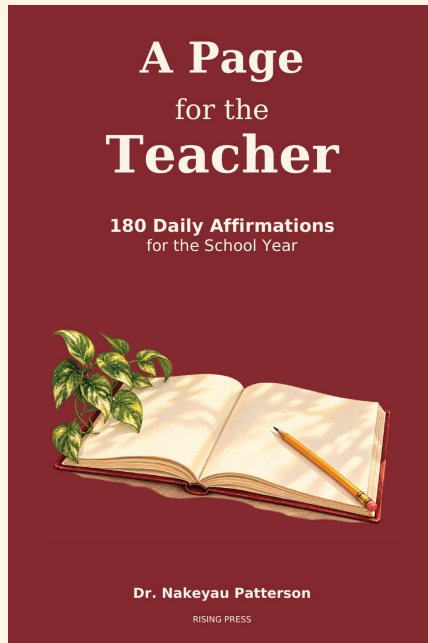


RootED Equity

FREE READING PREVIEW

A Page for the Teacher

180 Daily Affirmations for the School Year



Dr. Nakeyau Patterson

How to use the book, the school-year contents, and the first five daily readings.

Selected pages from the published book.
Original book pagination is retained.

A Page for the Teacher

180 Daily Affirmations for the School Year

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The classroom moments in these readings are illustrative. They do not identify a particular student, family, teacher, or school.

A page at your own pace

Begin with Day 1, or turn to a page that meets the day you are having. Each entry offers an affirmation, a short reflection, and an optional question called A Moment to Pause.

The 180 readings are numbered for teaching days rather than calendar dates. Pause for weekends and breaks, then pick up where you left off. The August-to-May sections offer a loose journey; different calendars can move through them at their own pace.

When time is short, the affirmation can be enough. You may read the reflection before the day begins, between classes, or after a moment you want to remember. The question needs no written answer.

A sentence may feel familiar, possible, or distant today. Try it quietly. You can adapt its words to fit your experience and return to it later.

The book follows the changing life of teaching: new beginnings, familiar work, discoveries, connections, crowded seasons, and endings. Let the page meet the year you are actually living.

The school year journey

August | Days 1-18

Beginning with Room to Grow · 7

September | Days 19-36

Finding Your Rhythm · 26

October | Days 37-54

Finding Life in Familiar Work · 45

November | Days 55-72

The People Around the Work · 64

December | Days 73-90

A Different Kind of Month · 83

Month labels are flexible. Each numbered day is one reading.

Returning and finishing

January | Days 91-108

Meeting the Year Again · 102

February | Days 109-126

Seeing What Is Growing · 121

March | Days 127-144

Keeping Learning in View · 140

April | Days 145-162

Still Finding Something to Notice · 159

May | Days 163-180

Giving the Year an Ending · 178

DAY 1

Room to Begin

I bring a welcome to a beginning still taking shape.

The bulletin board has an empty corner. A stack of labels waits beside the computer. Your carefully planned pencil system may last approximately eleven minutes. The first day has arrived anyway.

There is something tender about opening a room you have worked hard to prepare. You want the people entering it to feel welcome. You also want to feel ready yourself.

A beginning asks you to step into what you cannot yet know. The class will bring its own questions, rhythms, and surprises. You will learn their names and they will learn yours.

Today, your preparation meets real people. An unfinished detail can sit beside a sincere welcome. There is room for both in this beginning. There is room for you to grow here, too.

A MOMENT TO PAUSE

What would it feel like to call this a beginning rather than a finished product?

DAY 2

Learning the People

My attention is part of someone's welcome.

The roster gave you names. Now a student studies the doorway, another arrives with a story, and someone settles into the back row hoping to draw very little attention.

You are meeting people whose lives reach well beyond this room. Each brings a history you will discover in pieces. Your own life enters with you, even when the schedule leaves little space to mention it.

Sometimes a connection begins with a name pronounced carefully. Sometimes it begins when you remember the question someone asked yesterday. Such moments rarely become the story told at a staff meeting.

They can still matter deeply. Being noticed with care can ease the feeling of entering an unfamiliar place. Your ordinary attention has a place in that welcome, one person at a time.

A MOMENT TO PAUSE

Which small exchange from today would you like to remember?

DAY 3

A Rhythm Taking Shape

My patient practice helps this class find its rhythm.

You explained where finished work belongs. It appeared under a notebook, beside the sink, and in the hands of someone asking where finished work belongs. Tomorrow, you suspect, the question may return.

The first weeks have their own soundtrack: your voice naming a step, a chair moving, someone checking what comes next. The room is learning how to move together. Familiarity arrives a little at a time.

You begin to recognize where the hesitation happens. Students begin to recognize what the words mean in this particular place. An ordinary sequence slowly becomes something you share.

On an ordinary morning, you may hear fewer questions about that familiar step. Until then, the repetition can feel tedious. You are allowed that feeling while the class is still learning how this particular room works.

A MOMENT TO PAUSE

Which part of the day is becoming more familiar to your class?

DAY 4

Learning This Place

I feel more at home with every useful discovery.

Every school holds information that somehow missed the handbook. Someone knows where the spare supplies live, which form replaced the old form, and why the copier needs encouragement before nine o'clock.

In the first weeks, even an experienced teacher can feel like a visitor. You know your subject and still take the wrong hallway. You recognize the work and wonder where this school keeps the things needed to do it.

Then a colleague shares a useful detail. A doorway becomes familiar. A name acquires a face. The place begins to feel less like a collection of things you have yet to find.

Getting acquainted has its own small pleasures. Each discovery gives the day a little more ease. You are learning the everyday life of this place, one useful detail at a time.

A MOMENT TO PAUSE

What has become familiar here since your first morning?

DAY 5

A Good Moment

Joy deserves a place in my unfinished day.

In these first days, a student makes a connection you hoped someone would see. A group laughs together. For a few seconds, the room has a warmth you feel in your shoulders before you find words for it.

The next task is ready to claim your attention. Papers wait. A message needs answering. One part of the lesson was messier than you expected. The good moment may already be slipping behind the work.

It deserves a little time of its own. Enjoying it adds something to your day, even when you have no photograph, data point, or polished story to show for it.

There is pleasure in watching people discover things. There is pleasure in sharing a laugh. Today held a moment you liked being part of. Let yourself have it.

A MOMENT TO PAUSE

What was enjoyable simply because you were there?

Keep reading

A Page for the Teacher

Make room for yourself throughout the school year with 180 undated readings.

Paperback available on Amazon.

Explore the book & choose a format

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Thank you for reading.

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