

★ A Teacher's Lesson Plan for Life ★

DATE: A New Day

OBJECTIVES: You will be able to teach with compassion and perseverance, renewing your dedication and finding strength in God.

STANDARDS: The Example of Jesus

SCHEDULE:

10 MINUTES – WARM-UP: *Pray*

DESCRIPTION:

- Build up your prayer fortress, preparing for the day by asking Jesus for His support.
- When you feel your blood pressure rising, when your patience is wearing thin, offer up this little prayer: Jesus, calm my storm.

30 MINUTES – WORK SESSION: *Focus*

DESCRIPTION:

- Consider your current classroom situation. What is working for you? What is not?
- Think about ways you could improve. Try a new lesson, find a different exercise, or talk to a colleague.

15 MINUTES – COOL-DOWN: *Reflect*

DESCRIPTION:

- Think about a time you were called to be a teacher.
- Remember that you are loved by God, and he is pleased with you.

Learn more in *Sweet Jesus, Is It June Yet?: 10 Ways the Gospels Can Help You Combat Teacher Burnout and Rediscover Your Passion for Teaching* by Amy J. Cattapan.

