

# Fulfilled Classroom Framework



A framework for teachers to create a culture of love, joy, and gratitude in the classroom.





2019



2020/21

Dear Teachers,

I'm so happy that you have joined the Fulfilled Classroom community! If you are reading this, it means you have your and your students' best interest at heart as you look for innovative ways to create a positive classroom culture and build social-emotional learning skills.

The circumstances surrounding teaching this year have significantly changed the way we show up for our students, the way our students are able to learn, and how we connect with one another in community.

This guide provides tips on using the Fulfilled Classroom's Framework to create a more joyful, connected and harmonious classroom, even during times of pandemic and social distancing.

These tips will help not only improve your students' outlook, but also your own outlook and mindset in these unprecedented times.

Building a connected community takes only minor, though consistent, actions. These tips, activities and suggestions will take merely minutes of your time, but will create lasting effects on you and your students.

I hope you find great value in the next few pages. Always remember, you are doing one of the most important jobs on the planet. And you're doing it well.

*xo, Nicole*



*Fulfillment* **GOALS**

for the classroom



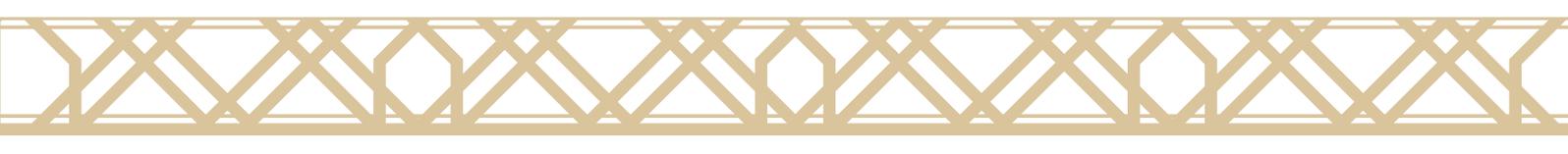
Gratitude

Opportunities

Affirmations

Love

Stillness



# What are *Fulfillment* GOALS?

It is a framework consisting of five pillars (Gratitude, Opportunities, Affirmations, Love, and Stillness) which are essential to creating a solid foundation for learning within a positive classroom culture.

These pillars are also fundamental in creating fulfilled lives, for both students and teachers. Applying these concepts to personal lives has been proven to bring happiness and a sense of clarity to those who practice them.

It is important that we incorporate these principles in our classroom every day to teach our students their value and show them what is possible in their lives.



# GRATITUDE



Starting the school day with gratitude is an effective way to get students in a positive mindset and set them up for a happy day.

Invite students to share things they are grateful for. These could be big or small, and school or home related.

This doesn't need to take more than one minute.

## Ways to practice gratitude:

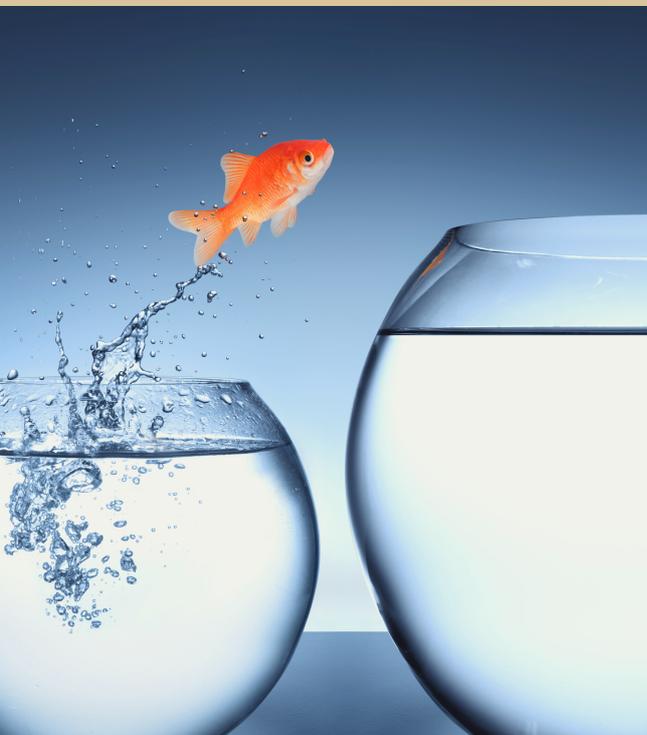
- **Journals**
  - Each student can spend a few minutes writing in their personal journals.
- **Sharing circles**
  - Invite students to share in a group what they are grateful for.
- **Gratitude Boards**
  - Create a space in the classroom where students can add pictures, words, or entries onto a collaborative space.





# OPPORTUNITIES

One of the greatest gifts we, as teachers, can give our students is the gift of opportunities. Students need to see that their future is limitless and have someone in their corner guiding and cheering them on.



It is important to create a classroom culture where opportunities are presented all around us. From the choices in daily activities, to discussions about setting goals and creating action plans to reach those goals. Embracing opportunities will hopefully become second nature to our students.

Ways to present opportunities:

- Goal setting as part of morning routine and journaling
- Reading stories and articles about finding opportunities
- Discuss opportunities for learning and growth when things go wrong
- Encourage inquiry-based learning
- Be their cheerleader



# AFFIRMATIONS

Positive self-talk has numerous benefits for our students.

Builds confidence

Improves attitude

Promotes self-love

Helps cope with stress

Encourages motivation

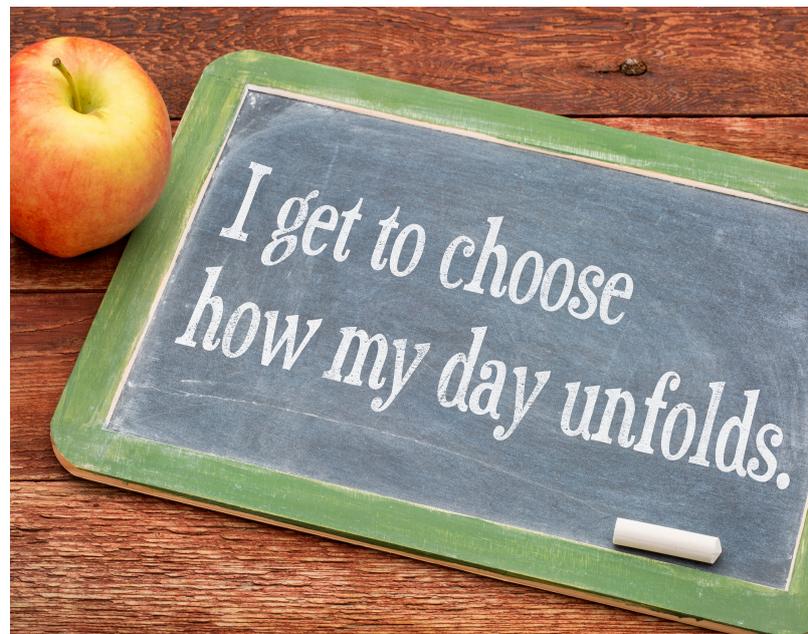
Allows for risk-taking

Helps work through challenges

When beginning the practice of using affirmations, it may be necessary to start with some scripted affirmations for your students. As they become more familiar and comfortable with the idea, they can start to think and write their own affirmations that speak to them.

Feel free to use some or all of the examples here. You can either say them and have students repeat them, or display them on the board and have students read them. Visit [www.thefulfilledclassroom.com](http://www.thefulfilledclassroom.com) for a slideshow of positive affirmations.

- There is no one better to be than myself
- I get better every single day
- I am an amazing person
- All of my problems have solutions
- Today I am a leader
- I can do hard things
- I focus on the positive
- I forgive myself for my mistakes
- My challenges help me grow
- I believe in me
- I am a great friend
- I am strong
- I choose my own attitude
- I am loved
- I am thankful
- I am courageous
- I am a good influence on others
- I do my best
- I stand for what is right
- I am choosing to have an amazing day!



# LOVE

A sense of belonging is a human need, just as water, food and shelter. Cultivating a sense of community and belonging is fundamental to help our students thrive in our classroom.

Students who feel a part of a larger community are more likely to participate, take risks, and succeed. They are also more likely to display positive emotions and mindsets.

Accepting our students for who they are and encouraging them to be themselves will foster their self-confidence and self-esteem.

Love goes beyond just loving yourself and your students...loving what you do every day is important. So make sure you bring those passions into the classroom. Are you crazy about art? Then incorporate art into math class, or music, language, or history. The possibilities are endless for how you can bring what you love into the classroom.

Embrace what makes you you, and be a role model for your students.

*"Your students may forget what you said, but they will never forget how you made them feel."  
~ Maya Angelou*



- Smile and welcome your students every day
- Get to know your students personally and take a vested interest in their lives
- Do community building exercises
- Have a zero tolerance for bullying
- Be a role model for positivity - even when you don't feel like it
- Bring your passions into the classroom and share them with your students
- Invite your students to share their passions and interests with the class



# STILLNESS

## What is stillness?

Stillness is actually an **energetic quality** of being, and is naturally present in every person. We can make a choice to feel stillness when we are in a state of being *present*.

The busyness of life takes us away from this stillness but it is important to reconnect to it, as there are so many benefits to calming our body and mind.

## Benefits of stillness

- Allows clear thinking and better decision making
- Improves levels of concentration
- Gain control over your thoughts, as opposed to having your thoughts control you
- Increases resiliency
- Increases compassion and kindness

## How does this look in the classroom?

There are many ways to bring some stillness into the classroom. Transitions are a good time - as students enter, after recesses or lunch, or between periods. Activities can include breathing exercises, quiet or guided meditation, yoga, moment of silence, calming music, or even writing in a gratitude journal.

Our students' lives are busy, our classrooms are often noisy and exciting spaces, and students are involved in any numerous activities that keep them buzzing until bedtime. All of these are reasons to teach our students how they can tap into their internal state of calm anytime they need it. It's a valuable tool that will take them well into their future.



[www.thefulfilledclassroom.com](http://www.thefulfilledclassroom.com)



Join our Facebook community, "Fulfilled Teachers", to connect with other like-minded educators, share inspiration and find more incredible resources. See you there!