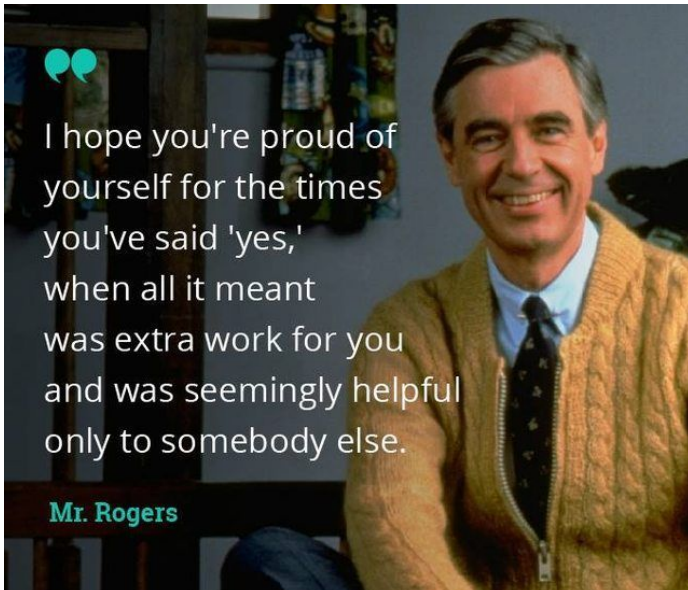




Welcome!

Opportunity to Grow
& Sustainability

peDals

"I don't think anyone can grow unless they're loved exactly as they are now—appreciated for who they are today rather than who they will be in the future."

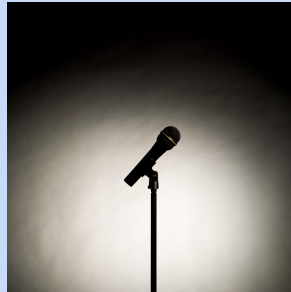
Fred Rogers also said, "I hope you're proud of yourself for the times you've said 'yes,' when all it meant was extra work for you and was seemingly helpful only to someone else."

As educators, you say "yes" to those moments every single day. Whether it's taking the extra time to listen or adapting a lesson mid-stream, that selflessness is exactly how we show children they are worthy of love and appreciation right now.

Welcome Activity



Have You Ever?



peDals

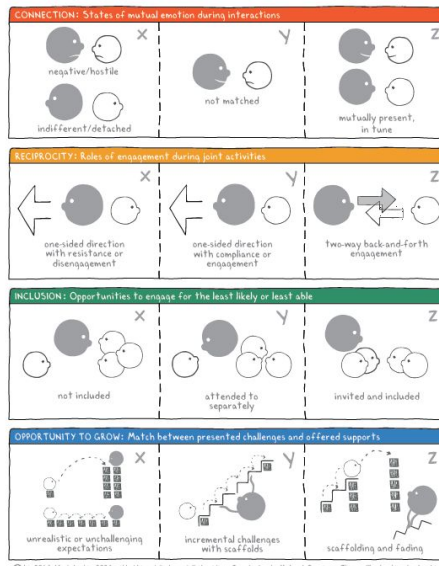
You can give them some examples of the question:

- Have you ever been in a hot air balloon?
- Have you ever given a speech at a wedding? Sang karaoke?
- Have you ever been surfing in the ocean? Paddleboarding?

Then, the participants can begin by asking the large group their own version of the question and people can stand up if they've experienced that.

SIMPLE INTERACTIONS TOOL

Noticing and Appreciating Human Interactions Across Developmental Contexts



© Li 2014. Updated in 2024 with Alina, Winters, White, Ning, Raudenbush, Mahood, Ramirez, Zhong. Illustration by Luchini.

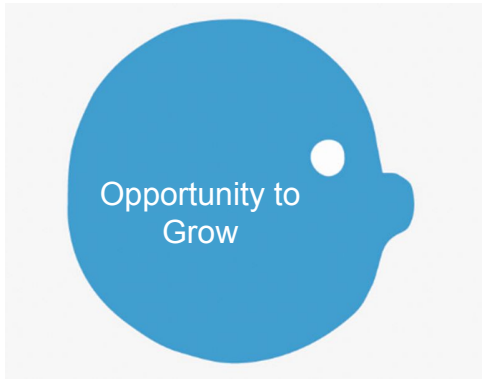
Simple Interactions
www.simpleinteractions.org

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Review that these are the four dimensions, with each dimension having 3 modes (x, y, z). Remind them that the dotted lines are there to show fluidity between the modes. Remind participants of the tool and that now that they have it hanging in their classrooms (or should) it is something we encourage them to use throughout their days. A way to reflect on all of the many interactions that happen throughout their days.

The Plan For Today...



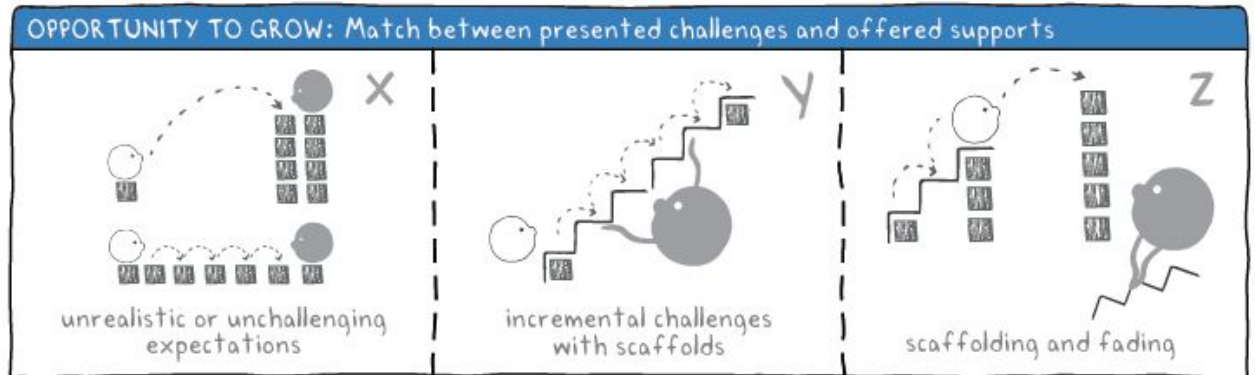
Match between presented
challenges and offered supports



Sustainability

peDals

Review of Opportunity to Grow



Activity: Assign modes to small groups, partners or individuals (depending on group size) have them think about a time in the past week that they found themselves in that assigned mode.

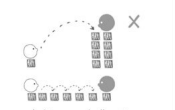
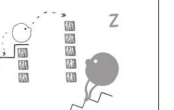
Activity options:

- Group activity: assign modes to each group
 - Individual activity: have each person think of an x, y, and z mode example
- Share with the group after

Use the Simple Interaction Tool

Using the SI Tool, work with a partner to try and identify the different modes of Opportunity to Grow that are being observed in the video

What did you notice?

 unrealistic or unchallenging expectations	 incremental challenges with scaffolds	 scaffolding and fading



Activity: Pass out the What Did You Notice chart. Ask the partners to work together to complete the chart. They should be looking for moments in the different modes of Opportunity to Grow. Have the groups report out. It might be helpful to watch the video more than one time.

Opportunity to Grow Videos



Block Play



Puzzle Play

peDals

Can choose to play both or one of these videos, depending on time or interest



This video is a great example scaffolding. This video should be shown, if there is time.

Let's Watch Your Amazing Videos!

What do you notice?

What do you wonder?



peDals

This is an opportunity to watch videos of each other while building the community and learning from each other.

Opportunity to Grow Reflection

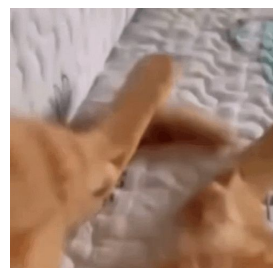
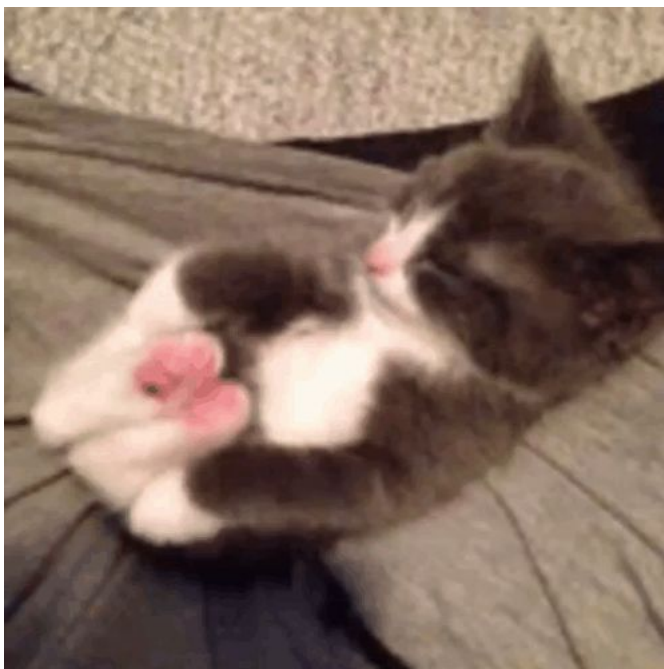


Reflect on a recent opportunity for professional growth that you experienced. It can be a formal training, a reading, a conversation with a colleague or family, or an interaction with a child. Briefly describe the experience and describe how you think it might impact your work with children and families.



Reflect on a recent opportunity for professional growth that you experienced. It can be a formal training, a reading, a conversation with a colleague or family, or an interaction with a child. Briefly describe the experience and describe how you think it might impact your work with children and families.

Time for
a break!



pedals

Small is immense

It doesn't take much to find a small moment worthy of attention. Our memories of ordinary daily happenings are fertile ground for us to notice. Simply pause and let yourself linger on something that comes to mind. Who was there? Where were you? What do you see and hear? Zoom in, further and further, until you find a small scene of about 5 minutes. A 5-minute scene from memory is more than enough material for engagement. And plentiful in the wisdoms held inside it.

- Melissa Butler



pedals

It's so helpful to try and separate what we *actually* see from our own *interpretations*—those quick thoughts, feelings, or guesses we make about what a child is thinking. When we stick to just describing the moment, it opens up a much clearer view of what's really happening and helps us notice things we might otherwise miss.

Honestly, it takes some real practice to stay in that "describing" mode. We're so used to jumping straight to conclusions or making quick assessments. It might feel a little "wonky" or unnatural at first, but I promise the deeper insights it brings to your work are well worth that initial awkwardness!

Celebrating Growth Together!



- **Sharpened your noticing skills** through deep, meaningful *observation*
- **Expanded your capacity to reflect** on your interactions and practice
- **Built a strong peer community** through thoughtful *discussion* and shared growth

Remember...



- Deep and simple is far more essential than shallow and complex
- Notice and wonder, every day
- Remember the “active ingredient” (toothpaste)
- Self-reflect: pause, observe your own behaviors and responses



- Deep and simple is far more essential than shallow and complex
Focus on what truly matters in your interactions.
- Notice and wonder, every day
Stay curious. Let small moments guide your understanding.
- Remember the “active ingredient” (toothpaste)
Small, consistent interactions are what truly make a difference.
- Self-reflect: pause, observe your own behaviors and responses
Reflection fuels meaningful change—for you and the children in your care.

What Have You Learned About Yourself?



Ask the participants to take a few quiet moments to themselves to reflect on their journey so far. Have them think about what they've discovered about themselves or their own practice through this experience with Everyday Interactions Matter.

After a few minutes of individual reflection, have them share those insights with their small group. If the energy feels right, ask if a few volunteers would be willing to share their takeaways with the whole room. This is a great way to celebrate how much everyone has grown!

Putting the Pieces Together



Explain that we will watch one or two more videos from their classrooms. We will be looking for ALL four of the Simple Interaction dimensions.

Keeping the Momentum Going – A Growth Web

- **Reflect & Discuss**

In your small group, talk about what you've learned or practiced through *Everyday Interactions Matter* over the past two years

- **List Your Ideas**

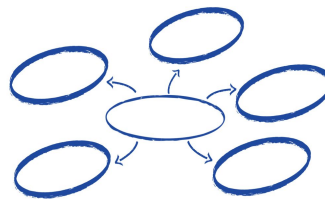
Write or draw 1 way you can continue growing in your work with children and families

- **Create Your Growth Web**

Around the idea, add notes showing how it will impact you, the children and families you work with, and teaching team

- **Share Your Web**

Hang your chart on the wall or share it with the group



Reflect and brainstorm:

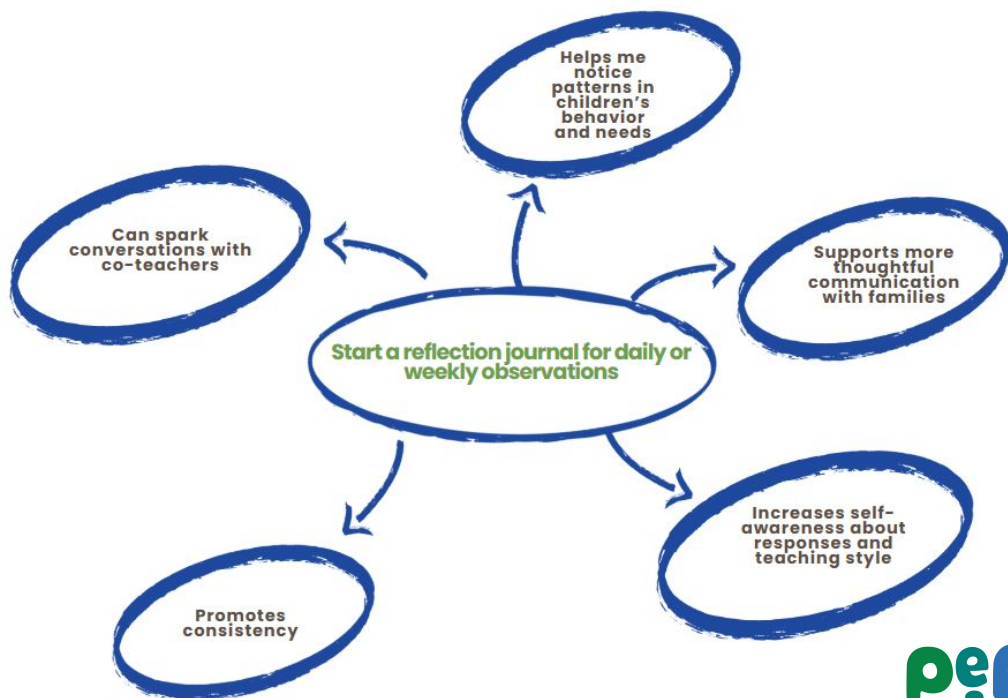
Have small groups think about what you've learned or practiced through *EIM* over the past two years through reflections, observations, conversations, and daily interactions.

1. **Write or draw 1 idea** that show *how they can continue growing* in their work with children and families. Some ideas maybe to share????
 - Start a reflection journal for daily or weekly insights
 - Set one interaction-based goal each month
 - Revisit the Simple Interactions tool weekly
 - Use short videos to reflect on teacher-child interactions
 - Continue reading professional articles or books
 - Pair up with teaching team for check-ins
 - Choose one relationship to intentionally deepen each week
 - Bring questions or “wonderings” to team meetings
 - Create a simple routine for noticing and documenting children’s cues
 - Practice pausing before responding to a challenging moment
 - Re-read EIM workbook sections and reflect on what’s changed
 - Keep a list of “bright spots” in your work to stay motivated
2. **Create the web:**

Around each idea, add notes about how continuing that practice can positively impact:

 - **Relationships with children**
 - **Relationships with families**
 - **Strengthening own confidence, mindset, or joy in teaching**
3. **Share out:**

Once complete, groups can hang their charts. Other groups can walk around to view others’ webs. If you have time each group can present what they came up with???

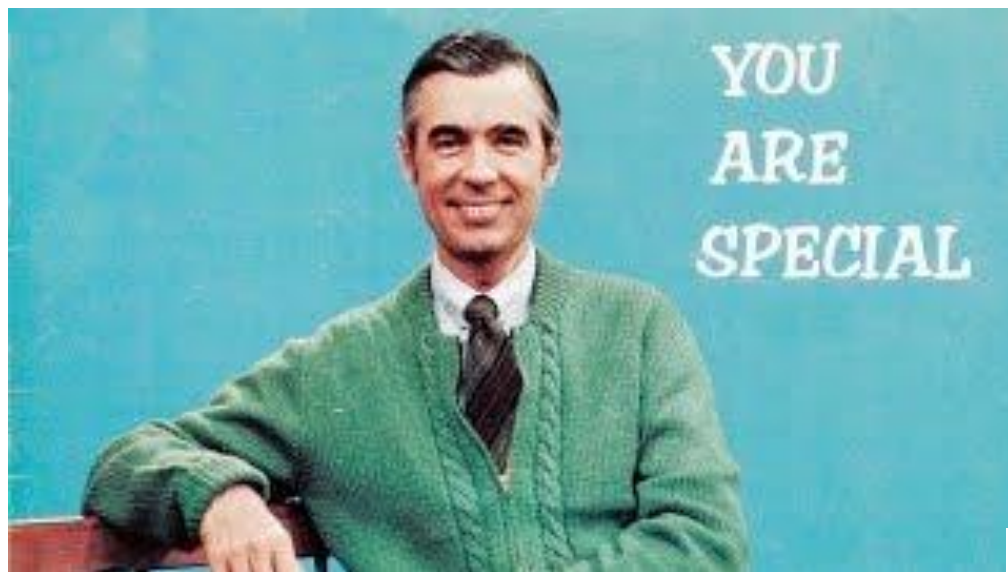


More Ideas to Continue Your Growth Journey

- Start a reflection journal for daily or weekly insights
- Set one interaction-based goal each month
- Revisit the Simple Interactions tool weekly
- Use short videos to reflect on teacher-child interactions
- Continue reading professional articles or books
- Pair up with teaching team for check-ins
- Choose one relationship to intentionally deepen each week
- Bring questions or “wonderings” to team meetings
- Create a simple routine for noticing and documenting children’s cues
- Practice pausing before responding to a challenging moment
- Re-read EIM workbook sections and reflect on what’s changed
- Keep a list of “bright spots” in your work to stay motivated



Fred Rogers Video



pedals

Play until 4:44 and discuss