Teachers

NEED TEACHERS





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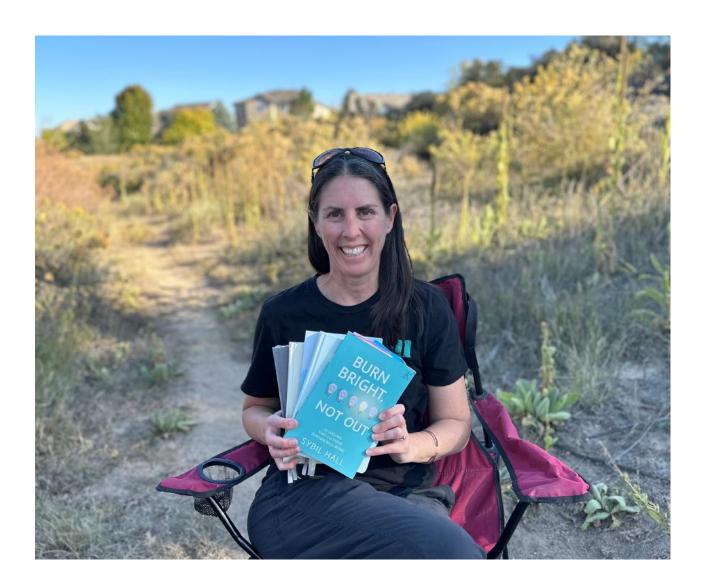
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From the Curator & Chief Editor

Teaching is hard. You're juggling so much, and it can feel like no one really gets it.

That's why we created this magazine—with real stories, tips, and ideas from educators who do get it. They've shared what's working for them, and it's here for you to take, tweak, and try in your own way.

You're not in this alone. We're learning and growing together.

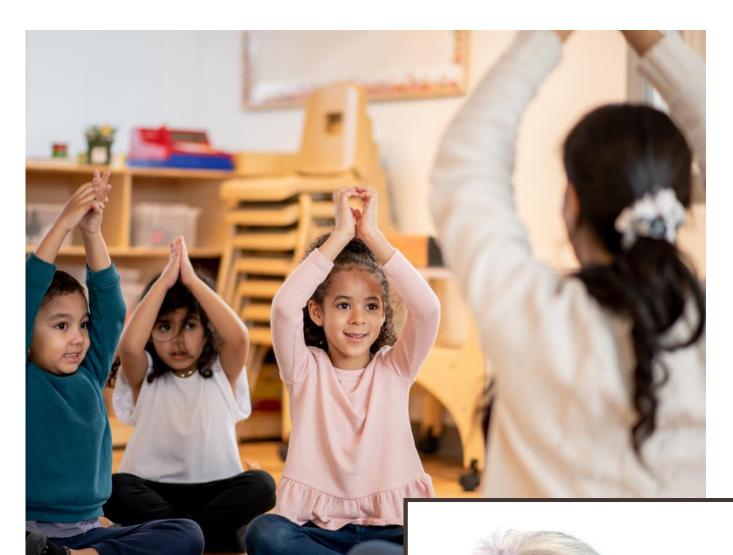
As you flip through, use the arrows, zoom in, and bookmark what speaks to you. If something lights you up, share it—print the last page, leave it in the lounge, or pass it along to a friend. Great ideas are meant to be shared.

You can also explore more at <u>www.sybilhall.com</u>—where you'll find mental health tools, supportive communities, author visits, and beautiful products created to help you (and your students) burn bright, not out.

I hope this issue supports you, inspires you, and reminds you that your work matters. We're so glad you're here.



Finding Your Inner ZEN: How Mindfulness and Reflection Can Transform Your Classroom and Career



BY CINDY BROCKWAY

Teaching is more than just lesson plans and grading—it's an ongoing journey of guiding, supporting, and inspiring others. But in the midst of juggling deadlines, student needs, and ever-changing expectations, it's easy to lose yourself in the chaos.

Mindfulness and self-reflection aren't just buzzwords—they're powerful tools that can transform both your classroom and your career. By cultivating a sense of inner calm and clarity, you can create a more focused, engaged learning environment while protecting your own well-being.



In the classroom, mindfulness and self-reflection help educators create a more grounded and intentional teaching environment. By taking time to pause and assess their emotional state, teachers can respond to challenges with patience and clarity rather than reactivity. This practice fosters peace and inner harmony, allowing them to set a positive tone for their students. Reflection also strengthens boundaries and commitments, ensuring that educators remain present and engaged without feeling drained. When teachers cultivate self-awareness, they model emotional resilience for their students, creating a learning space built on understanding, respect, and growth.

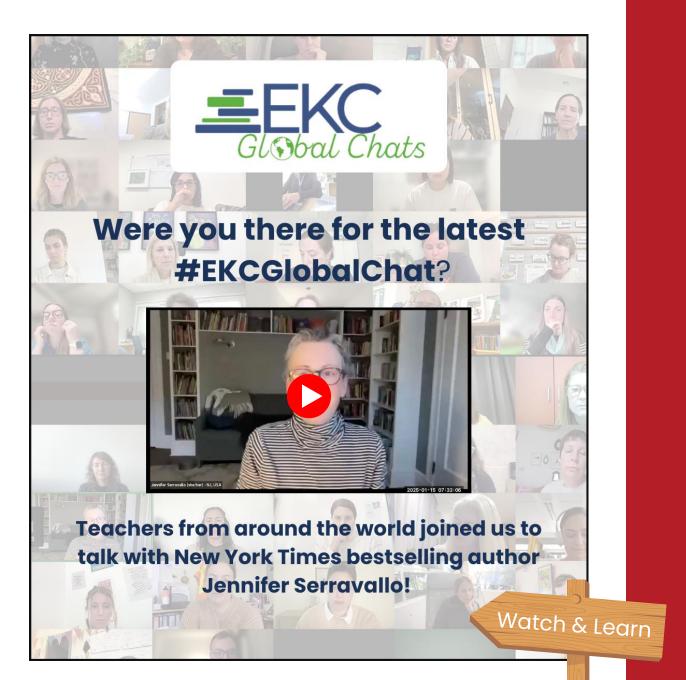
"By setting aside time for introspection, educators can realign with their personal and professional goals, rediscover their passion for teaching, and cultivate the courage to navigate obstacles with grace."

Beyond the classroom, self-reflection and spiritual connection serve as essential tools for personal well-being and professional fulfillment. Educators often give so much of themselves that they forget to prioritize their own growth. The ZEN Pathways Guide encourages teachers to reconnect with their vision, faith, and confidence, inspiring them to pursue success with purpose and significance. By setting aside time for introspection, they can realign with their personal and professional goals, rediscover their passion for teaching, and cultivate the courage to navigate obstacles with grace.

To deepen this journey, enjoy a recorded 20-minute *Awakening Session*: an opportunity to explore how mindfulness, self-reflection, and spiritual connection can help you achieve purposeful success while embracing inner harmony.







Don't Worry if You Missed It!

Here is exclusive access to the replay (31 min) of our chat with Jennifer Serravallo + receive a free learning resource from EKC!

Close Reading Planner





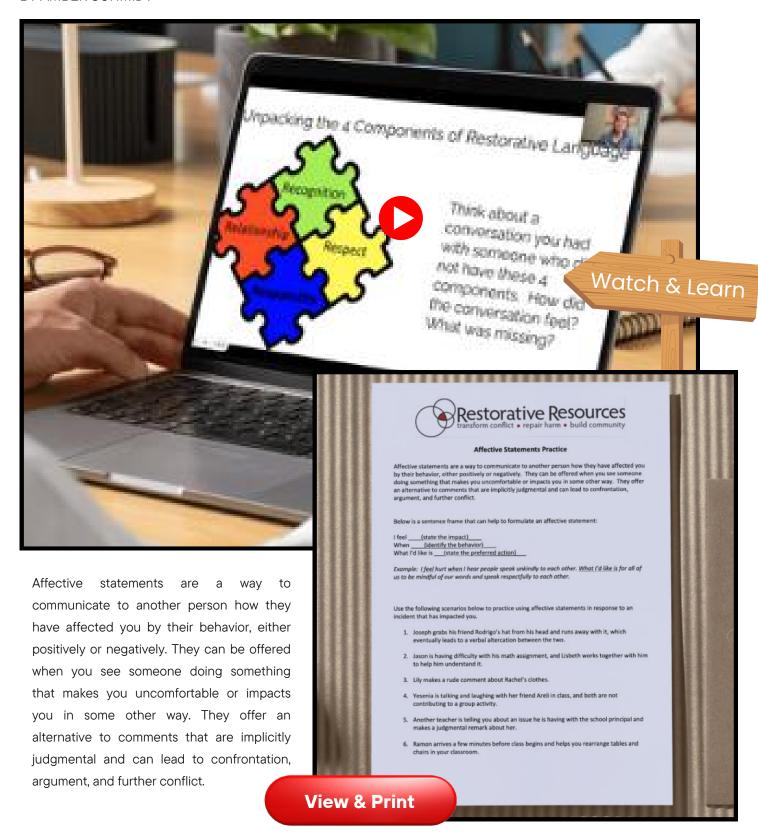
Did you enjoy this chat with Erin Kent and Jennifer Serravallo?

There are more like it every month! Sign up for the April chat with Natalie Wexler now!

Sign Up Here!

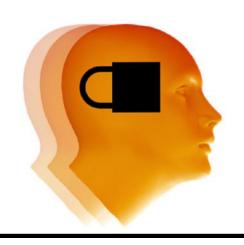
Restorative Language: Affective Statements

BY AMBER SCHMIDT

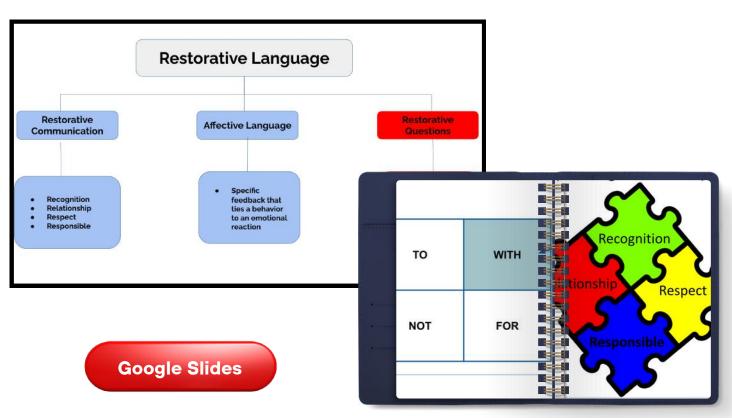


Restorative Language

Language that is <u>intentionally</u> used to build positive relationships and promote understanding.







International Institute for Restorative Practices (IIRP) defines Restorative Practices as a social science that studies how to build social capital and achieve social discipline through participatory learning and decision making.

The use of restorative practices helps to:

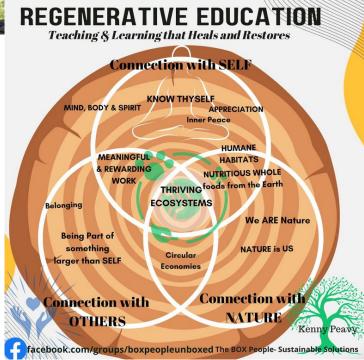
- reduce crime, violence and bullying
- reduce discipline referrals for students in poverty
- improve human behavior
- strengthen civil society
- provide effective leadership
- restore relationships
- repair harm

II. Regenerative Education: Connecting with Others



BY KENNY PEAVY

In a world facing ecological crises, societal division, and rapid technological change, the need for a more holistic, inclusive approach to education is clear. Regenerative Education is emerging as a response to these challenges, focusing on healing, restoring, and nurturing individuals and the broader communities they inhabit. While this framework encourages personal growth and self-awareness, it also emphasizes the essential role that human relationships play in learning and growth. At the heart of this transformative model is the belief that connecting with others is crucial to building a more compassionate, resilient, and sustainable world.



What is Regenerative Education?

Regenerative Education is an educational approach that goes beyond conventional learning. It seeks to foster a deep sense of connection — to oneself, others, and the natural world. The goal is not only academic achievement but also emotional well-being, ecological stewardship, and community resilience. This framework views education as a living, evolving system, one that draws from diverse perspectives and knowledge to nurture both the individual and the collective.

While personal reflection and self-connection are important aspects of Regenerative Education, the process of transformation truly flourishes when learners engage with others. By forming meaningful connections within communities, students develop empathy, collaborate on problem-solving, and build the foundations for a regenerative future.



Why Connecting with Others is Vital

Human beings are inherently social creatures. Our well-being is deeply intertwined with the quality of our relationships.

In the context of Regenerative Education, connecting with others is not simply a social activity — it is a transformative process that allows individuals to broaden their perspectives, co-create solutions, and understand their place within a larger web of life.



1. Building Empathy and Compassion

At the core of connecting with others is the development of empathy, the ability to understand and share the feelings of another. Regenerative Education emphasizes empathy as a foundational skill, one that allows students to step into the shoes of their peers, their teachers, and members of their communities.

By encouraging open dialogue, active listening, and emotional literacy, students learn to see the world from multiple perspectives. This not only strengthens interpersonal relationships but also fosters compassion and a desire to address social and environmental injustices. Empathy helps learners understand that we are all interconnected and that the well-being of one person — or one ecosystem — affects us all.



2. Fostering Collaborative Learning

Traditional education often focuses on individual achievement, encouraging students to compete with one another for the best grades or recognition. Regenerative Education, on the other hand, prioritizes collaboration over competition. It recognizes that the complex challenges we face — whether environmental, social, or political — require collective wisdom and action.

Collaborative learning environments encourage students to work together, share knowledge, and support one another's growth. This type of learning builds community and reinforces the idea that we are stronger together. Through group projects, peer mentoring, and cooperative problem-solving, students experience the power of working toward a shared goal, learning not only from their successes but also from their collective struggles.



3. Enhancing Communication and Active Listening

Meaningful connections are built on strong communication skills. Regenerative Education fosters these skills by teaching students how to engage in deep, respectful dialogue. This means not only expressing their own ideas clearly but also practicing active listening — the ability to truly hear and consider the perspectives of others.



In a world where technology often dominates our communication, face-to-face interaction and attentive listening are more important than ever. When students learn to listen without judgment, they open themselves up to new ideas, build trust, and form stronger, more authentic relationships. These skills are vital for collaboration, leadership, and community-building.

4. Cultivating Community and Belonging

One of the most powerful outcomes of connecting with others through Regenerative Education is the sense of community and belonging it fosters. When students feel seen, heard, and valued within their learning environments, they are more likely to engage deeply and take ownership of their education.

By creating inclusive spaces where every voice is welcome, Regenerative Education helps students form bonds based on trust, respect, and shared purpose. This sense of belonging extends beyond the classroom, influencing how students interact with their families, neighbors, and the broader society. When individuals feel connected to their communities, they are more likely to contribute to the common good and work toward a future where all life can thrive.

How Educators Can Support Connection with Others

Educators play a critical role in creating environments that promote connection, collaboration, and community. By fostering relationships that are rooted in empathy, trust, and open communication, they help students develop the social skills needed to navigate a complex world.

Here are some strategies educators can use to help students connect with others:

- 1. Encourage Group Work and Peer Learning: Create opportunities for students to collaborate on projects, share their ideas, and learn from each other. This not only builds academic skills but also fosters teamwork and mutual respect.
- 2. Promote Active Listening and Dialogue: Encourage students to practice active listening in their interactions. Whether through group discussions or one-on-one conversations, teaching students to truly hear one another builds stronger connections and enhances empathy.
- 3. Create Inclusive Spaces: Ensure that every student feels welcome and valued in the classroom. Celebrating diversity, encouraging participation from all voices, and addressing issues of equity and inclusion are essential for building a supportive community.
- 4. Foster Emotional Intelligence: Help students develop emotional intelligence by teaching them to recognize and manage their emotions. When students are emotionally aware, they are better equipped to understand and connect with others.

How Parents Can Support Connection with Others at Home

Parents also play a vital role in helping children form meaningful connections with others.

Here are a few ways to encourage this at home:

- Model Compassion and Empathy: Show your children what it looks like to treat others with kindness and understanding.
 Share stories from your own life where empathy and collaboration made a difference.
- Facilitate Group Activities: Encourage your child to engage in activities that involve teamwork, whether through sports, clubs, or family projects. This helps them build communication and problem-solving skills.
- Support Social Emotional Learning (SEL): Encourage conversations about emotions and relationships. Discuss with your child how to navigate challenges with friends or peers and how to communicate effectively.

Conclusion

At its heart, Regenerative Education is about healing and rebuilding the connections that sustain life — between individuals, communities, and the environment. By prioritizing connection with others, this educational framework fosters empathy, collaboration, and a sense of belonging, equipping students with the tools they need to create a more just, equitable, and resilient world.

In a regenerative approach, learning is not an isolated experience but a shared journey. The deeper we connect with others, the more we can co-create solutions that benefit the entire ecosystem of life. Let us embrace this model of education that prioritizes relationships, understanding, and the collective wisdom of our communities. By doing so, we lay the groundwork for a regenerative future where everyone can flourish.



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Join Here!



How to Run a Cardboard Challenge at Your School

BY KIMBRA POWER

IIn the last few months, I've been lucky to speak at a couple of conferences; the School Library Association of Victoria (SLAV) conference, "Transforming Literacy" in Melbourne Victoria, and more recently the 21st Century Learning Conference in Hong Kong.

At these conferences, I have presented a session I've named "Library: A Verb Not a Noun. The title stems from ideas I've had about libraries since I was earning my master's in library and media studies back in 2010. I even used the idea for a poem I read at my job interview for the position I've been fortunate to call my 'job' for 13 years now; Elementary Librarian at Shanghai American School, Pudong Campus.

The poem "I Like a Buzzing Library" still resonates all these years later and it's due to the wonderful events we run from our space each year.

Our Cardboard Challenge is an annual event inspired by Caine's Arcade and the Global Cardboard Challenge. Every elementary student participates, with more middle and high schoolers joining each year. It's a full day of open-ended play—no assessments, just creativity, collaboration, and fun!

Families save cardboard at home until challenge month to avoid year-round storage chaos. Students love collecting, counting, and comparing their stash before building whatever they imagine. They work in grade-level groups, with teachers and older student volunteers on hand if needed.

The best part? Watching kids bring their ideas to life with nothing but cardboard, creativity, and so. much. fun.

HOW TO GUIDE

I like a Buzzing Library

I like a buzzing library A library full of kids Hanging from the rafters Juggling laptop lids

I like a busy library Bulging at the seams Can I find a book for you On what migration means?

I like a happy library With humor, fun and games Staff will know just what you want And learn all of your names

I like a techy library Podcasts and E books Movies made of great book talks Leave you on tenterhooks

I like a cozy library, Cushions, bags of beans Secret spaces, comfy chairs Lead you to your dreams

I love a 'Kimbra Library' I've wanted one for years With Kimbra here and Kimbra there Hearing all your cheers

A Kimbra who is passionate that reading is such fun

A Kimbra finding special books for each and every one

A Kimbra who has studied hard to fine-tune what she knows

A Kimbra watching all the kids, as their knowledge grows

-Kimbra Power



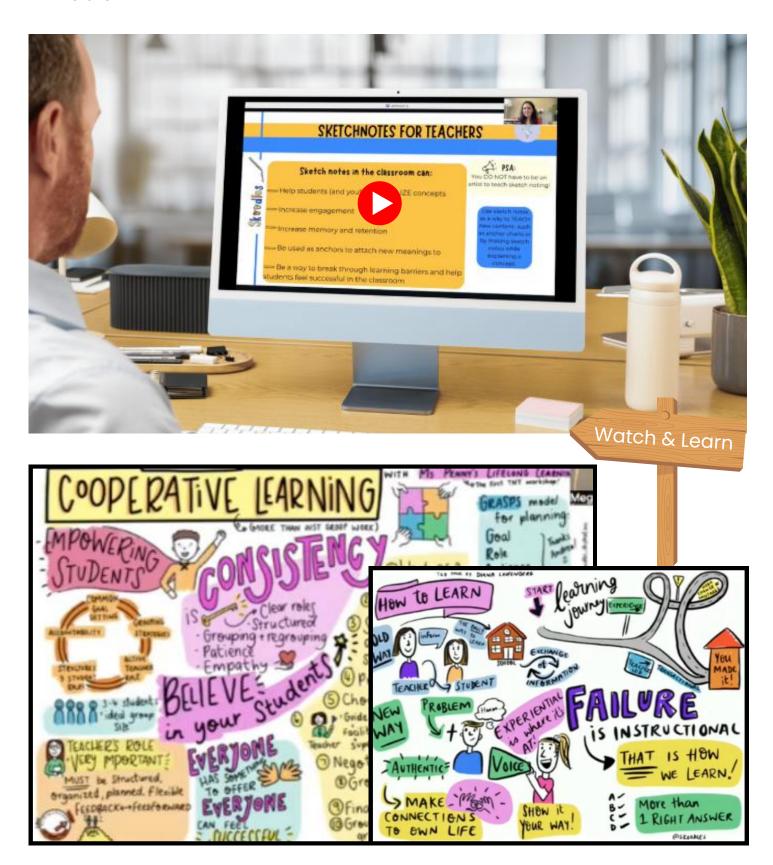


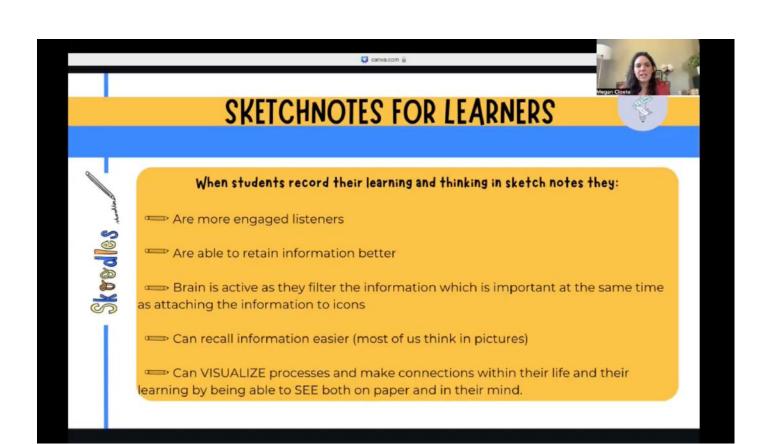




Sketchnotes for Teachers

BY MEG CLOTE





Sketchnoting is a creative way to take notes using words and visuals for better learning.

Benefits:

- Improves retention Visual notes make learning stick.
- ✓ Boosts engagement Encourages active listening.
- Enhances creativity Sparks deeper thinking.
- Supports all learners Accessible and flexible.

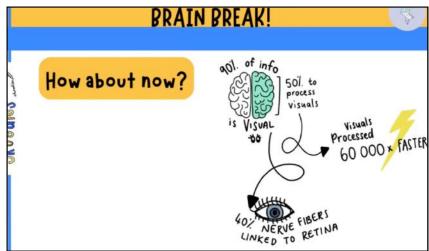
Perfect for lessons, brainstorming, and student comprehension!

Use the link below to watch the full training including Sketchnotes for Students and a fun brain break about the power of sketchnotes!

Watch Here







Social Justice Education

BY STEPHANIE JOHNSON

Empowering Young Minds

In today's diverse and interconnected world, teaching social justice is more important than ever. Classrooms are not just places for academic learning—they are spaces where students develop empathy, critical thinking, and a sense of fairness. To support educators in fostering these essential skills, we're excited to introduce a Free Social Justice Discussion Guide for elementary students; a resource designed to help teachers facilitate meaningful conversations about fairness, inclusion, and equality.

Why Social Justice Education Matters

Social justice education is more than just a trending topic—it's a necessary part of preparing students for the world beyond the classroom. Teaching children about fairness and equality helps them develop:

- Critical Thinking Skills: Students learn to analyze issues, ask important questions, and consider multiple perspectives.
- Empathy and Compassion: When children hear diverse stories and experiences, they learn to understand and respect others' struggles.
- Confidence to Speak Up: Social justice lessons empower students to recognize unfairness and take positive action in their schools and communities.
- A Sense of Belonging: Inclusive classrooms create safe spaces where every child feels seen, heard, and valued.

As Dr. Martin Luther King Jr. said, "The function of education is to teach one to think intensively and to think critically. Intelligence plus character—that is the goal of true education." By integrating social justice into everyday lessons, educators are not just teaching content—they're shaping the values that will guide future generations.

EDUCATION IS
THE MOST
POWERFUL
WEAPON
WHICH YOU
CAN USE TO
CHANGE THE
WORLD.

-Nelson Mandela

Addressing Pushback: What Teachers Can Do

Despite its benefits, teaching social justice can sometimes be met with resistance from parents, administrators, or even colleagues who may misunderstand its purpose. Here are some ways educators can address concerns and continue this important work:

- 1. Communicate the Educational Value Emphasize that social justice education is about teaching critical thinking, respect, and empathy, not pushing a political agenda. Show how it aligns with state standards and social-emotional learning goals.
- 2. Use Age-Appropriate Language and Materials Select books and discussion topics that are developmentally appropriate and focused on universal values like fairness, kindness, and justice.
- 3. Invite Open Dialogue Encourage conversations with concerned parents or colleagues. Share lesson plans, book selections, and the purpose behind your teaching approach.
- 4.Lean on Professional Organizations Groups like Teaching Tolerance (Learning for Justice), the National Education Association, and the Anti-Defamation League offer research, resources, and professional development to support equity in education.
- 5. Build a Support System Connect with likeminded educators who share your commitment to social justice teaching. Having a community of support can help you navigate challenges and share best practices.

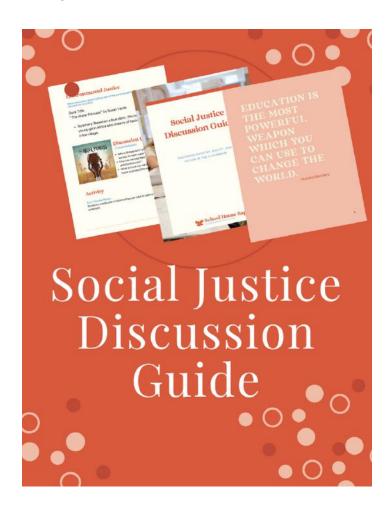
Grab Your Guide

Take the Next Step

Join us in this mission to inspire change in young minds. Together, let's build classrooms that champion fairness, equity, and a brighter future for all.

Ready to spark powerful conversations in your classroom?

<u>Download the free Social Justice Discussion Guide</u> <u>today</u> and take the next step in shaping the changemakers of tomorrow.





Discussion Questions

A Quick Reflection

- Why is it important for everyone to have access to clean water?
- How can we help take care of the Earth and its resources?
- What actions can we take at school or home to protect the environment?

The Power of Learning Together Through Books

BY SYBIL HALL







Reading is often seen as a solitary activity, but when we engage in shared reading experiences, the impact multiplies.

- Deepens comprehension
- Strengthens critical thinking
- ▼ Fosters emotional connections

Collaborative learning through book clubs encourages diverse perspectives, helping readers challenge assumptions and expand their understanding of the world. Studies indicate that social learning environments improve retention and engagement. When people talk about what they read, they remember more and apply insights more effectively to their lives.

- ✓ Increased motivation
- Greater inspiration
- ✓ Enhanced sense of professional and personal fulfillment

By reading together, we build relationships, learn from one another, and create a shared sense of growth. Whether discussing strategies for well-being, financial literacy, or classroom practices, book clubs create a meaningful space for lifelong learning.

Teachers Need Teachers is an international community of educators reading both professional and personal books to build more fulfilling lives. Each month, we dive into a new book, sharing insights, challenges, and ideas to grow together.

This month, we're discussing Balance: How to Invest and Spend for Happiness, Health, and Wealth. Next month, we'll explore Burn Bright, Not Out: 35 Lessons That Cultivate Teacher Well-being, and the list keeps going—one book, one conversation at a time.

<u>Join us</u> or start your own book club with our guide! Here's a free resource to help you host your first gathering and build meaningful connections through learning.

Book Club Guide



COOPERATION IS THE KEY TO LOVE

BY PENELOPE PAREJA JARILLO

Let's talk about THE collaborative learning experience!

In the classroom, fostering a spirit of collaboration and cooperation is essential to nurturing lifelong learners. But have we truly understood the difference between cooperation and collaboration? More importantly, how can we empower our students by giving them the right cooperative learning tools?

When we think of cooperative learning, certain words come to mind—teamwork, shared goals, problem-solving, and communication. But what about collaboration?

Cooperation vs. Collaboration: Friends or More?

The terms are often used interchangeably, yet there is a fundamental difference between the two.

Cooperative learning is structured students work together in small groups, each with assigned roles, contributing to a common goal. The teacher facilitates, ensuring each student has an active role and an equitable voice.

Collaboration, on the other hand, is a more fluid process—students take ownership of their learning and contribute dynamically, often determining their own roles as they engage in inquiry.

Both cooperation and collaboration are vital to the learning process, and as educators, we must provide the right scaffolds to support students as they move between these modes of learning.

Operation Cooperation: Why It Matters

As one of my colleagues often says:

"Hands-on investigation, authentic application of skills, and student input are far more memorable for children than anything else. It enables transfer of understanding, lifelong learning, and supports a sense of ownership."

- Susan Powers, PYP Teaching Tools

Indeed, cooperation promotes:

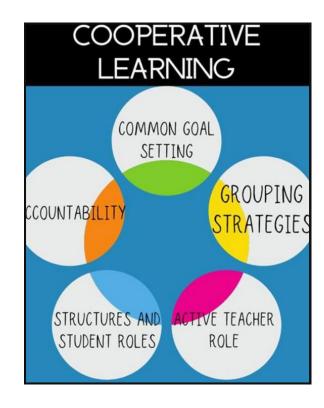
- The development of Approaches to Learning (ATL) skills
- Student agency, self-esteem, and a sense of achievement
- Self and peer assessment

Structuring Effective Cooperative Learning Experiences

So, how do we plan for cooperative learning that leads to meaningful collaboration? Consider these strategies:

1. Forming Small, Purposeful Groups

The most effective cooperative learning experiences take place in small groups of 3 to 5 students. The goal should be clear—structured by the teacher or guided by students, depending on their level of independence. Assigning roles ensures accountability and promotes deeper engagement.





2. Shifting the Teacher's Role

As educators, we transition between being guides, facilitators, and supervisors depending on the inquiry phase. Trevor Mackenzie's work on scaffolding inquiry is a valuable resource for understanding when to step in and when to step back.

3. Teaching Collaboration Explicitly

Students need explicit instruction and practice in collaboration. Patience and consistency are key.

The following skills should be nurtured:

- Group discussion
- Problem-solving
- Constructive criticism
- Accountable talk
- Critical and creative thinking
- Delegation and leadership
- Tolerance and empathy
- Time management

4. Designing Meaningful Tasks

Tasks should be thoughtfully structured to ensure active participation. Inquiry-based learning thrives when students feel their contributions matter. Encourage students to share their thinking, challenge perspectives, and co-construct understanding.

5. Flexible Grouping Strategies

Grouping and regrouping should be intentional and dynamic, based on strengths, learning styles, and areas for growth. Consider how students complement one another's abilities, ensuring that each member has something valuable to contribute.

6. Embracing Healthy Competition

While we focus on cooperation, a sense of friendly competition can be motivating. The key is solidarity within teams, ensuring students are working together toward a common goal without fostering exclusionary rivalry.

A Lifelong Skill Beyond the Classroom

Cooperative learning isn't just about academic success—it's about building essential life skills. By fostering cooperation, we are preparing students to navigate relationships, workplaces, and communities with confidence and empathy.

So, are cooperative learning and inquiry partners in education, or are they merely "friends with benefits"? The answer lies in how we design learning experiences. When done right, cooperative learning empowers students to take ownership, make meaningful connections, and develop a love for lifelong learning.

Let's Keep the Conversation Going

How do you integrate cooperative learning in your PYP classroom? What has worked well for you? What challenges have you faced?

Let's explore and refine our approaches together—after all, cooperation is the key to love in learning!

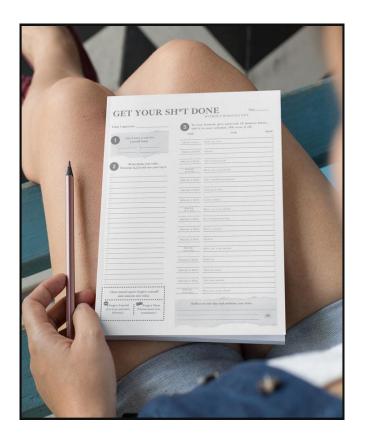




Workshop Slides

Exhausted from doing school work all weekend? Try This.

By: Sybil Hall



I see you—grading, planning, catching up on emails—spending your weekend working just to stay afloat. I've been there, too.

I was an educator for 20+ years, and I know how easy it is to let work take over your time. That's why I had to crack the productivity code—to get things done without sacrificing my wellness. Now, as an entrepreneur, I use this simple *Get Your Sh*t Done Page* daily to stay productive and take care of myself and you can do it too.

- ✓ Brain Dump, Prioritize, Time Block
- **b** Work for 25 minutes
- Take a 5-minute break (stretch, breathe, grab water)
- After four rounds, take a 15-30 minute break

This system has helped me get more done in less time while actually making space for myself. Now, I'm turning it into a wellness productivity planner, and I'd love your feedback before I go into production turning this page into a spiral daily wellness productivity planner!

How to Help:

- 🖶 Print the one-pager.
- Use it for a day or more.
- Take 5 minutes to give me feedback on this form:

If you're tired of spending your weekends working, this could be a game changer. Try it out, and let me know what you think!

Daily Planner



Teachers Need Teachers

This magazine is here to support and uplift educators with free professional and personal growth resources. Thank you for reading! Our mission is simple: to put valuable professional and personal learning into the hands of teachers everywhere. If something here has inspired you, consider sharing it!

Snap a screenshot and print this page to post in your teacher's lounge. This small gesture of sharing offers others the gift of learning and connection.



