

Year-End Reflection & Mindfulness Journal for Instructors

Recenter and refresh by reflecting on the past school year and looking forward to the upcoming season of renewal.

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1) Mindfulness Moment

Before beginning this journal, find a moment in a quiet space and close your eyes. Breathe deeply and open your thoughts to a memory of your classroom from this past school year that evokes a feeling of success and achievement—a time when a student or class had that eureka moment, celebrated a special milestone, or maybe helped a classmate out.

Stay in that special moment and consider the following questions.

Then, when you are ready, write your answers here so you can return to this positive memory in the future.

Describe this significant moment.

What is it about this moment that evokes these positive feelings?

What could you do to nurture similar positive moments throughout the coming school year?

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2) Self-Care Check-In

Now look back at the past school year and consider times when you may have felt overworked or close to burnout.

What could you learn from these moments to help you set boundaries and prevent this situation in the coming year?

How can you set boundaries during the upcoming break so you have time to replenish your energy and focus?

3) Curriculum Cues

Now consider your curriculum and lesson plans.
Think about what worked well for you this school year.

What would you like to carry over to the coming year?

What would you like to change or adjust for the coming year?

What new techniques or activities did you recently implement that you would like to continue?

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4) Looking Forward

What other notes about this past year would you like to include here?

Once they are written down, you can set them aside during the summer break and come back to them when you need them.

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5) Mindful Release

Now that you have taken the time to reflect on the past year and consider how to shape the next school year, set that all aside and embrace the upcoming season of rest and renewal.

What can you do during the break to set aside time for yourself and recharge your energy?

What fun adventures can you plan and look forward to?

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