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Florida Educators,

On a recent trip to the café at the Department of Education, I passed a newly decorated bulletin board covered in brightly colored sticky notes. It immediately caught my attention. *Take What You Need* was the headline. I was intrigued! I didn't think I needed anything at the time, but stood there reading the different sticky notes and found myself drawn to quite a few. I decided to take a bright pink note that read "Make It Work" and had a photo of Tim Gunn. It was perfect and exactly what I needed that day!



Positive affirmations impact our mindset, remind us we are human, and encourage us to do our best. They can serve as an uplifting addition to your morning routine or a positive start to your next class period. I tracked down Lynn Kemper, Title II Director and creator of the *Take What You Need* bulletin board, and asked what inspired her. Lynn said, “Everyone is awesome! Whether it be my former high school students or my colleagues at the DOE, we sometimes forget and need a reminder.”

The board was previously empty and unused, but today it serves as a place where we can pause and “take what you need.” I would love for you to share with the #JFTcommunity how you use positive affirmations with your colleagues and students! Don’t forget to tag [@EducationFL](#) and [@KellyZunkiewicz](#) in your posts.

To read a list of Lynn's favorite positive affirmations, click [HERE](#).

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10 Daily Affirmations for Teachers

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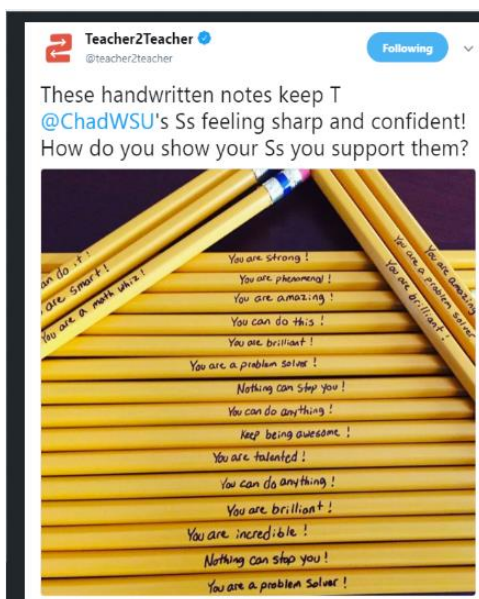
TeacherPop is real talk, tips, and tools for teachers

10 Daily Affirmations for Teachers

In her post *10 Daily Affirmations for Teachers*, special education teacher Sarah Forst shares how daily affirmations help teachers and students stay calm and confident when facing challenges. Encouraging our students to maintain a growth mindset is key to their success. As adults, we often forget to apply this same growth mindset in our lives. I remember more than a few lessons that didn't go to plan while I was teaching Algebra 1. Reading and thinking about Sarah's *Affirmation #4: I am becoming a better teacher every day*, would have helped me regroup, evaluate the lesson objectively, and build on the positive for the next class and next day. Check out all 10 of Sarah's affirmations [HERE](#).

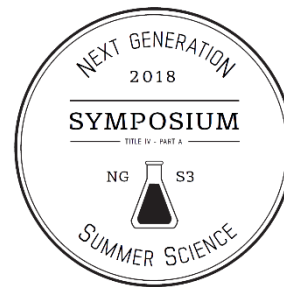
Teachers and Students on Twitter

Support and encourage your students and colleagues by sharing your #positivevibes. Check out the pencils educator Chad Arnett gives to his students and the sticky notes that this Bellwood Middle School (Bellwood, Pennsylvania) student placed on his classmates' lockers. Tweet how you share your #positivevibes in your school to [@kellyzunkiewicz](#) using the hashtag #JFTcommunity.



Resources from The Bureau of Standards and Instructional Support

The Bureau of Standards and Instructional Support's goal is to provide quality services, resources, guidance and professional development to our educational partners. A webpage has been developed for teachers that includes highlights of the month, upcoming webinars, upcoming events and monthly updates. This webpage will be updated monthly with the newest information.



To view the latest information and resources, click [HERE](#).

If you have questions, content suggestions or comments, please email Standards&Instruction@fldoe.org.