



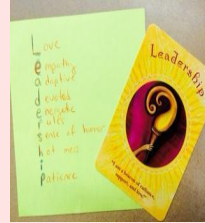
Supporting Systems

Creative Brief - My Place

How can we develop an awareness of our place in our own family system and what it brings to our classroom?

Purpose

Each teacher brings their own special talents and challenges into the field of their classroom. When teachers can develop an awareness of their own family system and how they bring that into their classroom learning environment



Stilling/Systemic Exercise

- You can stand in a circle and take some slow deep breaths.
- Everyone says their parents and grandparents names one at a time. I then talked about when we teach we bring those systems with us.
- You might do a little pre-talking to one or two teachers who may have had some difficulty with this due to the difficult or recent deaths of their parents.
- You can do an exercise about Hellinger's order of precedence demonstrating the order of siblings and pick people to be in the order and then switch it. This was to give people a little experience in the field. You ask someone to be a first, second, third, and fourth representative according to their own family order. You then switch people and ask for their feelings. It can be fun and informative on how a strong place can be.
- You can talk about how they are part of a family system and have a place in it. There can be support from those who came before and they have a place in their family just like students have a place in their family systems.

Art extension

- You can put some soul coaching cards with words on them in a circle face down and ask teachers to pick one. The teachers pick the card and then take a 6-inch square blank piece of paper .
- They can draw what comes to them when they think of the word and then bring their system into their classroom as a support for them.
- You can have them take a picture of the card and the picture of the card and ask them to see what happens with the images of the next few weeks.

Co-Collaboration

Teachers can discuss how to use some of these ideas in their classrooms

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