

## Week 1

Theme Week: Safety

### QUOTE OF THE DAY:

**“Being vulnerable doesn’t have to be threatening. Just have the courage to be sincere, open, and honest. This opens the door to deeper communication all around. It creates self-empowerment and the kind of connections with others we all want in life.”**

**—Sara Paddison**

### Resources Required

- None

### Teacher Self-Reflection

Recall some of your fears and worries during elementary school.

## Sharing Vulnerability

### Background Knowledge

There is a huge amount of power and strength in being vulnerable and honest. Students love to hear comments and stories about their teachers’ fears, concerns, and challenges. Your honesty and openness eases their own fears, helps them relax, and builds connection in the room. My most supportive teachers and mentors were willing to share their fears, vulnerabilities, and challenges.

All of your students come to school and to your classroom with a lot of fears and worries. Fear, in fact, is at the root of many of your students’ acting-out or withdrawing behaviors in class. When you address fears, you can reduce these distracting behaviors. Your willingness to talk about your own fears and concerns helps to create a sense of safety in your room.

### Activity for the Day

1. **Today we are going to focus on creating safety and building connection by talking about our fears.**
2. **Like all of you, I had my own fears as a young student. I can remember \_\_\_\_\_. (Share fears and concerns that you had as a young student.)**
3. (Next, interject the fears that you just expressed into these questions. Possible fears: missing the bus, being bullied, forgetting homework, receiving a low grade, getting up in front of class, or having no friends.) **How many of you are afraid of \_\_\_\_\_? Raise your hand. How many of you are afraid of \_\_\_\_\_? Raise your hand. How many of you are afraid of \_\_\_\_\_? Raise your hand. How many of you are afraid of \_\_\_\_\_? Raise your hand.**
4. **Even now, I still have fears as a teacher. For example, I \_\_\_\_\_.**
5. **We all have fears and it helps to share them. You will learn how much we all have in common, and you will begin to feel more connected to each other. This will help us to create a sense of safety in our classroom.**

