End of Year Substitute Workshop

Laura O'Grady + Amy Ridings

Mindfulness



Community Norms

In this space, we:

- ★ Listen to understand
- ★ Link and connect ideas
- ★ Slow down so we have time to think & reflect
- ★ Focus on what matters
- ★ Listen together for patterns, insights, and deeper connections
- ★ Contribute our thinking and thoughts
- ★ Facilitate one's self and others
- ★ Speak with our mind and heart
- ★ Have Fun!

Questions

- ★ We ask that you use the question template at each table.
- ★ We are collecting the questions at 5 o’clock.
- ★ We will answer questions around 5:20pm.

Connector

Pass the Compliment

- ★ Someone shares a positive trait or personal strength and the person to your left responds with a compliment or personal reflection.
- ★ Examples:
  - Table Starter: One of my strengths is having empathy for people.
  - Possible responses from the person to the left: “That’s a great strength. I noticed that about myself when…” or “I wish I could do that better—can you give me a tip?”

World Cafe

- ★ We have 6 stations on Padlet
- ★ Respond to each prompt with your group's action steps (i.e.: what are you saying to the students, what directions are you providing to the students, etc.)

- ★ To respond to the prompts, visit https://padlet.com/aridings7/wcactivity

  or scan the QR code:



2025/2026
Substitute Information and Updates

2025/2026 School Year Information

- ★ MCOE Sub Website +
- ★ Trainings become available August 4th and are due EOD September 26th
- ★ Back to School Workshop: August 27th 3-5pm

Questions?



Thank you

Survey: https://forms.gle/VGQ7UKcqcpbDEetN8

