

# Hey Student & Hey Teacher

## **(Hey Student)**

hey student  
to study you need to be present  
in the moment, in the room  
do what you need to do  
before entering the classroom  
get rid of whatever is bothering you  
send that email, call a friend, make a plan to deal with things later, write  
shit down  
find the excitement and curiosity  
think of your investment in this subject, why is it important to you, what  
you want to share and what you are curious about  
relax your body  
take a walk or a hot drink, take a deep breath, roll your shoulders, shake  
out the tension  
enter  
and you can finally look the other students  
and the teacher  
in the eye  
and ask them:  
what is this all about?

(these steps can also made together with other students)

## **(Hey Teacher)**

hey teacher  
to meet the students you need to be present  
in the moment, in the room  
do what you need to do  
before entering the classroom  
get rid of whatever is bothering you  
send that email, call a friend, make a plan to deal with things later, write  
shit down  
find the excitement and curiosity  
think of your investment in this subject, why is it important to you, what  
you want to share and what you are curious about  
relax your body  
take a walk or a hot drink, take a deep breath, roll your shoulders, shake  
out the tension  
enter  
and you can finally look the students in the eye  
and ask them:  
what is this all about?

(these steps can also be made together with the students)