

## TEACHER SELF-CHECK

If you are feeling ineffective, “out of kilter” or discombobulated in your classroom or with a particular child, a quick self-check can be very helpful.

- Do I have my act together? Am I taking care of me?
- Are there any personal problems or issues occupying my mind?
- What can I do for myself to refuel and recharge?
- What can I ask from someone else to help me refuel and recharge?
- Am I being consistent with the child(ren)?
- Am I inadvertently condoning misbehavior by avoidance (“It’s just too exhausting to confront him every time!”) or laughing at the child’s antics?
- Have I set goals for this situation? Am I working toward my goals?
- Am I praising appropriate behavior - no matter how small or infrequent?
- Am I encouraging the child(ren) every day?
- Do I criticize, nag, threaten and scold?
- Do I tell children what TO do instead of what NOT to do?
- How’s MY attitude? Do I BELIEVE this can get better?
- Am I treating the child(ren) with courtesy and respect?
- Do I walk around the classroom and playground engaging the children in friendly conversation? (To promote language and communication skills and to show I care about them by really listening to them.)
- Do I empower the children and help them to experience leadership and success by teaching them to be self-sufficient in the classroom?
- Do I make them sit for long periods of time?
- Do I try to make them “wait” between activities or am I always ready and prepared for the next activity?
- Do I have 3 to 5 simple rules posted in the classroom? Do I refer to them when I problem-solve with the children?
- Do I help the children problem-solve and use their words or do I just dole out “time-outs” for everything? (Limit yourself to a 3 time-outs a day diet!)
- Have I visited a classroom of a different age group to better appreciate my own? 😊