

Call to Care: A program for teachers

| Week | Mode | Objectives | Skills |
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| 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 |

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| 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 | |
