



BEFORE THE BELL



A 2-MINUTE MORNING RESET FOR TEACHERS



Before the questions, the lessons, the little hands,
and the big feelings... take two minutes for you.



1.

TAKE ONE SLOW BREATH



Breathe in slowly through your nose.

Pause.

Let it out even slower.



Let your body know: I am here. I am okay. I can begin.

2.

SET ONE INTENTION



Ask yourself:

How do I want to show up today?

Maybe it's:

Patient • Present • Playful • Calm • Flexible •
Encouraging • Curious



Today, I want to be: _____



3.

FIND ONE LITTLE SPARK



What's one thing you're genuinely
looking forward to today?

It doesn't have to be big.

A favorite lesson. Seeing a student.

Your morning coffee. Lunch with a coworker.



Today, I'm excited about: _____



@the.sky.within.you

