

Exploring Pathways to Well-Being for Educators and Students = Stronger School Communities

ISTE—2024
Denver, CO

<https://bit.ly/2024ISTEDenver> Case sensitive

Critical question




Question mark, Pixabay

Where does technology fit in when working to establish school communities that offer all stakeholders the social and emotional support necessary to move forward both on and off-line?

<https://bit.ly/2024ISTEDenver>

Case sensitive


Why do I care?



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Case sensitive

Online agenda

ISTE 2024: Online Agendas for Sessions



Little Learners BIG Ideas: Applying ISTE Standards to Early Childhood Education STEM, Virtual Tangram Activity

Exploring Pathways to Well-Being for Educators and Students = Stronger School Communities

Return to ISTE Conference listings.

Edit

<https://bit.ly/2024ISTEDenver>

Online agenda

ISTE 2024: Exploring Pathways to Well-Being for Educators and Students = Stronger School Communities

Opening

Today's critical question

Opening discussion

Community

Shoulder Partner Conversation

What about Community?

Your thoughts

Building Community

Shoulder Partner Conversation

Brainstorming Activity (IdeaBoardz)



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Three things

Let's take a deeper look...

- Community—its importance
- Community building
- Well-being's role



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Community—a discussion



“The way schools care about children is reflected in the way schools care about the children’s families. If educators view children simply as students, they are likely to see the family as separate from the school. That is, the family is expected to do its job and leave the education of children to the schools. If educators view students as children, they are likely to see both the family and the community as partners with the school in children’s education and development. Partners recognize their shared interests in and responsibilities for children, and they work together to create better programs and opportunities for students.”

Joyce Epstein, “School/Family/Community Partnerships,”

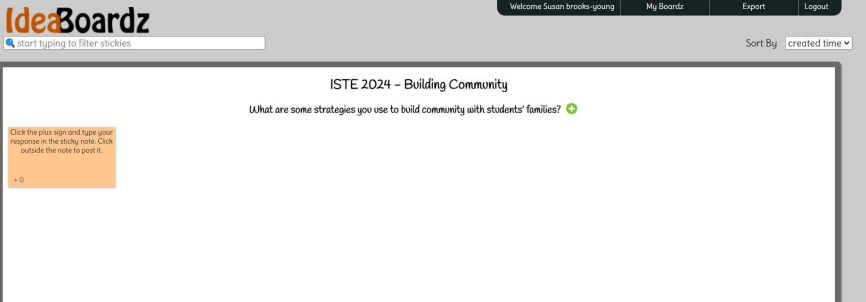
Your experiences



Building Community—Ideaboard



Building Community



The screenshot shows an IdeaBoardz interface. At the top, there is a navigation bar with the user name 'Susan brooks-young', 'My Boardz', 'Export', and 'Logout'. Below this is a search bar with the placeholder text 'start typing to filter stickyies' and a 'Sort By' dropdown menu set to 'created time'. The main workspace area is titled 'ISTE 2024 - Building Community' and contains a sticky note with the text: 'What are some strategies you use to build community with students' families?'. A small orange box on the left side of the workspace contains instructions: 'Click the plus sign and type your response in the sticky note. Click outside the note to post it.' and a '+0' counter.

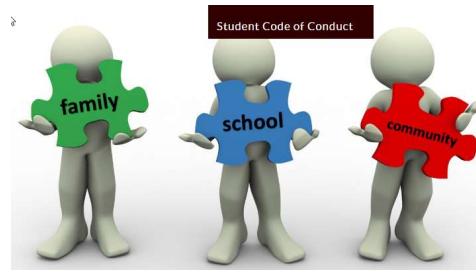
Six Types of Involvement

- Parenting
- Communicating
- Volunteering



Six Types of Involvement

- Learning at home
- Decision making
- Collaborating with the Community



Your thoughts



Where does well-being fit in?

Teacher wellness has been linked not only to teachers' physical health, but also to stability in schools and to teaching effectiveness and student achievement.

Alexandra Cox, Bonnie Solomon,
Dominique Parris

Well-being Basics



Gratitude

- Be specific when expressing gratitude
- Greet parents & students
- [Gratitude board](#)



Getting focused

- Pre-work ritual
- Get enough sleep
- Remember to breathe



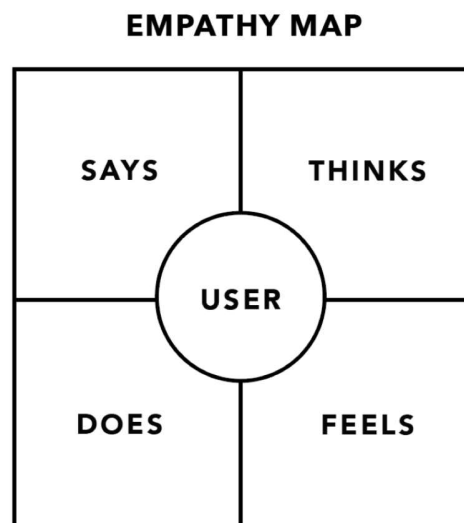
Being positive

- Share good news with families
- One good thing
- Use positive self-talk



Empathy

- Empathy maps
- Home visits
- Get to know one another



Kindness

- Second chances
- Secret acts of kindnesses
- Make your classroom a safe space



Movement



- Exercise regularly
- Chair yoga—Cat/Cow, Raised Hands, Eagle
- Take a walk

Which areas
resonate
with you?

- Choose one or more areas to explore more closely
- Reflect briefly on your choices

Maya Angelou

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."



Additional resources

Well-Being Resources
 By Susan Brooks-Young and Sara Armstrong

Table of Contents Overview Education Connections At Work Readings Getting focused Empathy Gratitude Acts of Kindness Get Moving Being Positive


The Science of Well-Being Working with Purpose It's Time for the Self-Care Talk Why science says you deserve to be happy

Overview

This LiveBinder features resources shared during a workshop presented by Susan Brooks-Young and Sara Armstrong.

Check out our book, [Pathways to Well-Being: Helping Educators \(and Others\) Find Balance in a Connected World](#).

For more information, email Susan at sjbrooksyoung@gmail.com or Sara at saarmst@telis.org.



https://theme1.telis.flour.com/200/2141/0732200_00ed6be31.jpg

By: [@sGazette5am](#)

Draft your plan

Focus Area:	
I envision using this area to build community by:	
Activity 1	
Activity 2	
Activity 3	
I will know this is working when:	
Notes	

Your ideas



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