

Blue Jeans 2026- Building Resiliency in the SPED profession

1 hour presentation
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[PDF of Presentation](#)

Connect & Mini-lesson 5 minutes	Work time 50 minutes	Closing and Reflection 5 minutes
<p>Purpose: To build resiliency in special education professions. (We have difficult positions, and high turn-over)</p> <p>Grounding: Elephant in the room (5 min)</p> <ul style="list-style-type: none"> • "Good morning everyone. Before we start, I want to address the elephant in the room. I know that when you hear the words 'Self-Care Training,' there is a part of you that might roll your eyes. And frankly, I don't blame you. • I know that deep breathing doesn't fix class sizes. I know that a gratitude journal doesn't solve staffing shortages and absences. And I am not here to insult your intelligence by suggesting that your stress is a result 	<p>Establishing Boundaries: (15 min) Note Catcher</p> <p>"Creating a boundary is not about making yourself unavailable; it's about managing your time and energy so you can be at your best for those whom you lead." (Habits of Resilient School Leaders)</p> <p><i>Talk with an elbow partner and discuss types of boundaries you have created or can think of.</i></p> <ul style="list-style-type: none"> • What are boundaries/ what are not boundaries (page 11) Reframe boundaries as care. • Types of Boundaries <ul style="list-style-type: none"> ○ Emotional Boundaries <ul style="list-style-type: none"> ■ Take a second and reflect on an emotional boundary you could set write it on the notecatcher. ○ Material Boundaries <ul style="list-style-type: none"> ■ Take a second and reflect on an emotional boundary you could set write it on the notecatcher. ○ Time Boundaries <ul style="list-style-type: none"> ■ Protect the Schedule ■ Take a second and reflect on an emotional boundary you could set write it on the notecatcher. ○ Personal Limit Boundaries <ul style="list-style-type: none"> ■ Take a second and reflect on an emotional boundary you could set write it on the notecatcher. ○ Social Boundaries <ul style="list-style-type: none"> ■ Take a second and reflect on an emotional boundary you could set write it on the notecatcher. 	<p>Walk away with a plan: (5 min)</p> <ol style="list-style-type: none"> 1. Permission to say no to one thing. 2. Plan for seeing the positive. 3. How are you going to prioritize? <p>Supplies:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sticky Notes <input checked="" type="checkbox"/> Glass/Rubber Posters <input checked="" type="checkbox"/> Notecatcher <input checked="" type="checkbox"/> To-do list

of you not 'trying hard enough' to relax.

- We cannot fix the systemic issues in this room today. But what we *can* do is talk about **preservation**. We are going to focus on tactical ways to protect your energy, set boundaries without guilt, and separate your worth from your work. My goal today isn't to fix you—because you aren't broken. My goal is to give you tools to navigate a broken system without losing yourself."

Silent Solidarity-

- Raise your hand if you've had to make a decision in under 3 seconds this week..
- Raise your hand if you've ever eaten your lunch while standing up or while working.
- Raise your hand if you have ever woken up at 3:00 AM thinking about a specific student.
- Raise your hand if you currently feel like you have too many 'browser

- Setting Boundaries & Positive Outcomes
 - Turn to an elbow partner and share some of the boundaries you wrote on your notecatcher.
 - Permission to say no: Choose a boundary type, and write down one area you are going to give yourself permission to say no, and establish a boundary.

Looking through a Positive Lens: (10 min)

Review researched benefits of a positive outlook

- Progress not perfection
- Gratitude Walk
- Make a positive phone call home

What are other ways you try and look through a positive lens?

- Three Good Things Exercise:
 - Do this in the positive lens section of the note catcher:
 - **The Practice:** Every evening, write down **three things that went well** that day, no matter how small.
 - **The "Why":** For each item, also write down **why it happened** (e.g., "I finished my project because I focused well" or "My friend called because I reached out to them last week").
 - **The Benefit:** This shifts your focus away from the day's stressors and trains your brain to actively seek and register the positive events, making them more salient than the negative ones.

Triage (prioritize): (20 min)

- Drain/ Charge activity
 - Write 3 "drains" (things in your work day that drain your energy)
 - Write 3 "charges" (things in your day that give you energy or peace)
- Glass Ball/ Rubber Ball ([Posters with sticky notes](#))
 - The workload is impossible to complete perfectly
 - Glass balls will shatter- these are non negotiables (safety, legal IEP requirements, mental health)
 - Rubber balls will bounce and can be picked up later or ignored (bulletin boards, laminating, instant email replies, grading every worksheet).
 - Rate drains and charges with G (glass) and R (rubber)
- Glass Ball/ Rubber Ball Sort
 - Each person writes on 5 sticky notes, a common to-do they have.
 - Then as tables, they sort those sticky notes into Glass Ball or Rubber Ball.

tabs' open in your brain right now.

Look around the room. You are not doing this wrong. This is the reality of the job. Let's talk about how to manage those open tabs.

- Group reflection- what are the glass/ rubber balls that are common for all of us? Anyone have strategies they can share for being able to recognize how to categorize these? Share example of our PD and staff wanting us to label directives as glass/ rubber.

Reflect: (5 min) If everything is marked "urgent" and treated like a glass ball, you will shatter yourself. It is okay to let the rubber balls bounce. A perfect bulletin board does not improve student outcomes more than a rested teacher does.

- Prioritizing
 - Use [a to-do](#) list that allows you to sort your priorities. Where are those glass balls, and rubber balls going to fit.
 - To-do lists that help you sort your priorities is helpful in the day to day moments.
 - Take a minute and think of your current to-dos. How can they sort into Top Priorities, For tomorrows, and reminders to not forget?