

I am a CODER



- This is a mindfulness-based mnemonic of strategies for frustrating moments. In addition to the specific virtues of Forgiveness, Patience, and Perseverance, it reinforces the powerful idea of Representation.
- Introduce the CODER mnemonic as strategies for frustrating moments while coding. Part of being a coder is experiencing frustrating moments, but there are strategies we can use as coders to move through those moments and find solutions.
- *I am a CODER*
 - C: Calming space. If you are feeling overwhelmed, you can move your body to a calming space. (This can be a designated calm-down corner in the classroom, a student's desk, or simply an area of the classroom where the child can sit without distractions).
 - O: Out and in. Think about your breathing. You can count your breaths, or use a mindful breathing strategy like belly breathing or bubble breathing if your classroom already uses mindful practices.
 - D: Do a stretch. Check out the coding stretches anchor chart and do some mindful stretches. Examples of mindful stretches can include child's pose ("Be a Block"), shoulder rolls ("Motion"), and the tree pose ("Up block").
 - E: Express your 'why'. If you need help, tell your teacher why you were frustrated (e.g. I felt frustrated because my program is not working). Your teacher can then help you find a strategy to solve your problem.
 - R: Ready to try again! Part of being a coder is making mistakes, encountering problems, and being frustrated. That also means that being a coder is trying again!