

# Time to Reflect

- Examine how you currently think, feel, and take action in each of the areas below.
- Read the statements and circle a number rating.
- Identify 2 or 3 areas you would like to improve.
- Choose one area to focus on first.

1 = Strongly disagree 10 = I am AWESOME!

## CURRICULUM

I use a high-quality, developmentally, culturally, and linguistically appropriate curriculum. I have a clear understanding of the knowledge and skills my students need and I work continuously to implement the plans for how learning will take place. I feel confident that my classroom spaces and materials, activities, and interactions align with my curriculum.

1 2 3 4 5 6 7 8 9 10

## PLANNING

I believe that children have different learning styles, needs, capacities, interests, and backgrounds. I plan for my whole group, small groups, as well as individual children. I design a variety of flexible instructional approaches that balance the curriculum objectives with the specific needs of my students. I feel excited and inspired when I create my learner-centered plans.

1 2 3 4 5 6 7 8 9 10

## ENVIRONMENT

I value my indoor and outdoor learning environments as an essential element of children's learning. I intentionally arrange the space to promote play, interactions, and exploration. I regularly assess and enhance the materials to align with curriculum and individual goals for physical, cognitive, social, and emotional objectives. My classroom reflects the children and creates joy for me and my students.

1 2 3 4 5 6 7 8 9 10

## ASSESSMENT

I think of assessment as an integral teaching tool rather than an additional, separate task. I use a methodical system to collect objective information about my students' development and needs. I use a variety of methods to capture data over periods of time and look at the results often. I interpret the patterns I see to inform my planning, adjust my teaching, and communicate with families.

1 2 3 4 5 6 7 8 9 10

## WELL-BEING

I know that my physical, mental and, emotional wellness are key for a happy and successful life, both in times of ease and challenges. I value authentic self-care for balancing my energy and stamina and I make time regularly for healthy habits for sleep, nutrition, movement, resilience, and restoration.

1 2 3 4 5 6 7 8 9 10

## LEADERSHIP

I understand that I play a vital role in developing, guiding, and supporting all of the adults who work with my group of children. I value my responsibility to hold the vision of positive possibilities and share the way forward with intentionality. My communication is respectful and clear and I support the people on my team to be their best selves.

1 2 3 4 5 6 7 8 9 10

## LEARNING

I am curious and interested in learning about myself, others, and the world around me. I value a growth mindset and believe mistakes are learning opportunities. I reflect on my personal strengths and needs, seek to learn new information, and develop and refine the daily habits that align my daily practices with my goals.

1 2 3 4 5 6 7 8 9 10

## RELATIONSHIPS

I believe that my interactions with others create a foundation for positive relationships. I value my responsibility to model empathy, acceptance, and collaboration. I purposefully plan ways to create belonging, communicate clearly, solve problems, and support others in their growing relationships.

1 2 3 4 5 6 7 8 9 10