

## ***Professional Learning Activity: Educator Resilience***

### **Learning Objectives:**

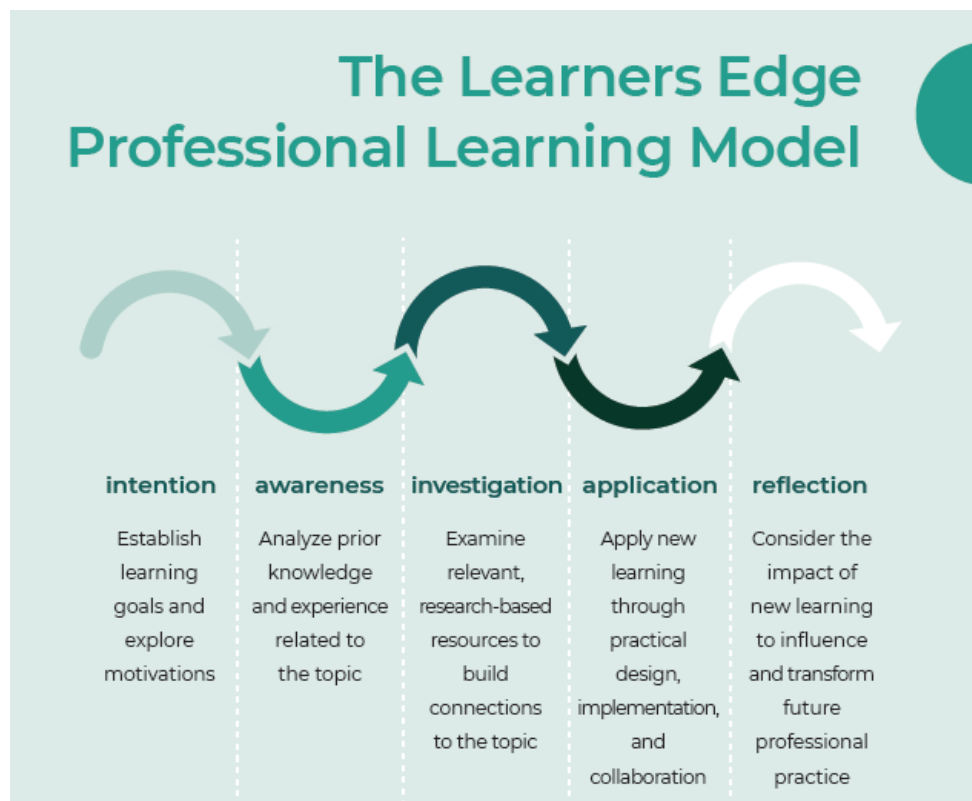
- Participants will identify the importance of building resilience.
- Participants will explore methods for increasing their own resilience and resilience in their learners.
- Participants will identify at least one strategy for building resilience in a work from home environment or with their students.

### **Necessary Materials:**

- Internet access
- Conversation Notes handout (one per partnership or small group)

### **Facilitator Email:**

*Today we are going to discover more about building our own educator resilience to decrease burn out, keep our spirits up and be able to continue to support our learners, families and communities. To do so, we will follow this research-based professional learning model developed by Learners Edge.*



Watch these quick introductory videos to get you thinking about our topic:

[Teaching is Tiring \(and worth it\)!](#)

[InBrief: How Resilience is Built](#)

[How To Build Resilience And Become Mentally Strong](#)

Now, take a minute to jot down three reasons you should build your educator resilience.



As you know, teacher burnout is prevalent among educators. There are a million statistics to support that statement, but instead of practicing problem admiration, let's be problem solvers. If we do that, the questions really become: How do we solve this problem? Prevent it? Recover from it? Here's the answer: We must build resilience in our teacher selves. We know teacher burnout exists, but we must find ways to combat it. Increasing your own resilience is one way!

To learn more, please complete the following:

1. Check out this excellent overview on resilience.

[Building Your Resilience](#)

2. Next, as you read at least two of following articles, consider which strategies would be possible in a "teach from home" environment AND which strategies you could use with your students!

[Ten Ways You Can Increase Your Resilience to Avoid Teacher Burnout](#)

[Ways to Cultivate Your Emotional Resilience This Year](#)

[Build Resilience in 9 Simple Steps](#)

[10 Ways to Build Your Resilience](#)

[Resilience Guide for Parents & Teachers](#)

3. Check out this fun way to [gamify building your resilience!](#)
4. Taking care of your **mind**, **body** and **spirit** is an excellent way to build resilience. Read this article outlining some great tech-based methods to help you calm your **MIND** and decrease stress.

[12 Free Apps to Help You Beat Stress](#)

5. *Take a look at this teacher finding balance through exercising her **BODY**.*  
[\*Kicking Stress Brings Balance to the Classroom\*](#)
6. *Review this webpage that outlines methods you can use to take care of your **SPIRIT**.*  
[\*Take Care Of Your Spirit\*](#)
7. *Draft a quick plan using ONE thing you learned to build your educator resilience in a work from home environment or ONE thing you learned to build resilience in your students. Remember, starting small is just fine!*
8. *Lastly, meet virtually with a colleague or small group of your peers to discuss the prompts outlined on the Conversation Notes handout.*

To learn more about teacher burnout and ways to keep it at bay, check out these learning opportunities from Learners Edge:

[Webinar: Fireproof: Building Teacher Resilience to Decrease Burnout](#)

[PD 126: Educator Self-Care and Resilience to Avoid Teacher Burnout](#)

[Course 5105: Living Your Best Life, Inside & Outside the Classroom](#)

[Course 5792: Refocus & Recharge: Strategies for Finding Balance in Teaching](#)

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Conversation Notes:

Discussion Prompts	Notes
<i>Share one reason you should increase your resilience.</i>	
<i>What do you already know about resilience and/or teacher burnout? What more do you want to know? How do you plan to find out?</i>	
<i>Share one takeaway from the articles and/or videos you reviewed that will positively impact your professional practice.</i>	
<i>What is one thing you will commit to <b>doing tomorrow and going forward</b> to lower your stress level and increase your resilience?</i>	
<i>How will increasing your resilience positively impact your students? Your family? The community?</i>	