Time</b>	<ul style="list-style-type: none"><li>○ Slowing down</li><li>○ Co-regulating (regulation activities shared between adults and students)</li><li>○ A fun game or activity</li></ul>	
<b>Listening</b>	<ul style="list-style-type: none"><li>○ Attunement- Focusing in on each student by asking open ended questions about what is important to them</li><li>○ Reflective writing assignment with individualized follow up questions</li><li>○ Try these open-ended questions: <a href="#">click here</a></li></ul>	
<b>Forgiveness</b>	<ul style="list-style-type: none"><li>○ Focusing in on the students who have not met your expectations and doing a “reset”. Wipe the slate clean, reteach expectations, and ask how you can help them to meet them. Living the mantra “Kids do well if they can” – Ross Green. Get curious about the unsolved problems, lagging skills, or unmet needs.</li></ul>	
<b>Gratitude</b>	<ul style="list-style-type: none"><li>○ Make a list of your students and write down what about them makes you grateful to have them as a student. Tell them!</li></ul>	



# What Gift Will You Give?

## To: My Colleagues

Category	Examples	My Gifts
<b>Time</b>	<ul style="list-style-type: none"><li>○ Stopping by at the beginning or end of the day with “connection” as the only agenda item</li><li>○ Cancelling or shortening a meeting to give unexpected free time.</li><li>○ Picking up a task or duty for a colleague when you can.</li></ul>	
<b>Listening</b>	<ul style="list-style-type: none"><li>○ Attunement: Listening with empathy and holding space for the good and the bad.</li><li>○ Allow challenges to “just be” without immediately trying to give advice or solve the problem. “That sounds hard”.</li><li>○ Resist the urge to add your own story.</li></ul>	
<b>Forgiveness</b>	<ul style="list-style-type: none"><li>○ Take note of what grievances or slights are you holding on to? What can you let go of? What do you need to work to resolve?</li><li>○ Where do you need to ask for forgiveness?</li></ul>	
<b>Gratitude</b>	Make a list of <i>every</i> co-worker and write down what about them makes you grateful to have them as a colleague. Tell them!	

# What Gift Will You Give?

## To: Myself

Category	Examples	My Gifts
<b>Time</b>	<ul style="list-style-type: none"> <li>○ Take time for yourself doing a favorite activity. Schedule it and don't cancel!</li> <li>○ Schedule individual time with you partner, children, best friend.</li> <li>○ Reach out to a contact that you have lost touch with. Schedule a virtual time to catch up.</li> <li>○ Prioritize your own physical and mental health (schedule that doctor's appointment that you have been putting off, get into nature, cut back on your alcohol intake)</li> </ul>	
<b>Listening</b>	<ul style="list-style-type: none"> <li>○ Listen to yourself. Self-reflect or journal on what you need right now. How can you ask for it and from whom?</li> <li>○ Consider engaging in counseling services so that you have someone to attune to you.</li> </ul>	
<b>Forgiveness</b>	<ul style="list-style-type: none"> <li>○ Forgive yourself for any expectations that you set for yourself that you may have not met.</li> <li>○ Acknowledge your stress</li> <li>○ Apologize and make amends</li> </ul>	
<b>Gratitude</b>	<ul style="list-style-type: none"> <li>○ Make a list of what you are grateful for and add to each day</li> <li>○ Remember what you love about being an educator.</li> <li>○ Reground yourself in your personal mission.</li> </ul>	