

The Power of the Two Minute Check-In

Heather S. Ransom, heathersransom@gmail.com

Careers Teacher, South Middle School

Misfit Educator, *Find Your Grind* Ambassador Program

Author of *Going Green* (3/17), *Greener* (9/18), & *Back to Green* (3/20) - YA Sci Fi Dystopian trilogy

Director, Southern Oregon Young Willamette Writers & Oregon Youth Authority Rogue Valley

Youth Correctional Facility Young Willamette Writers Chapters

www.heathersransom.ink

Activity:

The Big Three

In groups of two or three, take three yellow ribbons from the front of the room. Individually, they are easily broken. Without tying them together, how can you increase their strength?

Activity:

The Big Three

This activity emphasizes the importance of having balance and alignment between your sense of self, your choice of lifestyle, and your habits. The braid represents the importance of continually focusing on all three of these to build resilience and grow deeper into your purpose. With balance between self, lifestyle, and habits, it is easier to get through the “grind” day after day. *Remember, your sense of self and your actions have an impact on your opportunities.*

The Big Three

From FIND YOUR GRIND (FYG)

Focus on:

- Sense of Self
- Lifestyle
- Habits

Sense of Self

- Knowing where you are right now (your current mindset)
- Recognizing where you need to be (growth mindset)

Sense of Self in the Classroom

- Common Language
- Trust
- Expectations

Common Language

- Posted in the classroom
- Use of language in regular classroom conversations and discussions
- Claiming your choice (I am ..)

Successful

- I will try as many times as it takes to do what I need to do today. I won't give up.

Capable

- I can complete any task I'm asked to do today.

Confident

- I can rely on myself to get things done today.

Strong

- I can stand up for what I know is right today, even if others can't.

Intelligent

- I will ask the questions to find the answers for anything I need to know today.

Beautiful

- I am a good, kind person to everyone around me today.

Loved

- No matter how I'm feeling right now, I trust that Mrs. Ransom will believe all these things for me until I'm ready to believe them for myself again.

Sense of Self in the Classroom

- Common Language
- Trust
- Expectations

Trust

- My why ...

Sense of Self in the Classroom

- Common Language
- Trust
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Expectations

- 5 seconds of respect
- Identify your mindset (current or where you know you need to be today) - “Claim it!” I am
- Accepting a compliment
- Keeping eye contact

Evolution

- How it evolves
 - Student-to-teacher
 - Student-to-student
 - Classroom language
 - Hallway language

Questions?

Contact me:

- heathersransom@gmail.com
- 541-621-3519