

Staff Meeting PD Planning Guide Reading an Article or Viewing a Video

Video: How to Make Stress Your Friend

Preparation:

Get video ready to play (https://www.youtube.com/watch?v=RcGyVTAoXEU&feature=em-sub_digest)

Opening (5-10 minutes):

- Give a brief description of the upcoming activity. Make sure to explain why this activity is a good fit right now.
- Consider getting everyone warmed up with a partner or table chat about the topic.

Mention that many of us are feeling stressed right now...inescapable as educators.

Partner Chat: "What do you think about stress? Is it good or bad?"

Body (20-40 minutes):

- Give everyone a task to complete as they read/view. It might be as simple as a question to consider, or you might offer a note-taking sheet to help prepare for discussion.
- Watch the video.
- Give people a chance to discuss/debrief. Keep in mind that the smaller the discussion groups are, the more everyone gets to talk/share/think.

Give a brief preview of video...say I was surprised by this and thought it might help some of us...

Encourage people to be ready to share with colleagues after we watch...

Watch video. Have people share reactions in small groups.

Closing (5-10 minutes):

- Wrap up the session. You might finish with a brief whole-group discussion, or you might (if appropriate) conclude with some action steps—things people can do or try right away, based on the reading/video.

Conclude with brief brainstorming session...what are other ideas you have for reframing how you cope with stress?

Encourage people to watch rest of the video if they have time!