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Welcome letter for students from teacher

Linda Lott Williford A.C.E. ~ "What do they keep you awake at night? A.C.E. ~ "A friend of me asks this question when she wants to get to the heart of what she loves the minds of people who love. The concerns that keep us awake at night can indicate the nucleus of who we are. What tonight in my mind? The teachers. 3:00 am and can't get out of your head. You have not planned on this. And you know honest: teachers are planners. This is a giant curve. You were ingraining for the spring break - this is all the time you need. A week discount, and then you're going to consider the homestretch of the school year, the weeks when we were all waiting. The most fun units that save for spring.

Seminal traditions. Finishing lines. That last elongation in which your team rotates the third base and heads for the domestic plane. And now this, the closure that has been a week, then two, and now four, probably eight, but who really knows? I taught the kindergarten and the third degree, and someone's thought took my kiddos from me in the last weeks? Well, he woke me tonight, feeling so sad for you. I would have been worried about the children who were hungry - for food, yes, but also for the care of the soul. Contact with eyes. For hugs in the morning and high-fives and secret hand naps. There is so much that you can learn looking at your students, from the way they collapse about their desks and the spelling test and how they book too close to the reading again. You speak months, weeks, days, and a hundred years in the evening again. Your books are tied to them, and now your heart feels like it's being pulled apart by the strings of the past. A nurse teacher I met aligned his kiddos for job interviews last day. He said, "I hope to see you again." AOh! It was him. Three times. We talked about the initial literacy work that had started. But you and he must have been surprised. I understood that. In one week, I'm back. I've overlooked and underpaid, so far to be recognized as some of the most important players who keep our world that spinning. You are the glitter and glue. And I feel you saying, A.C.E. ~ "Right. We knew that, actually. Now everyone else can follow the directions so we can get this virus under control and I can have my students again? We've got jobs to do.A.C.E. ~ "Well, I'll take you. You can call a job, but in reality, it s love. You had more like to do this year, and it was thought to have More time. Can't Solve the problem for you. But I know one thing or two about the pain, and thereAA s much to say for the name of what is sad and letting it be sad. So I can sit in space with you, I can wake up at night with you in my mind, and I can get to tell you this: pain is real and valid and yours. Pain means you loved well. Thank you for loving our children this hard, this very good. Tricia Lott Williford is a widow remarried, a writer, teacher, the reader, and thinker. Thousands of readers join her every morning in a cup of coffee as you sign on online to read funny, touching stories about capturing the fleeting moments of life. With raw transparency, honest pain, laughable joy, and a captivating voice, which shares the hard pieces of her story c and the redemption of her offering God in the midst of it. Tricia is the author of the New York Times of many books, including "Wait ...," "You can do it!", "And life comes back"; And "Let s pretend we are at normal." She collects words, quotes, and bracelets, and lives in Denver with the And Two children. You can get to know Tricia through the regular messages of her to triciallottwilliford.com. Related videos: This post comes from today's community of parents, where all members are invited to publish and discuss parental solutions. To learn more and join u Because we are all in this Advertisement advertisement We all have a teacher who stands out from the rest - perhaps recognized your potential, helped you discover something you love or made you go through a difficult time. For Markus, a fifth elementary, that person was Mr. J. When he first saw him, he felt like he'd discovered him, the student behind the desk. "Thank you, Mr. J., for everything," Markus wrote. "Markus explained that he sees Mr. J. as the figure of his father who never had, I told him that my father, I never met my real dad, but it's okay because I treat me as if I if I you were on earth. I make me feel like I always feed me when I hug him, embrace me when I'm sad. "Even better than Markus's words is the fact that it has a positive role model to inspire them. While the boy can't stay in the fifth grade forever, Markus didn't want Mr. J. thought that the compassion of him went unnoticed, even when the school year winds. "Never forget you, Mr. J.", he wrote him. "I love you and never forget you!" Mr. J. took on Twitter, where he shared a photo of Markus's letter. "So I walked in the classroom and found this letter on the desk that one of my children wrote to me and A.C.E. ~ "I tried so strong not [a]. Honestly, we are besides crying at this point - tears are just coming. And we are not alone. The Mr. J.'s Post was rectified 141,000 times, has almost 500,000 nice and received an overwhelming quantity of answers. "This is too much, friend, I can't stop tears," he wrote a user. "You bless you for having that kind of impact on a child," he wrote another. "More people need to see this as an example." And while Markus's words are quite powered to enforce Mr. J. that is worth it, this is not the first letter he received. After another of his students learned that he had been in a car accident, Mr. J. states that he wrote him a well-known sweet known, thanking him for his loyalty, friendship and kindness (Ness); This Content is imported from Twitter. You may be able to find the same content in another format or you may be able to find more information on their website. The best part? At the end of the day, after Jermaine received super hero status (thanks to a lot of printing) and thousands of new followers, he said in a tweet that he "does all exhausted" and that he asks nothing in return. It seems that we could all benefit from taking Mr. J. class. This content is imported from Twitter. You may be able to find the same content in another format or you may be able to find more information on their website. In a statement for Goodhousekeeping.com, Jermaine explained that this is his teaching of the first year (he says!) And what to make a difference in the life of the students is a goal forever. "I always try to have an impact on every child. I want to be more than a simple teacher. I want to be a role model and someone looking to lead."

The information about this and on a similar content to Piano. Last updated on 20 July 2021 you are behind the tent, Merit to make your way on the stage to face the multiple faces in metaTV obscurities in front of you. While you move towards the spotlight, your body starts to feel heavier with every step. A family glow Echee throughout the body - your heartbeat went out of the graphs. Don't worry, you're not the only one with Glossophobia (also known as vocal anxiety or the fear of talking with big crowds). Sometimes, anxiety takes a long time before you can even stay on stage, stable. The defense mechanism responds causing a part of your brain to release the adrenaline in your blood - the same chemical that is released as if I had been chased by a Lion.Here "A.C.E. ~ "A CEFast-by-step guide to help you To overcome your fear of speaking in public: 1. Mentally and physically prepared to experts for experts. We are built to show anxiety and recognize it to others. If your body and your mind are anxious, your audience will notice. So, it is important to get ready in front of the great show so as to arrive on the confidence stage, harvested and ready. "Your external world is a reflection of your internal world. What happens inside, shows outside." Bob proctorexercising slightly before a presentation helps to circulate blood and send oxygen to the brain. The mental exercises, on the other hand, can help calm the mind and nerves. Here are some useful ways to calm your heart from running when you start feeling butterflies in your stomach: Heat Up! is nervous, it is likely that your body will feel the same way. Your body becomes tense, your muscles feel tight or you're breaking cold sweat. The audience will notice you are nervous. If you look at this is exactly what is happening to you minutes before a speech, make a couple of sections to loosen and relax your feet. It is better to warm up before any speech as it helps to increase the functional body potential as a whole. Not only that, muscle efficiency increases, improves reaction time and movements. This is some exercises to loosen your body before showing the time: the neck and rolls of the shoulder . A.C.E. ~ "helps to relieve the tension of the upper body muscles and the pressure like the scroll force on the rotary The head and shoulders, loosen muscle. Stress and anxiety can make us rigid within this area that can make you feel rough, especially when standing. Arm stretches. Relaxing your arms and hands will help reduce the stress and anxiety. Loosening of abdominal and lumbar regions which is essential as it can cause discomfort and pain, further amplify all the anxieties that can be experienced. Stay hydrated in severe felt seconds before talking? And then arriving on the stage with a raspy sound and scratched in front of the public? This happens because the adrenaline from the fear of the stage makes sure that your mouth becomes dried. To avoid everything, it is essential that we are adequately hydrated before a speech. A sip of water will make your trick. However, drinking in a moderation so you don't need to go to the bathroom constantly. Latera to avoid sugary and caffeine beverages, since it is a diuretic A.C.E. ~ "which means you will feel tempting. You will also amplify your anxiety that prevents you from talking smoothly. MeditateMeditation is well known as a powerful tool for Calm your mind. ABC Dan Harris, co-anchors of the Nightline Line and Good morning of America Weekend and author of the book held 10% happy happenier, recommends that meditation can help people feel more calm, faster. Lameditation It's like a workout for your mind. It gives you strength and focuses to filter negativity and distractions with words of encouragement, trust and strength. Meditation of minningality, in particular, is a popular method to calm before Getting on the great stage. The practice includes sitting comfortably, focusing on your breathing and then reporting of the present of your mind without the drift in doubts about the past or the future - which probably includes floundering on stage.This "is a nice example of guided meditation before speaking in public. 2. Focus on your goalkeeper's thing people with a fear of speaking in public has in common is to concentrate too much about themselves and the possibility of I look funny? What happens if I don't remember what to say? I look stupid? People will listen to me? Does anyone worries what I'm talking about? A.C.E. ~ "Instead of thinking this way, move your attention to your true purpose - contributing something valuable to your audience. Decide the progression as you come onto the stage. Try to focus your movements and expectations to accept you have a good time. If you feel nervous, breathe deeply and let yourself settle down. Remember, the audience is here to support you, not judge you. Concentrate can easily scare you, but having interests in the subject will help you overcome negativity until twilight. The other side of the coin is courage to fight within u One is full of self-doubt and insecurity, what will the other be doubtful and insecure. What will you give you? A.C.E. ~ "What will you confuse this speech? What happens if I'm not confident enough? I forgot what to say? A.C.E. ~ "There is no wonder because many of us are uncomfortable by giving a presentation. Everything that we do bring us back before we had the chance to show ourselves. This is also known as self-compensation prophecy - a conviction that becomes reality because we act as if it were already. If you think you're incompetent, then you will become trear. Coachmotivational coaches make the tout that mantra and positive statements tend to increase your confidants for moments that matter more. Done to yourself: A.C.E. ~ "assert this speech and I can do it! A.C.E. ~ "Take advantage of your adrenaline race to encourage the positive result rather than thinking about the negative A.C.E. ~ "What IFSA A.C.E. ~ "HereHere SA Video of the Kelly McGonigal psychologist who encourages its audience to transform stress into something positive and provide methods on how to deal with it: 4. Include your content that your content at hand helps reduce your anxiety because there is one thing less to worry about. A way to get to go there is numerous times before your true speech. However, the storage of your writing-word-world is not encouraged. You can end Freezing, if you forget something. It also risks that they risk playing unnatural and less accessible. A.C.E. ~ "The amount of reading or memorization will be succeeded in life. It is understanding and the application of wise thinking that count. A.C.E. ~ "BOb Proctoryany People inconscius iay commit the error to read from their slides or by storing their word-word writing without understanding their content - a defined way to spread themselves. Discussing your speech flow and the content makes it easier to convert ideas and concepts in your words that you can clearly explain to others in a conversational way. Designing slides to include text messages is also an easy hack to make sure you quickly remember the flow when your mind becomes empty. One way to understand is to store concepts or ideas or too arched in your step. It helps you speak more naturally and let the words fall perfectly during the showtime because you spent countless hours behind the scenes. Even the great speakers like the late John F. Kennedy will pass months by preparing his speech before. Public wh spoke, like any other ability, requires practice - if practicing your Countless times in front of a mirror or take notes. As the proverb says, the more you practice, the better you become. 6. Be authentic, there is nothing wrong with feeling stressed before getting to talk about an audience. People fear afraid to speak in public because they fear fear You will judge them too vulnerable se. However, the vulnerability can sometimes help you overcome more authentic and relationships as a loudspeaker. Drop the fiction of trying to act or speak like someone else and you will find that the risk is worth. It becomes more genuine, flexible and spontaneous, which makes it easier to manage unpredictable situations - if you get questions that are difficult by the crowd or experiencing an unexpected technical difficulty. To discover your authentic style to speak is easy. Simply choose a topic or a problem that you are passionate about and discuss as well as you would normally like a close family or a friend. It's like having a conversation with someone in a personalized personal environment. A great way to do it on the stage is to select a member of the random public with a hopefully calming face) and talking to a single person at a time during your speech. You will find that it is easier to try to present to a person at a time of a whole room. That said this, being quite comfortable to be yourself in front of others could take some time and some experience, depending on how comfortable you are with being yourself before others. But once you have embraced it, the fear of the stage will not be intimidating as initially you thought. Presented as Barack Obama is a first example of a genuine and passionate speaker: 7. Post speech evaluation but no less important, if you have made it speak in public and have been scarred by a bad experience, try to see it as a lesson learned a Improve yourself as a loudspeaker:don t wouild you after a presentation the hardest from ourselves and it's nice to be. But when you finish delivering your speech or presentation, give yourself a little recognition and a pat on the back. You managed to finish everything you had to do and didn't give up. You have not allowed your fears and insecurities to you. Give yourself a reward for your effort. Ask yourself what you did well on. Reflect on the feedback you received. Think about the next time you will perform. Set goals for improvement. Reflect on the challenges you faced. Celebrate your successes. Take a moment to appreciate your growth. Write down your thoughts. Share your experiences with others. Practice regularly. Seek feedback from others. Stay motivated. Believe in yourself. Keep improving. You are capable of achieving greatness. You are worthy of success. You are deserving of happiness. You are proud of who you are. You are grateful for what you have. You are optimistic about the future. You are resilient in the face of adversity. You are determined to achieve your dreams. You are committed to your values. You are responsible for your actions. You are compassionate towards others. You are respectful of differences. You are open-minded to new ideas. You are curious about the world. You are adventurous in spirit. You are brave in the face of fear. You are persistent in the face of setbacks. You are disciplined in your habits. You are organized in your life. You are efficient in your work. You are creative in your thinking. You are innovative in your approach. You are proactive in your attitude. You are diligent in your efforts. You are focused in your goals. You are dedicated to your mission. You are loyal to your friends and family. You are faithful to your beliefs. You are honest in your dealings. You are sincere in your intentions. You are generous in your spirit. You are kind in your words and actions. You are patient in your journey. You are humble in your achievements. You are grateful for every blessing. You are appreciative of every opportunity. You are optimistic about every challenge. You are hopeful for every tomorrow. You are confident in every situation. You are fearless in the face of uncertainty. You are unstoppable in the pursuit of your dreams. You are invincible in the battle against your fears. You are victorious over every obstacle. You are triumphant in every endeavor. You are successful in every venture. You are prosperous in every undertaking. You are wealthy in every aspect of your life. You are abundant in every resource. You are overflowing in every blessing. You are brimming with every virtue. You are teeming with every talent. You are bursting with every passion. You are glowing with every joy. You are shining with every light. You are sparkling with every dream. You are dazzling with every

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