Promoting Connectedness to Support Learning & Well-Being
A map for getting to green

How we show up matters and is connected to interpersonal & systemic influences and resources:

Culture & Context

Remembering that each of us has our own perspective that informs and is informed by past and present experiences and location(s), as well as future aspirations.

- How can I do this work in ways that honour, sustain, and draw from my own cultural connections while honouring those of others with whom I am working? How might the ways in which I show up shape the culture of my shared workspaces?
- How am I maintaining an awareness of where I come from? How am I influencing the world around me?

Care & Community

Remembering that the work of education is primarily relational, which has implications for our practice and well-being.

- Am I getting what I need to be sustained in this work? Am I contributing to what others need?
- Who can I rely on for support for what I need to thrive? How am I building up the community to support others?

Checking in **with ourselves first**. "How am I?" Taking a moment to ask this helps us notice sensations in the body so that we might address needs in the moment and moving forward.

Grounding is one way to help us to quiet our bodies and minds and be present by intentionally (i.e. mindfully) focusing on experiencing one thing, whether through the body (stretch, breathe, hum), the arts (dance, draw, listen to a song, reflect on a poem or quote), the natural world (feel the elements, care for a pet or a plant, listen to your surroundings), or in another way that helps you feel settled and calm.

Modelling is important; these reflective starting points might help.

Compassion: How can I show care for myself and all people in ways that honour our interconnectedness?

Calm: How am I experiencing relaxation in my body?

Confidence: How might I trust my connections to the natural world, the ancestors, and other beings to live my purpose?

Clarity: How might I be mindful of my own bias and stay focused on what matters most?

Curiosity: How am I staying open and non-judgemental to my own and others' experiences?

Creativity: How can I remain open to possibilities and hold the attitude that the solution is not found yet?

Courage: How am I facing challenges with integrity and acting in line with my values, even when I do not know what the outcome may be?

Connectedness: How am I nurturing attachment to my values, to my community, to the land, and to my self (including how I maintain healthy boundaries)?

Cultural Responsiveness & Humility

Proportionate Responses & Reports

How might I invite & support those around me to be grounded & ready to engage?

Where/how might I provide time & space for reflection?

Where/how might I provide opportunity for choice?

Am I modelling...

Compassion · Calm · Confidence · Clarity · Connectedness · Courage · Creativity · Curiosity

Start here
Have I taken a moment to check in with my body and my surroundings and to "ground" myself?

Culture

Context

How might I foster open communication & vulnerability in safe ways?

Where/how might I provide time & space for shared joy & connection?

Community

Care

Trauma-Informed Practices

Strengths-Based Approaches

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