

# Teaching with Compassion

## Ideas for Self-care when Exploring Difficult Topics

**Facilitate a Talking Circle**, ask, What do you do to take care of yourself when you are emotional or have learned about a difficult perspective?

**Prepare** - let families know via email or letter.

**Response** - give students a chance to respond, (e.g. write a letter or card, create art). This allows you to check in with your students.

### Share Food or Tea

**Acknowledge Territory** - find out the Aboriginal territory you live on and acknowledge that territory and the people who have lived there since time immemorial.

**Acknowledge their Experience** - pay attention and be open to what your students may know, some may have first hand knowledge of this topic or are already going through a difficult time in their lives. Some people may appear to be disengaged and this can be normal for their circumstance.

**Knowledge Keepers** - consider working with Knowledge Keepers in the community.

**Physical** - do something physical (e.g. walk, brain gym, stretch, dance).

**Guided Meditation** - search the internet for guided meditation examples. You could also try progressive muscle relaxation.

**Truth** - know the importance of why you are teaching this subject.

**Take Action** - write a letter to your MP, volunteer, learn more, attend National Aboriginal Day.

**Guided Imagery** - have a calming object to hold (e.g. rocks, cedar boughs, playdough).

**Name your Feeling** - Putting your name to it, recognizing it and reminding yourself that it is okay to feel that way. "It is good for us to feel \_\_\_\_\_ because it shows that we have compassion and will never allow something like this to happen."

**Vulnerability** - allow yourself to be okay with making mistakes and make room for correction.

**Imagery** - take two deeps breath every time you see a photo. Use during lessons when needed or as practice even when not needed.

**Sounds** - listen to calming sounds (i.e. waterfalls, nature sounds or music).

