

# NEW SCHOOL YEAR RESET: EMBRACING A FRESH START

Teaching with CLASS® Podcast  
Season 4 Episode 9  
Guest: Kate Cline



## + Connecting to the Present Moment:

- Take a deep breath in moments of distraction and anxiety.
- Reconnect with the present moment to be fully present for your important work.

## + Reconnecting to Your Why, Who, and What:

- Reflect on your educator's why – the values and ideals that inspire you.
- Consider the who – students, colleagues, and yourself.
- Stay curious and build relationships with students, colleagues, and yourself.

## + Taking Care of Yourself:

- Prioritize self-care – eating well, exercising, and getting good rest.
- Stay curious and continue learning to inspire others.

## + Reflecting on Your Classroom Practices:

- Create a "woulda, coulda, shoulda" notebook for reflections.
- Reflect on what went well and areas for improvement each week.

I believe that amazing things are on their way toward you right now. You'll be ready for them by taking the time to stay connected each day to your why, your who—especially yourself—and your what.

You're ready, and you've got this!