

COURSE NOTEBOOK

Tools for Creating a Calm Classroom: Deep Breathing

DECEMBER 10, 2019 // 8:00PM EST

Led by
Carol Moehrle



Coaching Series

LIVE
MONTHLY
MEMBER BENEFIT

Hello, everyone,

My name is Carol, and I'm the one behind the b-Resilient posts you receive in your Friday "Tip of the Week" from The Daily CAFE. My passion is helping teachers find tools to help them maintain a calm balance in the classroom and in daily life.

Breathing is the essence of being and the critical factor in finding calm. I can't wait to share my breathing technique with you so you can incorporate it into your daily routine at home and school.

A handwritten signature in a cursive script that reads "Carol".

Getting ready for December coaching

before *Do this*
Tuesday



Please take time to reflect and answer the following questions before our session on Tuesday.

Think of one or two benefits of having a calm classroom.

What do you currently do to calm your classroom? Now ask yourself, are these techniques working?

List one or two resources you could use to help maintain a calm classroom.

What we'll discover during the December session

- One strategy for calming individual students and the entire classroom
- A personal walk-through of a quick breathing exercise for you to use in your classroom that will work with any age group
- Identifying triggers that cue you for the need to restore the calm in the classroom
- The benefits of finding calm with deep breathing

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Deep breathing offers many benefits in creating a culture of calm in the classroom.

List four benefits of deep breathing.

1. _____
2. _____
3. _____
4. _____

Every day, certain triggers can alert you to the need to change the energy in the classroom.

Identify classroom triggers that cue you for the need to restore the calm in the classroom.

Steps to cover in a deep breathing exercise:



How do you create a culture of calm?

Share a technique that works for you in your classroom!



Tag us on Facebook and Twitter @thedailycafe or on Instagram @the_daily_cafe and use the hashtag:

#TDCcoachingseries



SPECIAL COACHING SERIES BEGINS JANUARY 7!

A promotional banner for a book study. On the left, a purple and orange graphic contains the text "The CAFE Book" in white, "EXPANDED SECOND EDITION" in white on an orange background, and "Book Study" in a large, blue, cursive font. Below this, it says "LIVE EVERY TUESDAY AT 8PM EST" in white on a blue background, and "JANUARY 7-FEBRUARY 18" in white on a black background. On the right is the book cover for "The CAFE Book: Engaging All Students in Daily Literacy Assessment and Instruction, Expanded Second Edition" by Gail Boushey with Allison Behne. The cover features a photograph of a teacher and a student looking at a literacy assessment chart.