Facilitator: _________________  Date: _________________

Team Members Present:

Chapter: ______  Title: ___________________________  Pages: _______________

Summarize the Idea/Theme in this Chapter:

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

Share 3 questions/thoughts that were prompted from reading this chapter (you can use the discussion questions guide):

1.

2.

3.
Professional Application:
How can you take the insight and information from this chapter and apply it to your school & classroom? How does this apply to your school-wide staff and student climate? How does it apply to your classroom environment and the daily interactions you have with the students you teach everyday?


Personal application of the insight you gained from this chapter:
How can you take the insight and information from this chapter and apply it to your life personally? How will applying the information to you personally help you both professionally and personally?


ACTION PLAN:


NEXT STEPS:
INTRODUCTION
DISCUSSION QUESTIONS FOR EDUCATOR BOOK STUDY

CENTRAL THEME: TO SURVIVE, CAVEMEN RELIED HEAVILY ON THEIR COMMUNITY, THEIR CONNECTION TO EACH OTHER.

Pre-chapter
If you had to give someone important advice and you could only use a 2-3 word phrase, what would it be?

Reflection
Joe shares 5 phrases throughout the book - Love you, Push through, Just Look Up, Fail on, Yeah toast. If you had to make a prediction, which of these do you think you will resonate with the most? Reflect back at the end to see if you’re correct!

(Pg. 2) – Think about your school community, what are the strengths within your community? What are the challenges and deficits you see within your school community?

(Pg. 7) – Does your school have a “blue haired girl”? A student that doesn’t seem to want to be there, who maybe doesn’t feel like a part of the community, the underdog, the kid on the fringe?

Reflection
When have you felt like you failed as a teacher? How did you bounce back? Who was there for you? How do you show support to your colleagues?
CENTRAL THEME: TO SURVIVE, CAVEMEN RELIED HEAVILY ON THEIR COMMUNITY, THEIR CONNECTION TO EACH OTHER.

(Pg. 8) – Joe states that “feelings of loneliness, anxiety, and disconnection are at an all-time high, while human connection is at an all-time low.” Do you agree or disagree with this statement? What do you observe in your school that makes you believe Joe is correct or incorrect?

(Pg. 9) – On this page, Joe states that many kids are feeling the burn of living in the “fast-paced, do-it-all, win-at-any-cost, boredom-is-bad, hyperconnected-yet-totally disconnected society.” What elements of everyday life in your classroom promote/support/cause this type of lifestyle for your students and possibly for yourself?

(Pg. 14) – Joe states that the bottom line is: Life is Hard! As an educator, do you think it is important to be honest and talk about life being hard with our students? What are ways you can promote an honest conversation about how difficult life can be without adding more struggle and stress to your students (or without letting them walk away feeling “heavy” and negative)?
CHAPTER 1 – LOVE YOU
DISCUSSION QUESTIONS FOR EDUCATOR BOOK STUDY

CENTRAL THEME: YOU'RE HERE TO DO SOMETHING...FOR
SOMEONE. HOWEVER, IRONICALLY THE BEST WAY TO SHOW LOVE
TO OTHERS IS TO FIRST SHOW LOVE TO YOURSELF

PREFACE
On a scale of 1-10 (1 being hideous, 10 being amazing) how
would you rate your senior class hairstyles when you look
back at your yearbook?

REFLECTION
What’s one thing that used to be really important to you
that is no longer important?

(Pg. 18) – Reread the analogy that Joe uses on page 18, how does that apply to the work you
do as an educator?

(Pg. 19) – Love you...love yourself first. Are you someone that ensures others oxygen masks
are on first before putting yours on? Do you help others before taking care of yourself?

REFLECTION
As an educator have you had times in
your career where you have heard the
voice of ‘Not Enoughs’?

(Pg. 20) – Do you see or know of students that struggle with the voice of ‘Not Enoughs’?
How do you know, what are the signs and signals of students who struggle with the 'Not
Enough' voice?

(Pg. 24) – Joe told a very personal story of when he first remembers hearing his ‘Not
Enough’ voice, do you remember the first time you heard it?
CHAPTER 1 - LOVE YOU
DISCUSSION QUESTIONS FOR EDUCATOR BOOK STUDY

CENTRAL THEME: YOU’RE HERE TO DO SOMETHING...FOR SOMEONE. HOWEVER, IRONICALLY THE BEST WAY TO SHOW LOVE TO OTHERS IS TO FIRST SHOW LOVE TO YOURSELF.

(Pg. 26) – Think about the students in your classroom, what defines their value and worth for themselves?

**Reflection**
Are what defines a kid's value and worth today the same as it was when you were a teenager? How (if at all) has it changed?

(Pg. 27) – How do the Not Enough voices affect you as an adult educator and the interactions you have with your co-workers and students?

(Pg. 28) – How do our students ‘Not Enough’ voices and thoughts manifest through their behaviors, actions, and interactions with others?

(Pg. 30) – Do you believe in what Joe says, “You’re enough, and you’re worthy, simply because. Because you’re you. Because you’re here.”

(Pg. 30) – If you don’t believe what Joe said/wrote on page 30, how do you convince your students that they are ENOUGH, and are WORTHY?

**Reflection**
When have you felt like you failed as a teacher? How did you bounce back? Who was there for you? How do you show support to your colleagues?

(Pg. 36) – How could you incorporate the three steps Joe outlined into social skills lessons or discussion questions for your students?

(Pg. 37) – Do you have a teacher ‘Not Enough’ voice that says you are not enough in your teacher role? You are not a good enough teacher? You are not teaching students enough or the right way or reaching enough of them...how could you apply the three steps Joe outlines to help you quiet your ‘Not Enough’ teacher voice.
CHAPTER 2 – PUSH THROUGH
DISCUSSION QUESTIONS FOR EDUCATOR BOOK STUDY

CENTRAL THEME: IF WE CAN SEE LIFE’S CHALLENGES AS A TEST, THERE’S AN EXCELLENT CHANCE WE’LL EXPERIENCE THE OPPORTUNITIES THAT LIVE ON THE OTHER SIDE OF THAT TEST.

**PRE-CHAPTER**
What is something you used to dream about doing or being?

**REFLECTION**
What NEs stopped, prevented, or slowed down that dream? Do you still battle to “quiet down” those NEs? What works or has worked?

(Pg. 44) - What is something that describes your identity?

**REFLECTION**
How do you think others see you in that identity?

(Pg. 47) - Think of a time you experienced disappointment in your life. Whether it be home, work, life, etc. How did you begin to pick up the pieces?

(Pg. 50) - Who do you turn to in your “why me” moments?

**REFLECTION**
What about that person helps you wrap your head around the idea of “why not me?”
CHAPTER 2 - PUSH THROUGH
DISCUSSION QUESTIONS FOR EDUCATOR BOOK STUDY

CENTRAL THEME: IF WE CAN SEE LIFE’S CHALLENGES AS A TEST, THERE’S AN EXCELLENT CHANCE WE’LL EXPERIENCE THE OPPORTUNITIES THAT LIVE ON THE OTHER SIDE OF THAT TEST.

(Pg. 51) – As an educator there are many “living in the low” moments. What steps do you take to grow?

REFLECTION
Share an experience in which you weren’t able to grow and were stuck. Why was that such a tough moment for you?

REFLECTION
Share an experience in which you were able to grow. Who was there for you? What happened? Why do you think this experience was different?

(Pg. 56) – What advice would you give your younger self to push through the growing pains?

(Pg. 57) – Think of a time in your life, a difficult experience, that made no sense and felt like a test.

- How did you move on? What lessons have you learned through these experiences? Can you pass these onto others?

(Pg. 58) – Share a time you proved to yourself that you have resilience.

REFLECTION
What are the challenges, the tests, you faced at an early stage of teaching that now, you look up and are able to push through?

(Pg. 61) – Who are your biggest supports?

REFLECTION
What makes these people your biggest supporters?

How do you acknowledge their importance in your life?
CHAPTER 3 - JUST LOOK UP
DISCUSSION QUESTIONS FOR EDUCATOR BOOK STUDY

CENTRAL THEME: LIFE, AND EVERYTHING IT HAS TO OFFER, IS MEANT TO BE EXPERIENCED LOOKING UP, AND BEING PRESENT TOGETHER WITH OUR CREW.

PRE-CHAPTER
What is something that has been invented today that your 10 year old self would have NEVER fathomed could have existed.

REFLECTION
What is 1 major way your life has changed due to technology?

(Pg.66) - What is a social norm from the past we laugh about today?

REFLECTION
What is one thing they might be saying about our social norms in the future?

(Pg.70) - What are your thoughts and background knowledge of Big-tech? It's benefits, it’s effects, etc...

FOLLOW UP RESOURCE
The Social Dilemma (Netflix)

(Pg. 72) – Do you agree that human connection is a need? If so, is that need being fulfilled through a screen?

REFLECTION
Have you seen a shift in the amount of connections students make with each other? What kind of impact (if any) has that made?

(Pg.74) –What does a real authentic connection look like to you? Which kind of connection do you crave the most?

REFLECTION
Do you know your work language? If you had to choose between the following, which are ways you feel the most connected to your team?
*When they give you gifts, words of affirmation, acts of kindness, quality time, or physical touch?
CHAPTER 3 - **JUST LOOK UP**

**DISCUSSION QUESTIONS FOR EDUCATOR BOOK STUDY**

**CENTRAL THEME:** Life, and everything it has to offer, is meant to be experienced looking up, and being present together with our crew.

(Pg.74) - Have you observed people in public spaces on their phones, looking down? Is it difficult for you? Can you make a conscious effort to look up even if that is hard for you? Are you comfortable asking others in your world to do the same? What can you/me/we do to help this “look down” culture? In our families, workplace, community etc...?

(Pg. 79) - How did you interpret the African Proverb Joe added in this chapter?

(Pg. ) - *(Fill in the blanks)* ____________ thrives when we’re in connection with each other and that ____________ doesn’t exist if we’re looking down all day long.

(Pg 84) What are some examples of ways we can truly connect with our co-workers? Is there anyone else in your building that you feel could use a connection?

(Pg. 86) - List 1 of the following you would like to see employ with your crew:
  - N² (non negotiables)
  - S² (sacred spaces)
  - C² (create connection)
CENTRAL THEME: FAILURE IS A NECESSARY STEPPING STONE TO ANY SORT OF SELF IMPROVEMENT.

PRE-CHAPTER
What was a job you had that was your favorite? What kinds of experiences made it this way?

REFLECTION
How would those things you most enjoyed look in your school? How do you think you could help lead the culture in this direction?

(Pg. 93) – Joe is going to be on a billboard. How would you envision yourself on a billboard about teaching? What kinds of words would describe the way your students say you make them feel?

(Pg. 95) – Joe’s billboard photo isn’t what he expected it to be. Do you think the experience was a failure for Joe? Why or why not?

REFLECTION
When have you felt like you failed as a teacher? How did you bounce back? Who was there for you? How do you show support to your colleagues?

(Pg. 97 - No Fail) – In what areas do you feel you aren’t allowed to fail? Whose expectations are you fulfilling? How do you communicate your needs?

(Pg. 98) – When you decided to become a teacher you were pursuing a passion. Has that passion changed or stayed the same?

REFLECTION
What are you doing to keep the passion? What can you do?
CHAPTER 4 - FAIL ON
DISCUSSION QUESTIONS FOR EDUCATOR BOOK STUDY

CENTRAL THEME: FAILURE IS A NECESSARY STEPPING STONE TO ANY SORT OF SELF IMPROVEMENT.

(Pg. 99) - The school year is a long journey. As you reflect about the journey, ask yourself to complete the following with 3-5 honest thoughts/ideas.

“If you only had ___________ , then ____________”

Reflection
Which 1 item on your list can you influence right now? One step at a time. Our imperfections drive us to create moments of perfection.

Have there been any times this school year that has felt like perfection? Why do you think it was this way?

(Pg. 107 - Little Victories) - List some little victories you’ve achieved as an educator.
• What have been some little victories this year?
• Are there any types of little victories that impact you the most?

Reflection
How do you share your little victories with others? How do you acknowledge them with yourself? You are worth it. Love yourself.

(Pg. 112 - FORDS) - Develop a story you can share with your colleagues, students, family, friends.
• How can you incorporate one of your stories into a lesson?
CHAPTER 5 - YEAH TOAST!
DISCUSSION QUESTIONS FOR EDUCATOR BOOK STUDY

CENTRAL THEME: WHEN WE SEE THE GOOD, WE CAN’T HELP BUT FEEL THE GOOD.

PRE-CHAPTER

Are there any “joys” you experienced as a child that you would like to reconnect with?

You may not feel the same way about toast as Joe’s son, but what does excite you the most as you start the day?

What sparks the most joy in your life?

REFLECTION

Think about the abundance of tasks you now perform...which ones would your students see as amazing?

(Pg. 121) - The job of teaching can fill up time in a hurry. How do you find time for yourself? Are there any new interests you find joy exploring?

REFLECTION

How did you find time for these joys?

Name a joy you could use to connect with others.

(Pg. 122 - Caveman Brains) - Our environment is constantly changing and finding the right balance of home, work, and life can feel less and less attainable. Name the threats in your current environment (home, school, life, etc).

REFLECTION

Can you control these factors?

How can you influence your environment to respond to these threats in a positive manner?
CENTRAL THEME: WHEN WE SEE THE GOOD, WE CAN’T HELP BUT FEEL THE GOOD.

(Pg. 123) – What are examples of things that put you on “high alert?”

Reflection
How have you responded to the types of events in the past?
If you could do anything differently, what would you change?

(Pg. 127 – Allie the Insecure) – Often we have had experiences with students that got off on the wrong foot like it did with Joe and Allie. Think of an experience with a student when you didn’t give up, when you tried until you got it right. What thoughts did you have that enabled you to have that positive end result?

(Pg. 131) – What brings joy to your life? How do you make time for it?

Reflection
How could others benefit from your joy?

(Pg. 136) – Who would you write a letter to? What would it say?

Reflection
Write that letter…and send it!
CENTRAL THEME: HOW CAN YOU APPLY THE PHRASES TO INCREASE THE CONNECTIONS YOU HAVE WITH THE HUMANS IN YOUR LIFE?

(Pg. 141) – One of the easiest things to say when asked if you’re okay is “I’m fine.”

- How do you know when you’re not fine? How do others know when you’re not fine?

**Reflection**
What have you or can you do when things aren’t fine?

- When you notice a student that is not fine, how many people do you call upon to help that student?

**Reflection**
Who do you call upon in life/work/etc?

(Pg. 143) – Which of Joe’s 5 messages resonates with you the most? Why?

Who are the people in your life that would benefit from hearing/reading Joe’s 5 messages?

The events of 2020 that challenged the human connection, but also reminded us of its importance, need not be forgotten. In what ways will you show that human connection matters in the years to come?

**Reflection**
How would this look in your classroom? Life?
EPILOGUE

DISCUSSION QUESTIONS FOR EDUCATOR BOOK STUDY

Name (5) ways you gained perspective to reading Joe’s 5 messages?

Who will you connect/reconnect with in the near future? Why?

How can the world benefit from your gifts and your human connection?