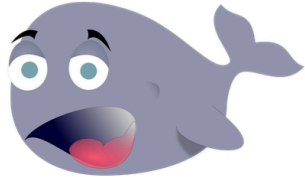


# The Whole Teacher

Helpful Hint  
submitted by Brittany McCleery  
Cather Elementary K-5  
[blmccleery@mpsomaha.org](mailto:blmccleery@mpsomaha.org)

As embarrassed as I feel to admit this to anyone, let along my colleagues (and the world, I guess. It IS the internet), I was very burnt out last year. I had just come back from maternity leave and was teaching everything according to my district curriculum but I was not finding very much joy in it. I was reflective and was trying new things, so I knew it wasn't from a lack of trying. I could not figure out the disconnect and even asked myself "Do I even want to be teaching music anymore?" \* insert gasp here \*



## THE WHY

- Teaching Year 7 - Exhausted, Volatile, Bored
- I love kids, I love learning, I love music - Where is the disconnect
- Personal life - Weight gain, negativity, apathy

\* While I still taught all my curriculum with integrity, I was not having fun last year and I was trying my best to hide it from everyone.

**\*What is your why?**

## 4 STRATEGIES TO BECOMING A WHOLE TEACHER

- Daily Meditation
  - How?
  - Why?
- "I can't say yes"
  - Taken from Unshakeable by Angela Watson
- Yoga/Mindfulness in the classroom
  - Benefits for students
  - Benefits for you
- Work/Home Balance
  - Setting guidelines for the work you take home


In my desperation to figure out my life, I decided to take a grad class called THE WHOLE/MINDFUL TEACHER. While in this class I had a realization. I had to reconnect with my WHY and I needed some strategies to avoid burnout. (See pictures for more)

So why share this truth about myself? I want teachers at any point in their career who are feeling burnt out or unhappy to know that being unhappy and exhausted doesn't have to be your normal. You are not alone; you do not have to stay unhappy and you can find the joy of teaching once again. I did!

## CREATING A SOLUTION

- Learner's Edge Course
- Unshakeable by Angela Watson
- Headspace - App - Beginner Meditation

Mind Full, or Mindful?



WHAT WILL YOUR FIRST ACTION STEPS BE?

