

Sustainable teaching is fostering compassion for self while supporting the growth and development of our students. The goal of sustainable teaching is to create a collaborative community that values a balanced approach to education and enables all participants to thrive.

Components of sustainable teaching include:

- Cultivating a gracious mindset toward self and others
- Embracing our vulnerability
- Setting boundaries so that we don't exhaust our resources
- Developing practices that will build resilience
- Establishing a repertoire of mindfulness practices and actually using them
- Reserving space for self-care, play, and laughter
- Creating and actively participating in a support system that fosters personal and professional growth
- Modeling for our students how to live and work sustainably