



TEACHER CONNECTION PLAN

To get the most out of this **Teacher Wellness Connection Plan**, follow these steps with intention and focus. This process is designed to help you identify “**small biggies**”—those small yet powerful shifts that can create a significant impact on your well-being and teaching experience.

- ***Be sure to find a quiet, comfortable place where you can think and reflect without distractions.***
- Bring a notebook, journal, or digital device to capture your thoughts.
- Take a few deep breaths to center yourself and approach this with an open mind.

Directions for Completing the Teacher Connection Plan

1. Familiarize Yourself with the Plan:

Read through the entire Teacher Connection Plan, including each of the six sections:

- Explicitly Teach Expectations
- Win Big with Rich Shared Experiences
- Communicate to Connect
- The Power of Praise
- Focus on Common Ground
- Connecting Outside the 4 Walls of Your Classroom

Understanding the rationale behind each section will help you see how these strategies create a positive, research-based learning environment (Marzano, 2003; Durlak et al., 2011).

2. Reflect on Your Current Practices:

For each section, take a moment to reflect on how your current classroom practices align with these strategies. Use the "Reflection" column in the provided tables to note your thoughts. Ask yourself:

- What is working well in my classroom?
- Where do I see room for growth in building connections?

3. Identify Concrete Action Steps:

In the "Action Step" column, determine specific steps you can take to address the reflections. For example, if you notice that your class routines need more structure, decide on clear, evidence-based norms to implement. This step is crucial because research shows that explicitly teaching expectations reduces anxiety and builds trust (Pianta, 2006).

4. Develop a Detailed Action Plan:

In the "Action Plan" column, outline measurable, time-bound tasks that will help you implement your action steps. Consider:

- Daily or weekly routines
- Specific activities or rituals



- Methods for tracking progress and adjusting practices
These plans will provide you with a roadmap for fostering a classroom environment where every student feels secure and valued.

5. Integrate Strategies into Your Daily Routine:

Begin applying the new strategies in your classroom. For instance:

- Clearly articulate and model classroom expectations every day.
- Incorporate shared experiences into lesson plans to celebrate small and big wins.
- Use empathetic language that focuses on connection rather than correction.

Research indicates that these practices lead to improved student engagement and a positive classroom climate (Rogers, 1961; Waldinger & Schultz, 2023).

6. Monitor Your Progress:

Regularly revisit your tables to update your reflections, adjust your action steps, and refine your action plan. Tracking progress will help you see the impact of your efforts on classroom behavior and student engagement.

7. Collaborate with Others:

Extend these connection strategies beyond your classroom by engaging with colleagues, parents, and community partners. Sharing your experiences and insights can lead to a broader support network that enriches the learning environment (Epstein, 2018).

8. Evaluate and Celebrate Success:

After implementing the plan for a set period, evaluate the changes in your classroom. Celebrate improvements in student behavior, engagement, and the overall classroom climate. This reflection and celebration phase reinforces the science behind these practices—creating environments where every student can thrive.

By following these directions, you'll be able to systematically implement the Teacher Connection Plan, turning research-backed strategies into practical actions that transform your classroom. Enjoy the journey toward creating a more connected, inspiring, and supportive learning environment!

Section 1: Explicitly Teach Expectations

Reflection	Action Step	Action Plan
Reflect on your current classroom norms and how they foster a sense of security.	Develop and clearly communicate evidence-based expectations and micro-behaviors, emphasizing kindness and consistency.	Systematically teach, model, and assess these norms daily, reteaching as needed to ensure all students feel valued and secure.



Reflection

Action Step

Action Plan

Section 2: Win Big with Rich Shared Experiences

Reflection

Consider your existing

shared experiences and instructional activities so

they also
classroom rituals. What's
working?

Action Step

Identify opportunities to tweak

rituals that acknowledge

build connection—celebrate
both small and big wins that
align with your classroom
values.

Action Plan

Implement regular activities
and

collaborative successes,
encouraging a culture of
respect, empathy, and
teamwork.

Section 3: Communicate to Connect

Reflection

Reflect on times when your
communication felt more
corrective than supportive.

Action Step

Shift your focus from
correcting to connecting by
using empathetic language and
active listening techniques.

Action Plan

Practice delivering feedback
from a place of care and
understanding, ensuring that
even necessary corrections
maintain the relationship's
integrity.

Section 4: The Power of Praise

**Reflection**

Evaluate how your current praise practices impact student motivation and behavior.

Action Step

Incorporate a balanced mix of effort-based, behavior-based, and non-contingent praise into your daily interactions.

Action Plan

Use tools like the exclusive Praise Pack to regularly recognize student achievements, reinforcing positive actions and boosting self-esteem.

Section 5: Focus on Common Ground**Reflection**

Reflect on what your students share in common, including interests, values, or challenges.

Action Step

Identify shared interests and values that can serve as a foundation for classroom activities and discussions.

Action Plan

Design lessons and activities that highlight these commonalities, fostering collaboration and a sense of belonging among all students.

Section 6: Connecting Outside the 4 Walls of Your Classroom**Reflection**

Consider your current engagement with parents, colleagues,

Action Step

Develop strategies to extend connection practices beyond the

Action Plan

Implement communication tools and community partnerships—such as icebreakers in PLCs and culturally relevant



Reflection
and community partners.

Action Step
classroom, creating a
network of support.

Action Plan
parent
communications—to build
strong, collaborative
relationships.