

Call to Care: A program for teachers

Week	Mode	Objectives	Skills
1	Introduction	Getting to know the teachers Introducing the program Setting the rules for the training	Diaphragmatic breathing
2	Introduction	Introducing the theoretical framework Teaching imagery of a “safe place”	“Safe place” imagery
3	Receiving care	Understanding the causes of burnout Developing burnout prevention strategies Teaching vagal breathing	Vagal breathing
4	Receiving care	Introducing the concept of mindfulness Enhancing motivation to practice mindfulness	Brief mindfulness (5 min)
5	Receiving care	Introducing attachment theory Deepening the process of mindfulness	Mindfulness (10 min)
6	Receiving care	Dealing with destructive feelings Teaching compassion meditation	Mindfulness (15 min) Compassion mediation – care moment
7	Receiving care	Dealing with barriers to receiving care Deepening compassion meditation’s practice	Mindfulness (15 min) Compassion mediation – dear person
8	Receiving care	Designing experiences for receiving care Teaching imagery of receiving care	Mindfulness (15 min) Receiving care imagery
9	Self-care	Introducing the concept of self-compassion Teaching self-compassion meditation	Meditation – self-compassion
10	Self-care	Evaluating level of self-care Identifying needs for self-compassion Designing daily self-compassion practices	Meditation – self-compassion

11	Self-care	Learning the differences between self-esteem and self-compassion Practice self-affirmation	Meditation – self-compassion Self-affirmation
12	Self-care	Developing awareness to their self-criticism Learning ways to combat their self-criticism	Meditation – self-acceptance
13	Self-care	Identifying barriers for self-compassion Practicing self-gratitude	Meditation – self-gratitude
14	Self-care	Introducing the concepts mind-sets Develop growth mindset Learning to flex rigid thoughts	Adopting growth mindset Flexing rigid thoughts
15	Extending care	Exploring the benefits of giving to others Practicing small care gestures toward others	Meditation – from receiving to giving
16	Extending care	Introducing the concepts of radical compassion Learning to practice radical compassion Learning empathic communication	Meditation – accepting challenging people Empathic communication
17	Extending care	Learning the basis of human judgment Teaching teachers perspective-taking	Meditation – accepting “difficult” students Perspective taking
18	Extending care	Understanding stereotyping and prejudice Teaching critical thinking	Critical thinking
19	Extending care	Introducing the bystander effect	Active bystandership
20	Extending care	Designing a students’ project focusing on giving to the community	
