



As guest contributor to this special edition of the Mentor Minute, Sandra Thompson (Thanks Sandy!) reflects, "Imagine juggling ten balls at one time; will you catch them all? Of course not: Following the awesome Smart Start Conference with the massive amounts of information being delivered daily, I realized, no matter how hard I tried to retain all the information, it was an impossible task. In my defining moment, I came to the conclusion that I needed to find one or two take a-ways from each session and implement them in my daily practice."

"Reflective practice is not something we do when we have time. It is something we must make time to do" (Kennedy, 2018). Incorporating time for reflection offers opportunities to generate new ideas and solutions to problems we have in our lives and work along with recognizing what is going well (Kennedy, 2018).

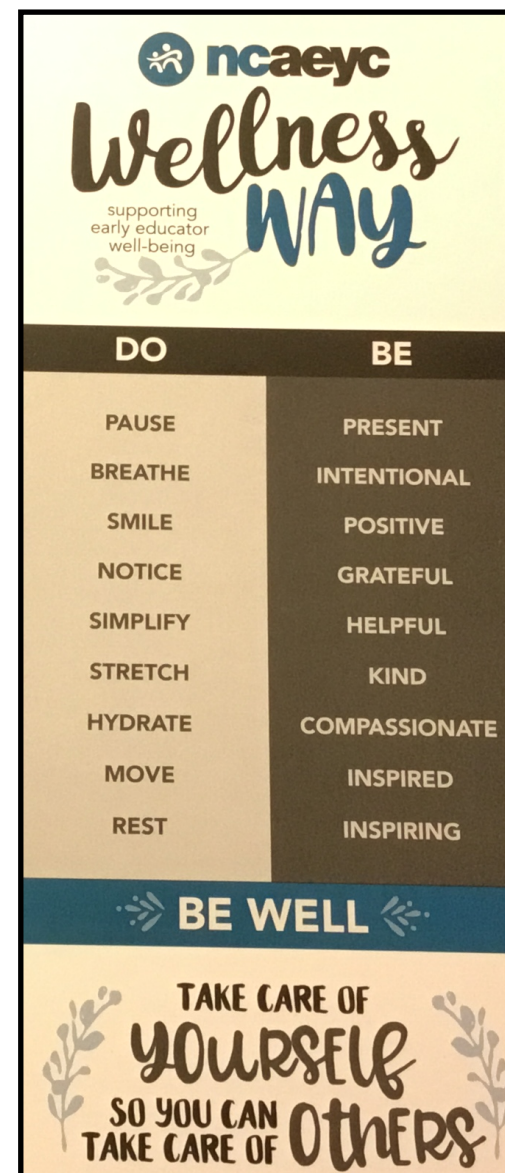
As we reflect on our year, let's choose one or two epitomizing moments that really resonated with us this year and create an action plan for the upcoming school year, being sure to include some 'me time.' Self-reflection & self care conveys to us that it's okay to pause and smell those beautiful flowers, take some deep breathes, and love on you!

### **Strategies:**

- Creating time and space to recharge (walking, yoga, reading a new book, learning a new skill, enjoying nature, and planning new experiences)
- Complete concrete work tasks (clean out files, writing notes, organizing information/files) as you wind down the year
- Plan opportunities to connect with colleagues to celebrate the year to celebrate teachers and your own growth (informal coffee dates, lunch, end of year meetings/trainings, WebEx, phone)
- Planning time for on-going reflection

### **Questions to Promote Reflection**

- What are you most proud of this year?
- What new ideas/strategies did you learn from colleagues/teachers this year?
- What conversations with colleagues stand out this year as meaningful?
- What was your ah-ha moment?
- Thinking of about next year, what would you like to do differently or incorporate for next year?



*Special thanks to Lorie Barnes, Executive Director of NCAEYC for sharing this Wellness visual*

### **References:**

- Kennedy, A. (2018) Making a Commitment to On-going Learning.
- Please be sure to also visit the EESLPD Useful Resources tab to explore the **Reflection section** under the Mentor/Evaluator Additional Resources section.