

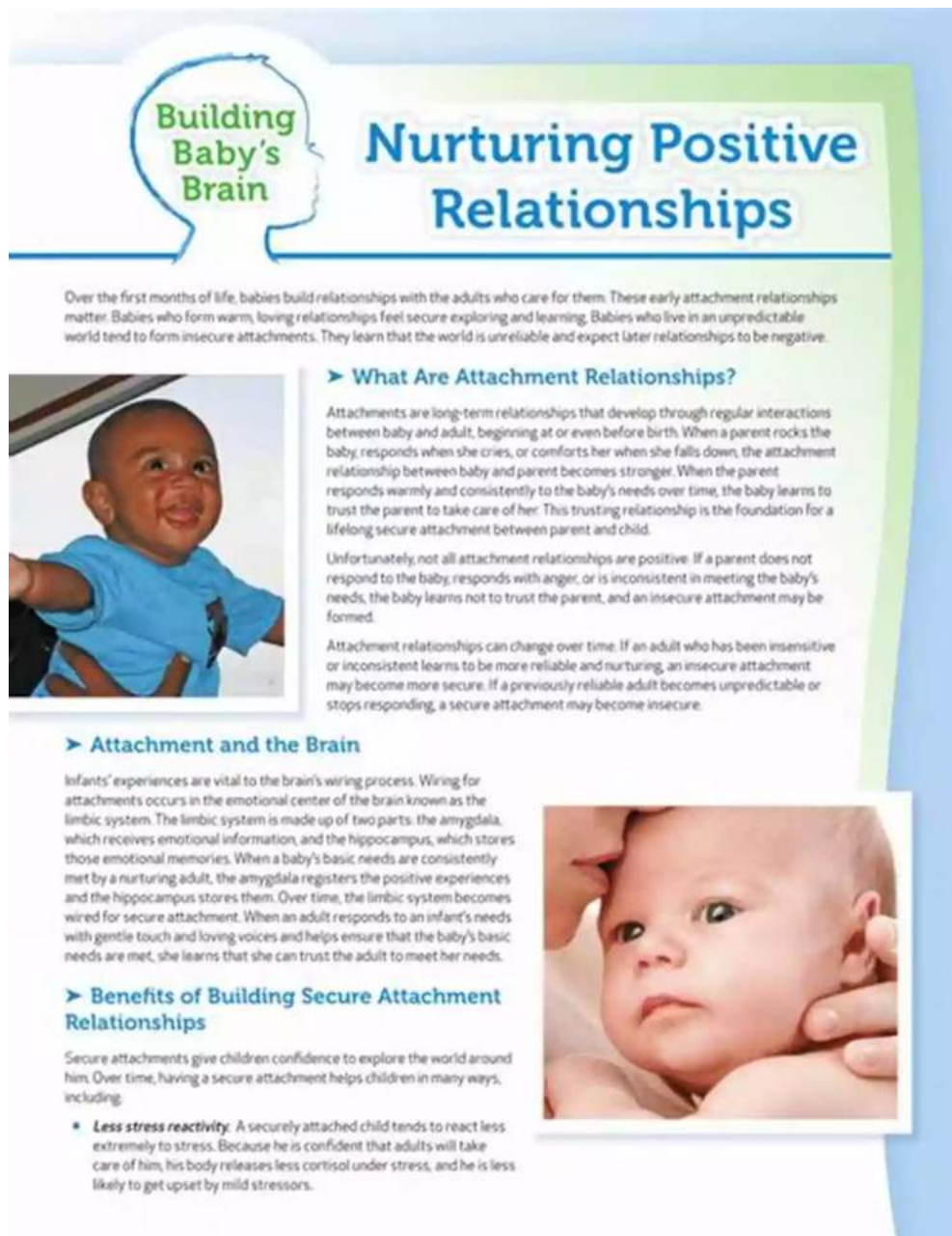
# 20 Ways To Enjoy Teaching Every Day No Matter What

Teaching is not only a profession, but a calling that requires passion, dedication, and enthusiasm. However, there can be days when the challenges seem overwhelming, leaving educators feeling drained and uninspired. So, how can teachers maintain their joy and love for teaching every day, regardless of the obstacles they may face? Here are 20 ways to enjoy teaching no matter what.

## 1. Cultivate Positive Relationships

Building strong relationships with your students, colleagues, and parents can greatly impact your enjoyment of teaching. Foster a friendly and supportive environment where everyone feels valued and appreciated. Encourage open

communication and collaboration.



**Building Baby's Brain**

## Nurturing Positive Relationships

Over the first months of life, babies build relationships with the adults who care for them. These early attachment relationships matter. Babies who form warm, loving relationships feel secure exploring and learning. Babies who live in an unpredictable world tend to form insecure attachments. They learn that the world is unreliable and expect later relationships to be negative.

### > What Are Attachment Relationships?

Attachments are long-term relationships that develop through regular interactions between baby and adult, beginning at or even before birth. When a parent rocks the baby, responds when she cries, or comforts her when she falls down, the attachment relationship between baby and parent becomes stronger. When the parent responds warmly and consistently to the baby's needs over time, the baby learns to trust the parent to take care of her. This trusting relationship is the foundation for a lifelong secure attachment between parent and child.

Unfortunately, not all attachment relationships are positive. If a parent does not respond to the baby, responds with anger, or is inconsistent in meeting the baby's needs, the baby learns not to trust the parent, and an insecure attachment may be formed.

Attachment relationships can change over time. If an adult who has been insensitive or inconsistent learns to be more reliable and nurturing, an insecure attachment may become more secure. If a previously reliable adult becomes unpredictable or stops responding, a secure attachment may become insecure.



### > Attachment and the Brain

Infants' experiences are vital to the brain's wiring process. Wiring for attachments occurs in the emotional center of the brain known as the limbic system. The limbic system is made up of two parts: the amygdala, which receives emotional information, and the hippocampus, which stores those emotional memories. When a baby's basic needs are consistently met by a nurturing adult, the amygdala registers the positive experiences and the hippocampus stores them. Over time, the limbic system becomes wired for secure attachment. When an adult responds to an infant's needs with gentle touch and loving voices and helps ensure that the baby's basic needs are met, she learns that she can trust the adult to meet her needs.

### > Benefits of Building Secure Attachment Relationships

Secure attachments give children confidence to explore the world around him. Over time, having a secure attachment helps children in many ways, including:

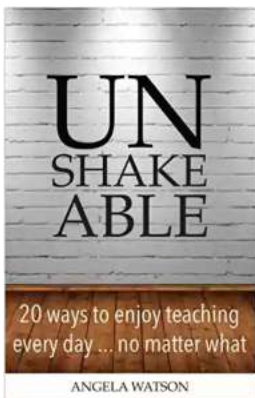
- **Less stress reactivity:** A securely attached child tends to react less extremely to stress. Because he is confident that adults will take care of him, his body releases less cortisol under stress, and he is less likely to get upset by mild stressors.



## 2. Embrace Technology

Embracing technology in the classroom not only enhances student engagement but also makes teaching more enjoyable. Explore various educational apps, interactive whiteboards, and online resources that can make your lessons more

interactive, fun, and effective.



## Unshakeable: 20 Ways to Enjoy Teaching Every Day...No Matter What by Angela Watson(Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English  
File size : 1792 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 276 pages  
Lending : Enabled



### 3. Incorporate Hands-On Activities

Engage your students in hands-on activities that encourage active learning. Whether it's science experiments, art projects, or group discussions, interactive experiences make teaching and learning more exciting.



#### 4. Personalize Learning

Recognize that each student is unique and has individual learning needs. Personalize your lessons to cater to diverse learning styles and abilities. When students feel understood and supported, teaching becomes a rewarding



experience.

**Fulton County Schools**  
Where Students Come First

**7 Principles of PERSONALIZED Learning**

**Choice and Voice**  
Students express their learning styles and preferences as learners in the lesson.

**Choice for Demonstrating Learning**  
Students have multiple ways to demonstrate mastery of standards. They can leverage both technology tools and traditional tools.

**Mastery Based Assessment**  
The students drive the curriculum rather than the curriculum driving the students. Assessments are guided by proficiency and competency.

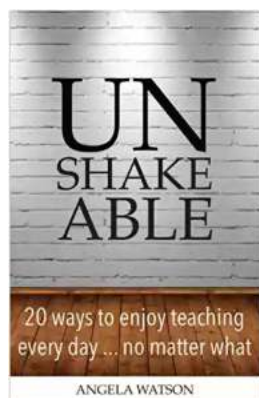
**Co-planning Learning**  
Students, parents and community are involved in planning and setting goals, demonstration of learning, pace, and mastery level.

**Varied Strategies**  
Students are given more than one way or modality to learn the material or access content.

**Flexible Pacing**  
Students move through the curriculum at a pace that fits their individual abilities and allows for mastery of learning rather than a time-bound learning schedule.

**Just-in-time Direct Instruction**  
Direct instruction is available to students when it is needed regardless of the availability of an in-person teacher.

[www.fultonschools.org/personalizedlearning](http://www.fultonschools.org/personalizedlearning)



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Passion cannot be faked. Students can tell when we're just going through the motions. But how can you summon the energy to teach with passion when there are so many distractions from what really matters? And if you barely have time for taking care of yourself, how can you have anything left to give your students?

Don't wait for teaching to become fun again: plan for it! Your enthusiasm will become unshakeable as you learn how to:

Create curriculum "bright spots" that you can't wait to teach

Gain energy from kids instead of letting them drain you

Uncover meaning and purpose for every single lesson

Incorporate playfulness and make real connections with kids

Stop letting test scores and evaluations define your success

Construct a self-running classroom that frees you to teach

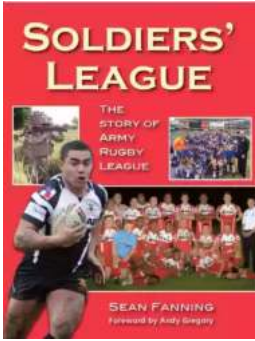
Establish healthy, balanced habits for bringing work home

Say "no" without guilt and make your "yes" really count

Determine what matters most and let go of the rest

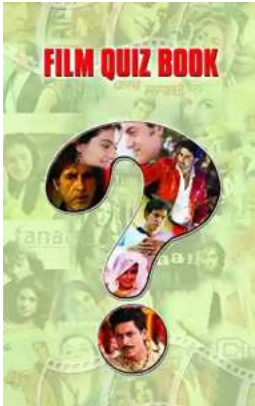
Innovate and adapt to make teaching an adventure

Unshakeable is more than a collection of inspiring mindset shifts and practical, teacher-tested ideas for getting more satisfaction from your job. It's a set of practices to help you find your inner drive and an intrinsic motivation that no one can take away. It's an approach that helps you incorporate a love of life into your teaching, and a love of teaching into your life. Learn how to tap into what makes teaching inherently rewarding and enjoy your work every day ... no matter what.



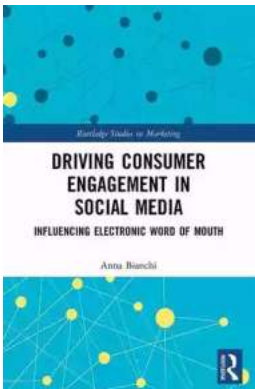
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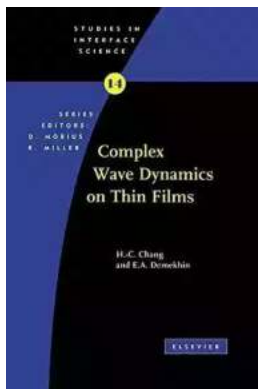
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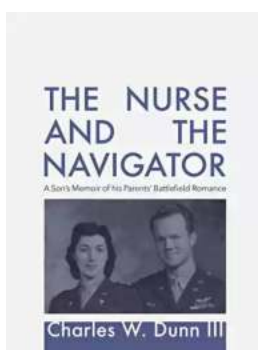
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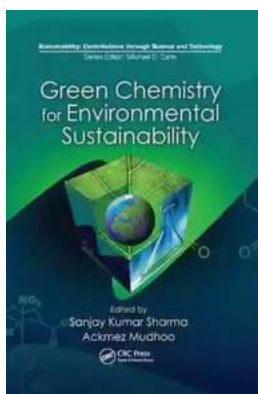
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