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A Moment for Teachers: Self-Care for Busy Teachers - 101 Free Ways for Teachers to Become More Inspired, Peaceful, and Confident in 30 Seconds

By Alice Langholt

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.HOW TO USE THIS BOOK You will need 30 seconds. That's all. Start at the beginning, or turn to a random page. Every page has a title, a benefit, and simple directions. Read and complete the task on the page. If you know that you are in the mood for a creative, confidence-boosting, stress-releasing, or peace-promoting task, use the Index at the back of the book to choose the one that fits your interest. Notice the positive changes you go through because you took that 30 second break. Many of these tasks can also be shared with your students, allowing them to benefit too. The changes you'll experience will last for far more than 30 seconds. You'll find yourself gaining more presence, patience, confidence and becoming much happier if you do this regularly. The energy in your classroom will positively change, and your students are sure to notice too. Using this book could become a wonderful little daily ritual. By the way, the writing tasks have a blank page beside them for jotting your notes....



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Reviews

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