

New Teacher First Aid Kit

I love teaching, but I love learning first. I am starting my 29th year of teaching, but as a curious & creative teacher, I am always looking for ideas to improve my teaching. You've chosen one of the most rewarding—and challenging—professions. In your first years, it's easy to feel pulled in every direction. This workshop (and this worksheet) are here to help you focus, build confidence, and find strategies that make the work more sustainable.

Let's talk about your teaching

Focused feedback

You're practicing a lot of skills at once. Instead of trying to improve everything, what's one area you could choose to focus on this week?

Teaching Ideas

Your plans matter, but your students will always bring surprises. How can you leave space in your lesson for those teachable moments?

Offloading tasks

You don't have to carry every responsibility yourself. Think about tasks like repeating directions, creating quick checks for understanding, or summarizing lessons—what could you share, automate, or make easier so you can stay focused on your students?

Strategies to try tomorrow

Pick one to test this week:

- Choose a single teaching skill and stick with it for a few days.
- At the end of the day, jot down one success before you think about what to improve.
- Ask a colleague if you can observe them—or invite them to watch a short part of your lesson and give feedback.

Reflection corner

Pause at the end of your day and answer one of these:

- What moment today felt most rewarding? Why?
- When did you notice students most engaged? What was happening?
- What's one small change you'll make tomorrow?

Incorporating technology - M2

Here's a quick look at what M2 is and why it might matter to you as a new educator:

- M2 is an intelligent co-teacher that observes classroom interactions, gives real-time suggestions, and helps guide reflection after class.
- It's designed to help you reach more students without increasing screen time
- Differentiation is core to M2's design. It helps you tailor learning for individual students, scaffold student thinking, and promote deeper, independent learning.
- M2 also provides interactive post-class summaries and reflections built to help students review learning, deepen thinking, and become more self-directed over time.

If you're looking to explore how technology might help lighten routine tasks or deepen your classroom's potential, M2 is a useful partner. Learn more or sign up for a demo at swivl.com.