

T E C H E R

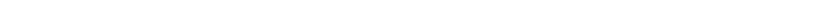
Y O U A R E A
S T O R Y T E L L E R

C R E A T I V E W R I T I N G
W O R K B O O K



30 days of creative writing as a practice of
mindfulness and self-care for any teacher.

**THIS JOURNAL
BELONGS TO**



ABOUT THIS WORKBOOK

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Workbook designed using Canva software.



WELCOME TO YOUR STORY

Teachers have stories to tell. Welcome to a 30-day jumpstart dedicated to your imagination, your creativity, and the untold stories that are brewing inside of you. Teaching in a middle school English classroom has made one thing very clear: We all have stories to share with the world.

Stories of when we were children.
Stories from our own lives.
Stories from our classrooms.
Stories inspired by our students.
Stories about dreams that are still brewing.

We keep these stories in important places. We carry them in our physical beings and in our minds. We bring them with us into classrooms when we stand each day in front of young people. No matter the subject, we all come with stories.

The power of creative writing unlocks the ability to share the real stories that happen to form the memories in our lives, and it allows us to dive deeper into our imaginations. Imagination is powerful. Imagination is one of the greatest forms of self-care because you allow yourself to think outside of the box and relax.

We need the self-care. We get to play. We get to have fun. In many cases, we get to heal. If children learn about their worlds through exploration and play, we can learn about ourselves through the stories inside of us.

Teacher, you are already a writer without putting one word down on the page. What stories do you have to tell?

You have a story in you.

Before you begin, let's be clear about the rules of writing in this journal.

There are no rules.

You can take inspiration from a prompt and veer off-topic or follow the prompt exactly. You can get excited about one prompt and keep going with it for awhile or you can skip around from day-to-day. The only way to mess up this journal is to not write. You are already a writer in a sense that you have ideas and life experiences that have shaped you as a person. Start with who you are, your life, your experiences in teaching, and then feel free explore where the prompts take you on and off the page.

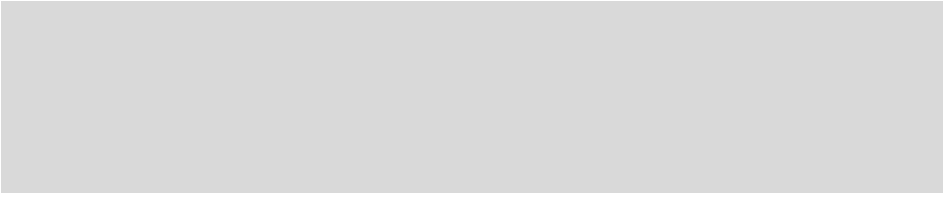
START WITH YOU.

Describe your personality. What is important to you? What do you like most about yourself?

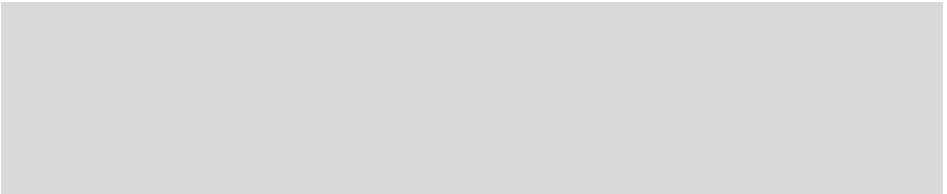


EXPLORE YOUR INTERESTS.

What TV show, movie, or media do you enjoy?



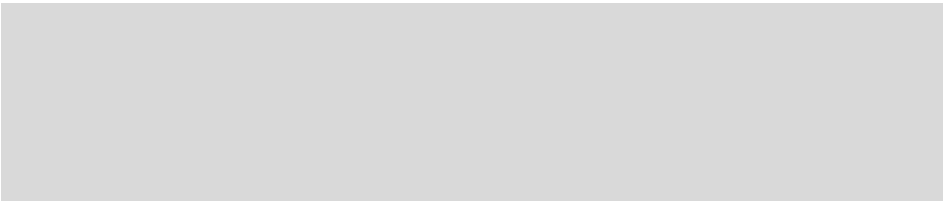
Describe a typical day. Juggling everything-kids, house, relationship, self, etc



What's your favorite meal? Who do you share it with?

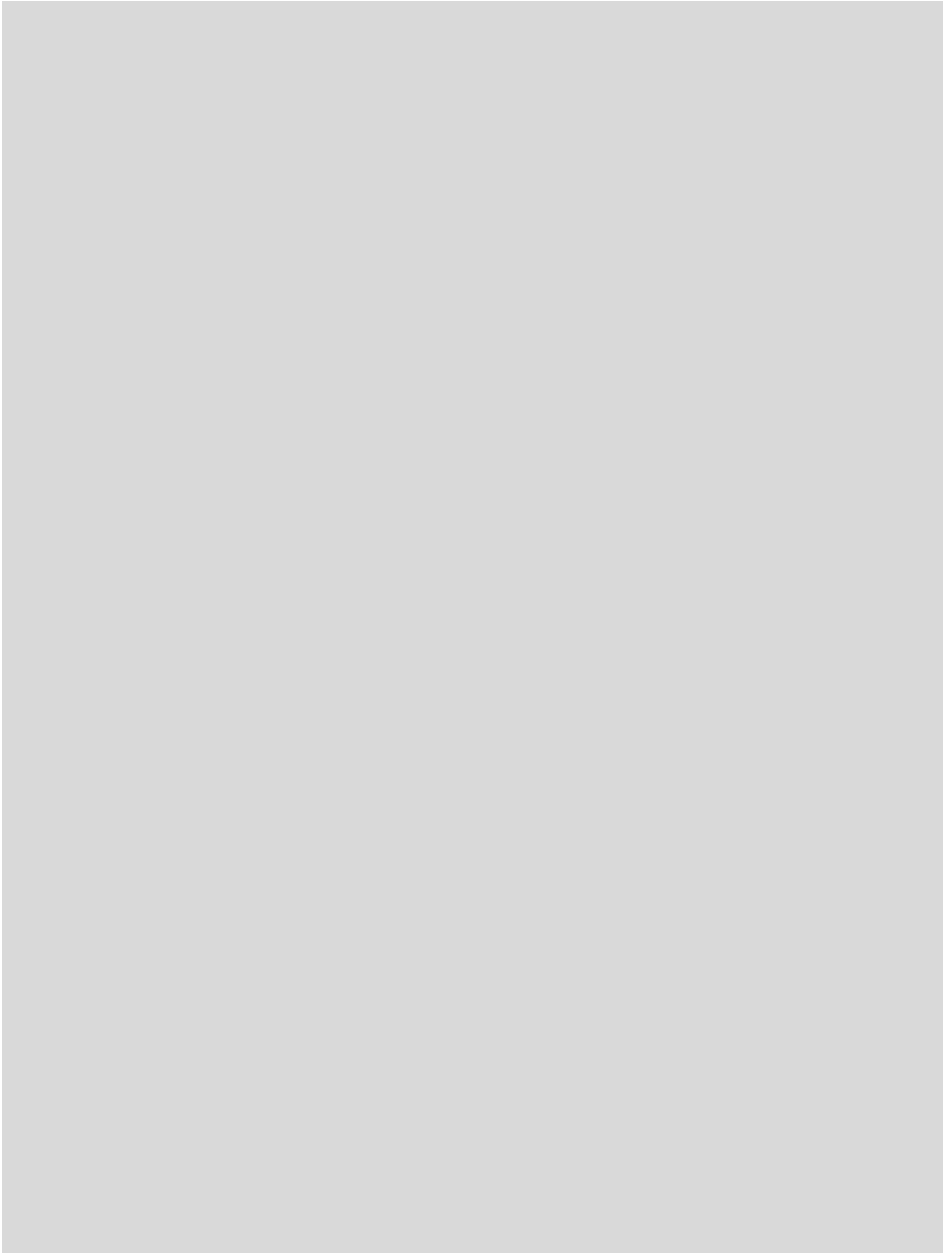


Take a trip. Where do you go?



LIST OF 100 THINGS I LOVE

Write down as many things you can think of that you like or love. Think of people, places, objects, or ideas that you are drawn to as a person and as a teacher. What makes you happy? Feel free to write, doodle, or do mind-mapping.



WHY 30 DAYS OF PROMPTS

30 days is a jumpstart. It is enough to try to set a small goal or habit. It is also just enough time to help get you out of a funk or assist with burnout. If you like the daily practice of writing at the end of the 30 days, keep going.

HOW THIS JOURNAL WORKS

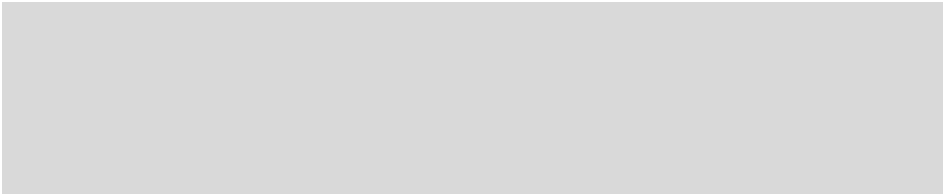
Each page is set up in a similar format. All pages provide brainstorming boxes at the top so you can do some pre-writing. All of the prompts come with word associations to help give your brain a jumpstart.

Remember, there are no rules. You can use the word associations, write off the page, or jump around the prompts out of order.

At the bottom of each page, you will find a daily affirmation. Take what you need each day.

LET'S BEGIN

You find a set of keys on your desk at work. They are the keys to a bus parked outside the school.



WORD ASSOCIATIONS

Route

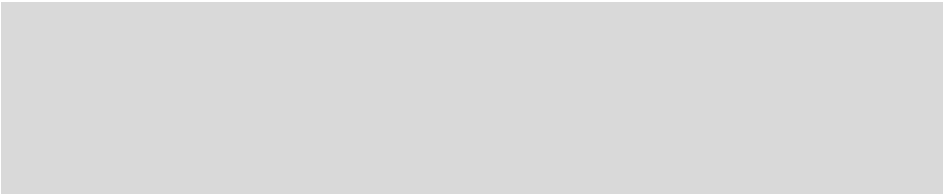
Driver

Steps

Wheel

Park

**Virtual reality teaching is taking over as the newest trend.
Describe teaching through a VR headset.**



WORD ASSOCIATIONS

Console

Reality

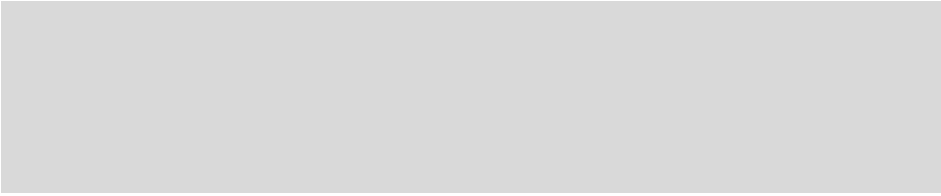
Enter/Exit

Graphics

Chat

I AM ABLE TO SEE MY OWN POTENTIAL.

You can read minds. Describe a typical day at school.



WORD ASSOCIATIONS

Eavesdrop

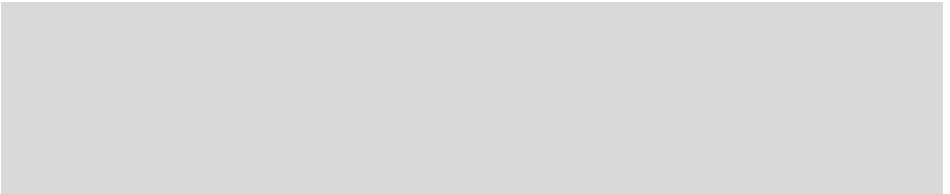
Interpret

Ringing

Faint

Muffle

The real reason you have to give directions multiple times has nothing to do with students not paying attention. What's the real reason?



WORD ASSOCIATIONS

Scheme _____

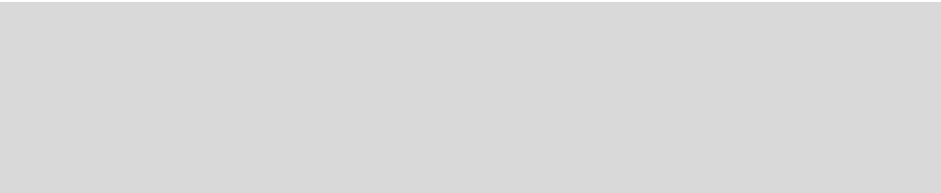
Team _____

Accomplice _____

Catch _____

Stern _____

A student gets up to sharpen a pencil in class. The pencil sharpener makes a noise you have never heard before in your life. Describe the noise and the moment.



WORD ASSOCIATIONS

| | |
|----------|-------|
| Clicking | _____ |
| Beeping | _____ |
| Howl | _____ |
| Rumble | _____ |
| Alarm | _____ |

Write a teacher fairytale.



WORD ASSOCIATIONS

Awake/Asleep

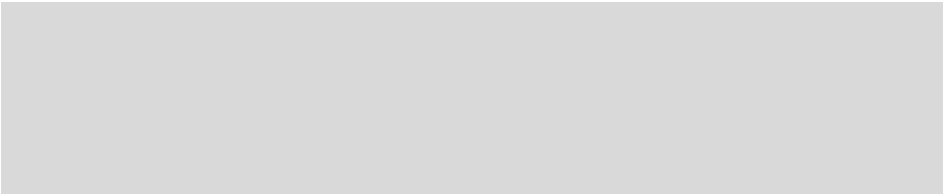
Vision

Fulfillment

Paradise

Want/Need

You are able to change your "teacher voice" to match your emotions.



WORD ASSOCIATIONS

Growl

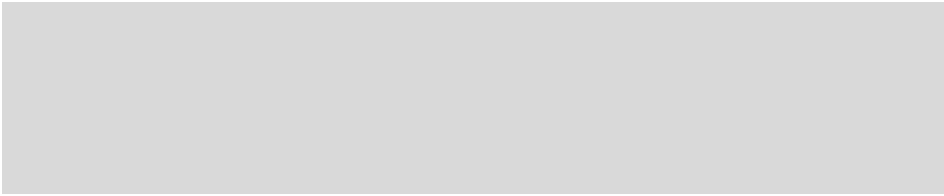
Sarcasm

Tone

Booming

Echo

Create a dystopian story idea using standardized testing as a story starter.



WORD ASSOCIATIONS

Directions

Question

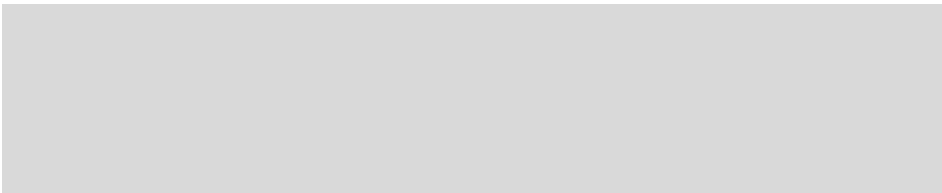
Silence

Alone

Score

TODAY IS GOING TO BE A GOOD DAY.

All of your students keep asking to go to the bathroom. You find out the real reason they are leaving class.



WORD ASSOCIATIONS

Plan

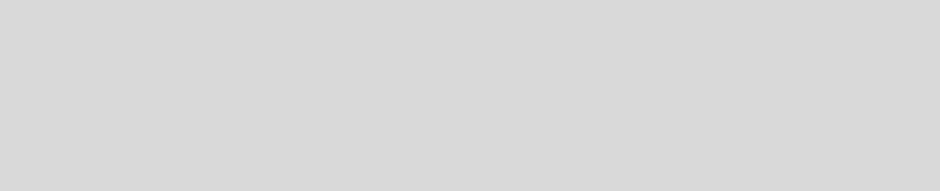
Conspire

Launch

Agency

Map

The copy machine jammed again. When you are trying to read the error code, there is a secret message that appears on the screen. What does it say?



WORD ASSOCIATIONS

Diary

Secrecy

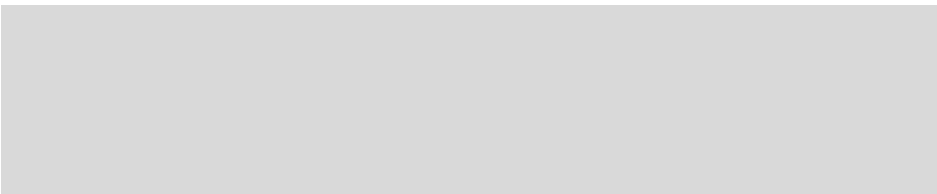
Lock/Unlock

Decipher

Code

LET GO OF HOW YOU THINK IT SHOULD GO.

**All the doors in your school building lock at the same time.
Describe what happens next.**



WORD ASSOCIATIONS

Shutdown _____

Knob _____

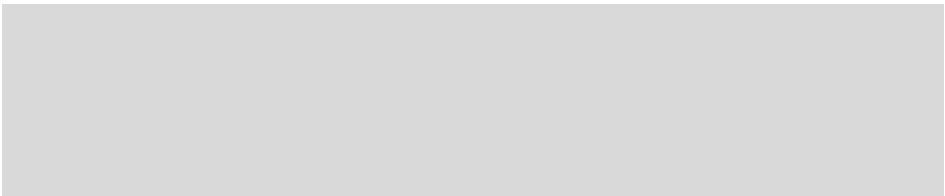
Key _____

Bang/Thud/Clank _____

Bolt _____

**NOT EVERY MOMENT OF TEACHING IS LOVABLE, BUT I LOVE BEING
A TEACHER.**

The substitute teacher actually had superpowers. Describe class when you are gone.



WORD ASSOCIATIONS

Avenger

Speed

Strength

Transform

Wield

Describe the perfect teacher beverage.



WORD ASSOCIATIONS

Taste

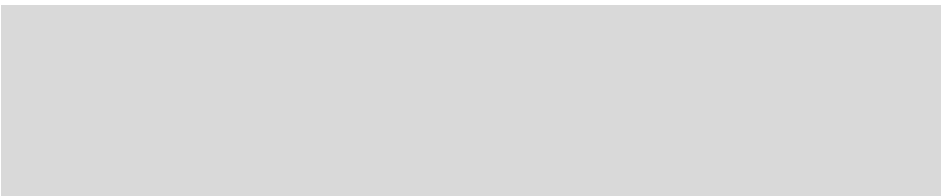
Temperature

Sparkling

Garnish

Fizz

**You have a student that says repeatedly to you "I don't get it."
However, they have been paid to come across like they don't know what to do.**



WORD ASSOCIATIONS

Discover

Purpose

Storyline

Bribe

Inform

LET GO OF HOW YOU THINK IT SHOULD GO.

**What would be your theme song for entering class each day?
What music do you walk into your classroom playing?**

WORD ASSOCIATIONS

Lyric

Chord

Beat/Bass

Choregraph

Upload

**YOU DON'T HAVE TO SOLVE EVERYTHING AT ONCE. TAKE IT ONE
THING AT A TIME.**

You get to create one rule in your classroom that everyone has to follow. What is the rule?

WORD ASSOCIATIONS

Follow

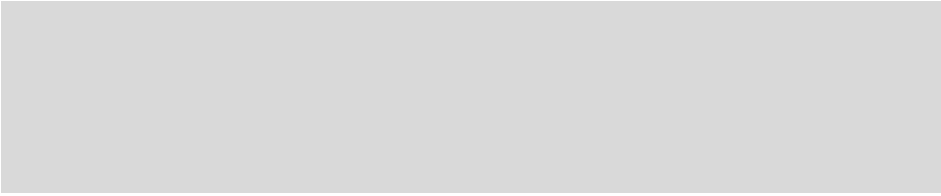
Jurisdiction

Overthrow

Uphold

Govern

Design a city just for teachers. What is it like? Who lives there?



WORD ASSOCIATIONS

Waterfront

Downtown

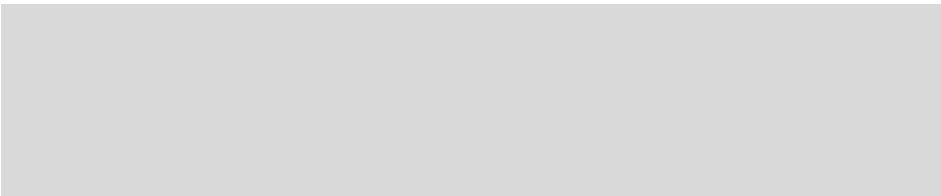
Skyline

Neighborhood

Hub

MY FEELINGS ARE OKAY NO MATTER WHAT THEY ARE.

Choose to relocate your classroom and students to anywhere in the world. Where would you go and why?



WORD ASSOCIATIONS

| | |
|-----------------------|-------|
| Turnpike | _____ |
| | _____ |
| Waterway | _____ |
| | _____ |
| Spaceship | _____ |
| | _____ |
| Bus | _____ |
| | _____ |
| North/East/South/West | _____ |
| | _____ |
| | _____ |

I DON'T ALWAYS NEED A PLAN.

You discover the secret behind snow days.



WORD ASSOCIATIONS

Mysterious

Announcement

Superstitious

Luck

Investigate

BE OPEN TO TRYING SOMETHING NEW.

Choose an emotion or how you feel. Fill in the blank to this statement: "I'll tell you why I feel so_____." Then, make a list of the reasons why you feel this way.

WORD ASSOCIATIONS

Sad

Content

Grateful

Burnt Out

Alone

EVERYTHING I AM LOOKING FOR IS ALREADY INSIDE OF ME.

You get a magic teaching wand for a day.



WORD ASSOCIATIONS

Point

Illusion

Enchantment

Amulet

Charm

I WILL NOT COMPARE MYSELF TO OTHERS.

You have the ability to freeze time when stressed. Describe a morning with your child(ren) where you can freeze and unfreeze time.

WORD ASSOCIATIONS

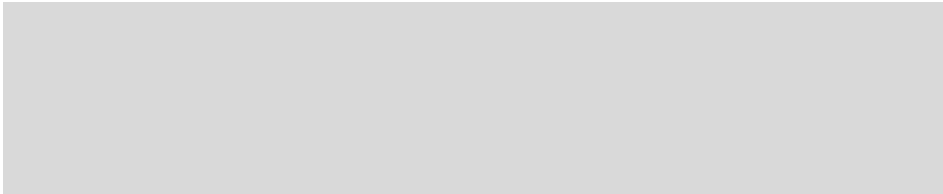
Ticktock

Sudden

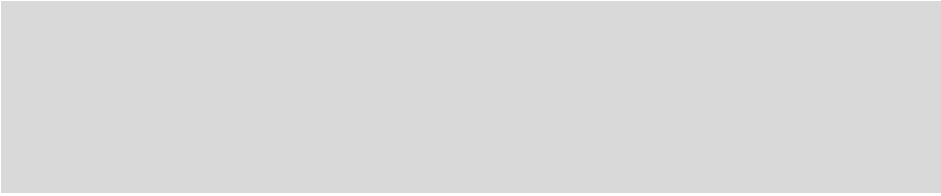
Motion

Powerless

Restart



Remember yourself as a student. What were you like?



WORD ASSOCIATIONS

Attentive

Behavior

Classroom

Listen

Knowledge

Make a list of all the things you rather do instead of doing the one thing you really dislike doing.

WORD ASSOCIATIONS

Fear

Grading/Paperwork

Obligation

Task

List

Describe a “fairy tale” day of teaching. What would be your ideal day? Make sure to include the morning, lunch, and afternoon.

WORD ASSOCIATIONS

Assignment

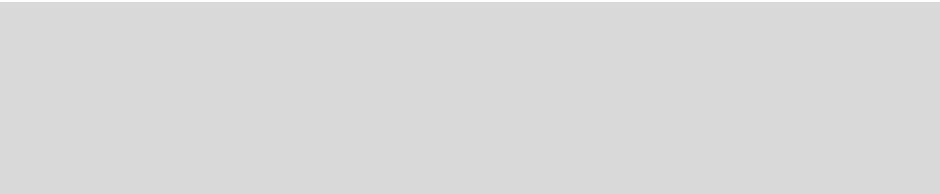
Sound

Voice

Feeling

Praise

Parent-teacher conferences turn out to be a huge interview for something big.



WORD ASSOCIATIONS

Ask

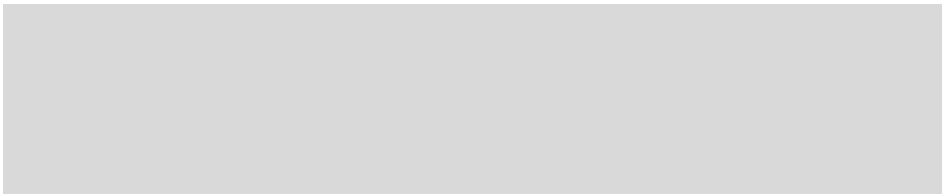
Personality

Opportunity

Topic

Applicant

You look at the calendar in fear. Tomorrow is a full moon.



WORD ASSOCIATIONS

Twilight

Telescope

Prediction

Illuminate

Orbit

WANT MORE WRITING?

Thank you for supporting my blog, Writing Mindset!

Writing Mindset is a lifestyle blog that started out as a teacher blog in February 2017. I chose the blog name Writing Mindset because writing was and remains something that always brought me joy, and it was the first area of teaching that would make me stay up at night thinking of other strategies, lessons, and tools.

I was hooked. My brain was on fire with ideas.

For three years, I wrote about the teaching of writing and reading, professional development for teachers, inspiration for teachers who also write, and self-care within the profession. Now, the blog has transformed into an outlet for me both inside and outside my classroom.

Writing Mindset still focuses on the positive aspects of writing in the classroom, but it now includes other topics like journaling, motherhood and family, and finding daily wellness.

WWW.WRITINGMINDSET.ORG

COUNT ME IN

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