

RESILIENCE, RESOURCES, AND COLLABORATION AS TOOLS FOR IMPROVING HEALTH AND PE

STRATEGIES FOR THRIVING (AS A HIGHLY EFFECTIVE AND RESILIENT
PHYSICAL EDUCATION TEACHER) IN A POST-PANDEMIC WORLD

SHAPE America Conference 2023
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AS WE GATHER . . .

- As we gather here for this presentation, we acknowledge that we are on the traditional lands of many Native peoples.
- We welcome the duty and opportunity to share stewardship of these lands. For thousands of years, this region, and these lands, were home to diverse Native peoples.
- In the knowledge and understanding of this history, we acknowledge that the land on which this conference is being held was and remains the historic and traditional territory of many Native peoples.
- We welcome and are honored by the responsibility to be good stewards of these lands and good neighbors to all Indigenous populations.
- In concert with the Native American Cultural Awareness Association, we believe in continuing to explore durable and meaningful ways of acknowledging our relationship. We recognize these great Native nations and their respective sovereignties and are thankful to be positioned in such prominent, historic, and meaningful landscapes as we continue to provide educational opportunities for all whom SHAPE America serves.

Please use the following link to see locations for Indigenous populations: <https://native-land.ca/>

OUR OBJECTIVES TODAY . . .

- To talk with teachers (rather than to talk at teachers)
- To present five strategies from research and practice
- To foster discussion from participants about feasibility
- To present five strategies for thriving in a post-pandemic health and physical education environment
- To link each strategy to ways that it can help with wellness for teachers and students in health and physical education

WHO ARE WE AND WHERE DID THIS INFORMATION COME FROM?



MILWAUKEE
PUBLIC SCHOOLS

FIVE STRATEGIES FOR THRIVING . . . (OR FIVE TOP TIPS IN CRITICAL AREAS FOR TEACHING PHYSICAL EDUCATION IN POST-PANDEMIC SCHOOLS)

Resilience

[find the good]

Self-care (physical, EMOTIONAL, mental, spiritual, social)

[set boundaries]

Trauma-informed practices/pedagogy

[active listening]

Mindfulness

[breathing well]

Intentional meaningfulness

[what is your why?]

STRATEGY 1 = RESILIENCE

- **Top-drawer idea** = FIND THE GOOD / FOCUS ON LAUGHS.
- **Why is this important?** A resilience-building practice can help to reframe perspectives.
- **How can you implement this strategy?** Text three things that were good or made you laugh to three people you know. This can be three teachers in your building. Try to do this every Wednesday for three months.

<https://www.youtube.com/watch?v=7jRND5IU3Qg>

STRATEGY 2 = SELF-CARE

- **Top-drawer idea** = Emotional self-care—setting boundaries
- **Why is this important?** It allows you and others to know your limits and what you are and are not willing to take on. It also helps you not become overwhelmed with tasks or commitments that cause you to feel uncomfortable or resentful.
- **How can you implement this strategy?** 1) Say “no” without guilt, 2) ask for what you need and want, 3) take care of yourself (pamper yourself), 4) take responsibility for your own thoughts and feelings and not feel responsible for others’ thoughts and feelings, 5) let it go.

STRATEGY 3 = TRAUMA-INFORMED PRACTICE/ PEDAGOGY

- **Top-drawer idea =**
Be an active listener.
- **Why is this important?**
It shifts the perspective.
- **How can you implement this strategy?**
 - Attitude (constructive)
 - Attention (what is paid attention)
 - Adjustment (cultivating capacity)

<https://www.centenaryuniversity.edu/wp-content/uploads/2017/02/Triple-A-Listening-Supplemental-Reading.pdf>

<http://www.mindtools.com/CommSkill/ActiveListening.htm>



Cause I Ain't Got a Pencil

by Joshua T. Dickerson

I woke myself up
Because we ain't got an alarm clock
Dug in the dirty clothes basket,
Cause ain't nobody washed my uniform
Brushed my hair and teeth in the dark,
Cause the lights ain't on
Even got my baby sister ready,
Cause my mama wasn't home.
Got us both to school on time,
To eat us a good breakfast.
Then when I got to class the teacher fussed
Cause I ain't got a pencil.

STRATEGY 4 = MINDFUL BREATHING

- **Top-drawer idea** = Work on breathing.
- Why is this important?
 - Slowing down our breathing pattern helps us to focus.
 - Mindful breathing enables us to think before we act on instinct.
 - It helps us to concentrate on good pacing/tempo in lessons.
 - It creates better classroom management and differentiation.

For better breathing, try these:

- Find a quiet place.
- Get into a comfortable position.
- Do not cross your arms or legs.
- Let your thoughts go.
- No interruptions.
- Practice daily.
- True relaxation requires becoming sensitive to one's basic needs for peace, self-awareness, thoughtful reflection, and the willingness to meet these needs rather than ignoring or dismissing them.

STRATEGY 5 = MEANINGFULNESS

- **Top-drawer idea** = Six key components to meaningful physical education (Fletcher, Ní Chróinín, Gleddie, and Beni)
- **Why is this important?** A meaningful approach to teaching PE includes **social interaction/challenge/fun/motor competence/personal relevance/delight.**

Consider these six from your students' perspectives and from your classroom experiences

- **How can you implement this strategy?**

THAT'S A LOT! HOW CAN IT BE MANAGED?

- Weekly score sheet (Thursday afternoons) with or without a partner
- Score just one component. (Why was social interaction meaningfully done this week?)
 - Social interaction—e.g., for students (rotating warm-up circuit with poly spots and questions)
 - Social interaction—e.g., for me (T/Th PB)

<https://meaningfulpe.wordpress.com/>

AUDIENCE PARTNER BRAINSTORM

- Stand up, circulate, freeze, and go elbow to elbow with a partner.
 - Tell your partner your favorite color, favorite band, and favorite physical activity.
 - Which of these five strategies would you use to thrive? Which would your partner use and why?
 - Which of the five strategies seems most difficult and why?
 - What other resiliency-increasing strategies would you recommend for PE teachers?
- Resilience (find the good)
 - Self-care (set boundaries)
 - Trauma-informed pedagogy (active listening)
 - Mindfulness (breathing well)
 - Meaningfulness (why score sheet)

SUMMARY / CLOSURE / C4U

Intentional post-pandemic thriving

Distill large ideas into manageable strategies.

Come up with a concrete practice. (“Mindfulness” or “wellness” are great but very broad—how do you make it most useful?)

Small steps to big change!