

# A Moment for Teachers

Self-Care for Busy Teachers

101 ways for teachers to  
become more inspired,  
peaceful, and confident  
in 30 seconds



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# **A Moment for Teachers**

**self-care for  
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101 free ways for teachers  
to become more inspired,  
peaceful, and confident  
in 30 seconds

Alice Langholt, MJS

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## DEDICATION

I started teaching long before I acquired official certification. I taught for fun – directed plays, taught drama. I even taught Sunday School. I did this because I was terribly bored with my daily job in sales. Teaching was my chance to have a good time. It was my boyfriend (now husband), Evan, who knew me well enough to be able to see me completely and told me to get my teacher certification. I dedicate this book to him, in gratitude, for pushing me in the right direction.

Also, a special thank you to Ralph Belvedere, my student, friend, and a dedicated teacher, who suggested that I write this book. Ralph, thanks for being another person who nudged me in a direction that makes sense.

## 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. This means that all you need for those is a pen. If there isn't a pen nearby, use a pencil. Even a broken crayon will work. You probably have plenty in your classroom. It's ok to write in the book. Later, when you read what you wrote, it will become part of your reflective process, displaying how you've grown.

## Start the Year Right

At the start of the school year, instead of resolutions, make this short list:

- 3 qualities you want to keep
- 3 ways you want to grow
- 3 things you're ready to release

Tips:

- Try this alone or with your students.
- Review the list after the winter break.

Write your answers below: (Neatness doesn't count. Write and doodle all over the page if you feel like it.)

## **Ask Yourself**

Breathe peacefully for 10 seconds and ask yourself:

**On the last day of this school year,  
what do I want my greatest success  
to be?**

Write down whatever comes to mind on the page to the right.

Read it.

Come back and review it whenever you feel like you need a reminder.

Alice Langholt

# My Notes:



## **Say Affirmations**

To realign yourself with positive energy, attract more good things into your life, and increase optimism, say each of these aloud and with feeling:

**I connect with my students and support their growth.**

**I feel joy when my students succeed.**

**Each day is a new opportunity to make a difference in the lives of my students.**

## If You Could

Imagine that you are writing an anonymous letter to a newly hired teacher at your school. **What frank advice would you give to help the person be successful and acclimate quickly to the new position? Think of what you'd advise.**

Afterward, consider:

- What advice did you give that you wouldn't be able to tell someone in person?
- What advice would have helped you most back when you started?
- If you weren't giving the advice anonymously, how would you communicate the best of this advice in a positive and productive way?
- What parts of that advice would help YOU now?

## **Wisdom Break**

Access and express some of your accumulated wisdom. Surprise! You're wise!

On the page to the right, write your answers to:

**Three things I love about teaching**

# My Notes:



## **Celebrate Great Moments**

Have a jar in your classroom. Whenever something memorable happens, write it on a small piece of paper and put it into the jar.

Students can be allowed to contribute too.

During the last week of school, or before winter break and again before summer break, read them with your students to reminisce and celebrate the year.

## Just for Today

Sometimes, teachers can find their day taken up by the students who need a lot of attention and help.

Today, spend a few minutes talking with the student who seems to need the **least** attention. You'll make that student's day brighter.

## Make a Success List

Do this for yourself on the next page, and keep a running list in your classroom too.

On a big piece of paper, write "**Successes**" as the heading. Each day, add to the list.

Even small things can make a difference. Let students put their names next to their accomplishments, and also include group ones. Completing a challenge, mastering a new concept, or even an act of kindness can make the list.

Review the list several times a year as it grows.

## My Successes:



## **Energize Your Creativity**

This is called the Cross March in Energy Medicine. It is used to connect the right and left brain activity, as well as stimulate creative thought and clarity. It's helpful for both students and adults.

For 30 seconds, march with your knees high, swinging the opposite arm and leg forward at the same time. So, when your left knee is up, your right elbow should be swinging forward.

After 30 seconds of doing the Cross March, relax for a bit and you will notice how great you feel.

Tip: Try this alone, or with your students.

## **If You Could**

Imagine you could be invisible and observe one of your students talking to his parents about his day.

What would he say? What would his parents say in response?

Imagine the whole scene in detail.

Afterward, consider:

- How did this exercise help you see things from this student's perspective, and what did you learn?
- How did it affect the way you feel about this student?

## Ask Yourself

On the page to the right, write **5 qualities of an ideal student**.

Then, ask yourself which of these qualities **you** bring to the classroom.

What can you do to strengthen each of those qualities in yourself?

# My Notes:



## **Say Affirmations**

To realign yourself with positive energy, attract more good things into your life and increase optimism, say each of these aloud and with feeling:

**I am innovative.**

**I tap into an unlimited flow  
of creativity.**

**My enthusiasm is contagious.**

## **Just for Today**

No interrupting. Let those who speak to you be fully heard. Don't craft your response while listening, but instead, be fully present while they are speaking.

Notice how this changes your interactions.

## **Wisdom Break**

Access and express some of your accumulated wisdom. Surprise! You're wise!

On the page to the right, write your answers to:

**3 things I've learned about helping students succeed.**

## My Notes:



## Strike a Pose

Research shows that your posture affects your confidence and how you are perceived.

Striking a confident pose reduces stress and increases testosterone, a confidence-boosting hormone in the male and female bodies.

For 30 seconds, stand like a super hero - chest out, hands on your hips!

Bring that super hero feeling into your day!

Tip: Have your students do this before a test. After the test, ask them how it made them feel.

## **30 Second Meditation**

Try this alone or with your students for a powerful effect.

Quiet your breathing and sit still for 30 seconds. Try to hear, feel and experience your heart beating.

Notice the way it affects you and your students.

## **Create Your Own Affirmations**

Our self-image comes from how we define ourselves.

Take 3 sticky notes. On the **BOTTOM** of each, write an adjective that could fit into: "I want to be more \_\_\_\_\_." For example, "Productive," "Effective," or "Happy." Write a different word in the center of each paper. (Do not write the words, "I want to be more" before the adjective).

Then, above those words, write, "I am".

Post these notes around your desk where you can see them easily.

Tip: Try this activity with your students.

## **Refresh Your Mind**

Fresh air and a change of scenery can clear your mind, wake you up and freshen your perspective.

Use this 30 seconds (longer if you can) to go outside.

Walk around, breathe deeply and become reacquainted with the beautiful world.

## **Breathe in Sync**

Mindful breathing can relieve stress and increase mental clarity for yourself and your students.

Try this: Use the website Do As One [www.doasone.com](http://www.doasone.com) to breathe in sync with people around the world.

Try it for 30 seconds with your students, or when you need to reset and focus.

Suggested times: after lunch, at the end of the day, or before a test.

## Invite Flashes of Insight

Think of what you would call your three "Best Ideas Ever."

Ask yourself:

1. When did you realize this was a great idea? Was it beforehand? In the moment? In retrospect? Or, was it only when someone else told you it was?

2. Consider your moments of realization. What were you doing when the ideas came to you?

What can you do to invite more flashes of insight into your life?

## **Ask Yourself**

Breathe for 10 seconds, and ask yourself:

**What did I love about my favorite  
teacher when I was a student?**

Write down whatever comes to mind on  
the page to the right.

Read it.

Come back and review it whenever you feel  
like you need a reminder.

# My Notes:



## **Say Affirmations**

To realign yourself with positive energy, attract more good things into your life, and increase optimism, say each of these aloud and with feeling:

**My classroom is filled with  
positive energy.**

**I nurture the potential within my  
students.**

**I bring my best to the classroom  
every day.**

## **If You Could**

Imagine you could communicate telepathically (mind to mind) with your most challenging student.

Imagine that you can do this now. Think of a message you would most like to communicate from your mind to his or hers.

Afterward consider: What message did you choose to communicate, and why not tell this child directly?

Is anything holding you back from doing so, and if so, how can you remove the obstacle?

## **Wisdom Break**

Access and express some of your accumulated wisdom. Surprise! You're wise!

On the page to the right, write your answers to:

**3 qualities of an exceptional teacher.**

# My Notes:



## ABOUT THE AUTHOR

Alice Langholt is a Reiki Master Teacher, the Executive Director of Reiki Awakening Academy School of Intuitive Development ([ReikiAwakeningAcademy.com](http://ReikiAwakeningAcademy.com)), and the founder of Practical Reiki, a strong, simple Reiki energy healing method.

She is the author of the award-winning book, *Practical Reiki for balance, well-being, and vibrant health, A guide to a strong, revolutionary energy healing method*, *The Practical Reiki Companion* workbook, and a deck of cards, *Energy Healing Cards* and app. Alice also authored the *A Moment for Me 365 Day Self Care Calendar for Busy People*, *A Moment for Mom*, *A Moment for Us*, and *A Moment for Success* ([AMoment4Me.com](http://AMoment4Me.com)).

Alice teaches holistic topics, and offers workshops on 30 second methods of self care online and in the Washington, DC area.

Alice lives with her husband and their four children in Gaithersburg, Maryland.

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Please review this book on [Amazon.com](http://Amazon.com) or [Goodreads.com](http://Goodreads.com).

