

Journaling Prompts: Explore and Nurture Your Linguaging Self

August - Disposition: Participate with Intention -

Low Hanging Fruit:

Think of how you create order, develop plans, and establish routines. What do you do to make the most of your energy in classroom? How do you properly calibrate your activity to balance effort and impact?

September - Disposition: Participate with Intention -

Structuring Participation:

How does your classroom support intentional behavior, your own as well as your students'?

October - Disposition: Suspend Judgment -

Storytelling:

Who might we be able to become if we used a different set of stories to orient ourselves? What would it take to practice "trying on" alternative views with as much conviction as you devote to your own point of view and set of orienting frames?

November - Disposition: Elevate the Discourse

Registering Patterns:

What registers and degrees of social distance are you most and least comfortable with? How and why do you vary your level of formality and social distance in and out of the classroom?

December - Disposition: Suspend Judgment

Fostering Non-judgmental Awareness:

Do you notice when you are judgmental of yourself and others? How might you become more non-judgmentally aware of your internal critic?

January - Disposition: Participate with Intention

The Middle:

It is the middle of the year, and things have had time to get complicated. Where do you feel stuck? What conversations (with yourself and others) can you leave behind and what kind of discourse would support your and your community's success?

February - Disposition: Elevate the Discourse

Identifying Discourse Grooves:

Can you describe your most productive affective postures towards the people in your life? More specifically, what kinds of moods and frames of mind put you in the best head space for productive communication and interaction with your students, colleagues, and other important people in your life?



March - Disposition: Suspend Judgment

Variable Assessment:

How is your judgment affected by your mood and energy level? Does the variability of your judgment (as a result of your state of mind) influence the trust you place in your self appraisals in and out of the classroom?

April - Disposition: Participate with Intention

Rest. Reset. Recharge:

What habits and routines do you engage in that support your own rest and rejuvenation? What non-judgmental, practical steps can you take to help yourself negotiate between the periods of stress and rest you will encounter between now and the end of the school year?

May - Disposition: Elevate the Discourse

Final Sprint:

What kind of connection and interaction do you want to share with people in your community before the summer break? How can you express gratitude to your community for your participation together throughout the year?

June - Disposition: Participate with Intention

Reflection:

Think back on the difficulties you experienced this year. What was hard? Can you discern a relationship between the difficulties you experienced over the year and the areas where you became more competent at languaging?

July - Disposition: Participate with Intention

Deep Recharge:

Set a timer, unplug.

