

MODELS ~S.O.A.K. ~

Stress-free Opportunities to Absorb Knowledge

Sometimes learning penetrates best when we are relaxed and not trying too hard to make it happen. Choose what works for you. (Like a "Models" Bath Bomb infused with personalized nutrients)

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Quotes	Music	Statements affirmations	Books poetry stories	Art & More	Videos movies	Movement other ideas
<p>"Can you show me how to do it?" —Most teachers</p> <p>"I actually think that the most efficacious way of making a difference is to lead by example and doing random acts of kindness is setting a very good example of how to behave in the world." —Misha Collins</p> <p>"Example is not the main thing in influencing others, it is the only thing." —Albert Schweitzer</p> <p>"Educators [including coaches] should be chosen not merely for their special qualifications, but more for their personality and character because we teach [and lead] more by what we are than by what we teach." —Will Durant</p>	<p>"Count on Me" Bruno Mars</p> <p>"Watching You" Rodney Atkins</p> <p>"Cat's in the Cradle" Harry Chapin</p> <p>"Hero" Mariah Carey</p> <p>"You've Got a Friend in Me" Randy Newman</p> <p>"Believe" Shawn Mendes</p> <p>"Gift of a Friend" Demi Lovato</p> <p>"Stand by Me" Ben E. King, 1961</p> <p>"Lean on Me" Bill Withers</p> <p>"My Wish" Rascal Flatts</p> <p>"This One's for the Girls" Martina McBride</p> <p>"Have It All" Jason Mraz</p>	<p>For coaches: I strive to be the change I wish to see in the classroom. ☺</p> <p>When I find ways to show teachers what to do, the clarity and effectiveness of my coaching is magnified.</p> <p>I provide clear models of instructional content, so that the teachers I coach understand exactly how to proceed.</p> <p>I often express my belief in and best wishes for the teachers I coach.</p> <p>For teachers: I clearly model what I want students to do, so that they understand exactly what to do.</p> <p>I internalize and express to students the inherent joy associated with learning.</p> <p>I show my students with words and actions that I believe in them and wish them all the best things in life.</p>	<p>"The Two Crabs" Aesop</p> <p>The Art of Coaching: Effective Strategies for School Transformation Elena Aguilar, pp. 220-222</p> <p>Focus on Teaching: Using Video for High-Impact Instruction Jim Knight</p> <p>Mentoring, Coaching, and Collaboration Corwin Press, pp. 150-157</p> <p>Make Your Bed: Little Things That Can Change Your Life . . . And Maybe The World William H. McRaven: 'If you want to change the world . . . be your very best in the darkest moments' (p. 74).</p>	<p>Helping Hands Toverwoudcreatief</p> <p>More Quotes: "The greatest education in the world is watching the masters at work." —Michael Jackson</p> <p>"Important achievements require a clear focus, all-out effort, and a bottomless trunk full of strategies. Plus allies in learning." —Carol Dweck</p> <p>"Unless you try to do something beyond what you have already mastered, you will never grow." —Ralph Waldo Emerson</p>	<p>Why Teachers Teach and What They Need http://29pieces.org/dallas-teachers-speak</p> <p>Patient Dog Teaches Puppy How to Get Down Stairs The Dodo (YouTube) https://www.youtube.com/watch?v=J9pDAb-pga_g</p> <p>Jim Knight: Best Practices and Worst Mistakes for Video Instructional Coaching https://blog.edthena.com/2018/09/26/best-practices-instructional-coachingvideo</p> <p>Teaching Channel https://www.teaching-channel.org</p> <p>Teaching Channel's mission is "to create an environment where teachers can watch, share, and learn new techniques to help every student grow."</p>	<p>Standing Bow Pose </p> <p>Twin Tree Pose </p> <p>Oil: lemon</p> <p>Stone: snowflake obsidian</p> <p>Color: light green</p>

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