

## MOD 1.5 Self-Awareness, Emotional Resilience, and Equity

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### TAKE IT DEEPER:

#### Self-Awareness, Emotional Resilience, and Equity: Professional Experience

As you consider equity, self-awareness, and emotional resilience, describe your ideal (classroom, school, or district) work culture.

- What does a truly equitable district, school, and classroom look like? Feel like?
- What do important, productive conversations about race and equity look like in your school?
- What social norms and/or practices exist to support adult well-being, self-care, learning, and professional growth?
- In your vision, how do educators practice both self-care and community care?