

TEACHER BOOK CLUBS

Invite teachers to read the book and reflect on their own journeys into teaching. Meetings can be virtual or in person. Limit the group size to five to eight teachers so there is an opportunity for everyone to share. Create more groups if there is more interest. Schedule professional development times to discuss the messages from the book or offer the club after-school hours. One teacher can facilitate the group and serve as the time keeper.

Prior to the meeting: A teacher volunteers to be the leader and sends an email inviting participants to read the Preface, Introduction, and Section I. Each person is encouraged to select one lesson from Section II and complete My Story reflections for that lesson.

Meeting Agenda: The teacher leader serves as the time keeper to ensure everyone has an opportunity to speak and share their story reflections. Each teacher shares the lesson they chose and why this expression was meaningful to them.

Other discussion options:

Mindful Living Actions: Teachers share which ones they tried and how they worked.

Be Inspired by the Words of Others: Teachers share books or authors that stood out.

Closing the meeting: Leader recites one of the quotes from one of the Feel Inspired lessons. Optional: Schedule another meeting. Select a new leader. Repeat agenda.

Do this as many times as the group would like to meet.

Closing the book club: When the group has decided how many times to meet the final meeting will include reading Section III and discussing the book as a whole.

Sample Questions:

What stands out as important to you in Section III of this book?

How did reading this book support your growth and development?

What did you learn about your colleagues at this book club meeting?

Is this the kind of professional learning that supports you? Explain.

Optional: Create an online evaluation for participants.