



# Supporting Systems

## Creative Brief: Teachers Circle Inspiration and Intention

How can teachers develop an impactful way to connect with their own intentions on a more regular basis?

### Purpose

The ability to draw on one's inspiration and to "capture" one's intentions is a way to enhance self-awareness and well-being while realizing creative pursuits as a teacher. In the busy day of a teacher, there is a need for a simple but powerful way to remind us of our support systems, our intentions and the ways we want to grow.

### Stilling and Inspiration Exercise

Begin with a fun slowing-down exercise, such as blowing bubbles or breathing with an expandable ball. Then direct teachers to stand or sit in a circle, plant their feet and stretch. Finally, have them slow their breathing while closing their eyes or fixing on a spot ahead. Teachers can be guided to breathe deeply, become aware of their bodies and become present to the exercise.

This exercise is done in dyads. One person represents the support or inspiration and the other person represents herself. First, pairs stand in silence while the partner searching for their inspiration/support tries to "just look." The other partner allows the representation to settle and just feels whatever comes. After a few moments, the pairs can share what each has experienced and then switch.

### My Intention Box

Invite participants to bring that inspiration and support to their work. They will begin seated at a table to create three lists: Support/Resources, Being, and Intentions/Doing. Thinking to the months or year ahead, they should generate statements that fit into one of the three categories. They will then cut their statements into strips and paste them onto a blank container. Teachers can personalize their containers with their own drawings of these intentions. Have them share their Intention boxes in groups of two or three. They will fill their boxes with a treat like Lifesavers and keep it at their desks, enjoying a daily treat while reading the statements on their box.

### Co-Creating

Teachers can share their Intention Boxes with the whole group. They can collaborate in small groups to make a list of ways to use this activity with students in different grade levels or disciplines. The lists can be compiled and distributed to the entire staff after the workshop, with an invitation to distribute the activities with each other when completed with their students.

### Credits

The Intention Box was inspired by the concept of Christine Kane's Vision Boards. The Stilling and Inspiration exercise was inspired by Bill Mannie at a New England Systemic Constellation training.

