* What's on your mind and heart right now?
* Share a high and low from this week.
* What do you need to acknowledge so that you can be fully present for this session?
* How are you feeling right now?

## **Incorporate Opportunities to Address Emotions**

Human beings have emotions, and we don't leave them at the door when we get to school. But we can learn how to engage with them in healthy and appropriate ways at work. When providing PD, offering short (3–5 minute) opportunities for teachers to acknowledge and name their emotions, and to share them with others, can have a tremendous impact. Rather than checking out or stewing in frustration or drowning in grief, they can process surface emotions and then engage in the training. This can be done in the first portion of the session during a "check-in" by inviting teachers to think, write, and pair-share in response to any one of the following questions/prompts: