

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)