

A circular wreath of various botanical illustrations surrounds a central white circle. The plants include green ferns, a red leaf, a green leaf, a yellow flower, a purple flower, and a green leaf with a red vein. The wreath is set against a light blue background.

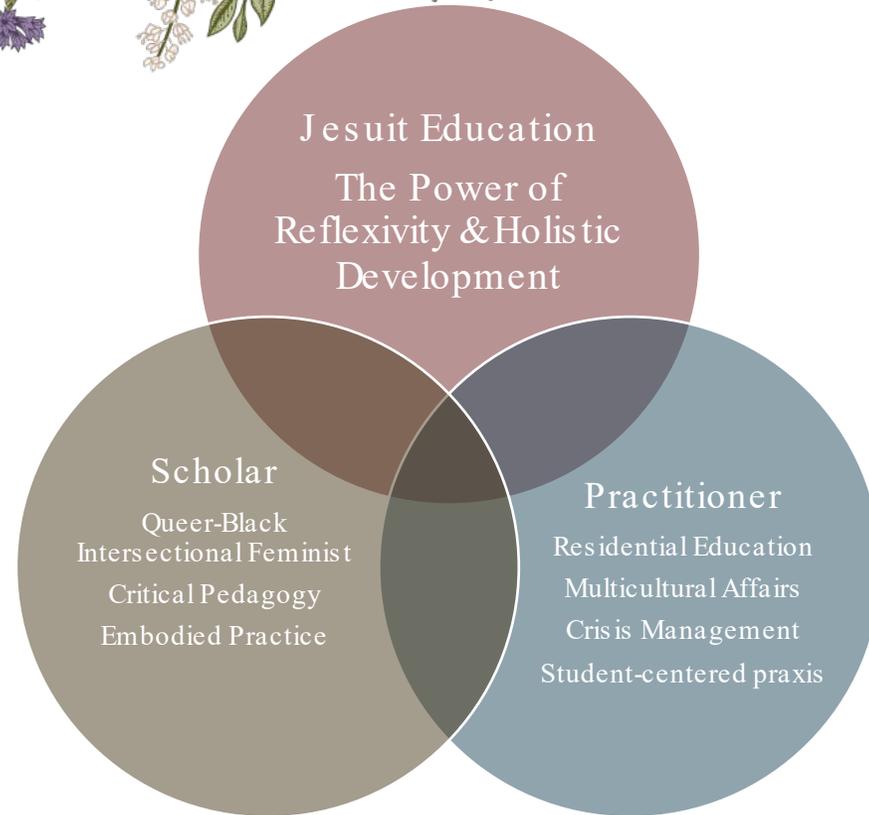
Soul Session

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Friendly Introductions

“Reflection and action upon the world in order to transform it” (Freire, 1993, pp. 52).



Reflective Prompts

1. Set your intentions
2. Do a body scan
3. Quiet your inner-critic
4. Release limiting beliefs
5. Prepare to be present

Reflective Questions

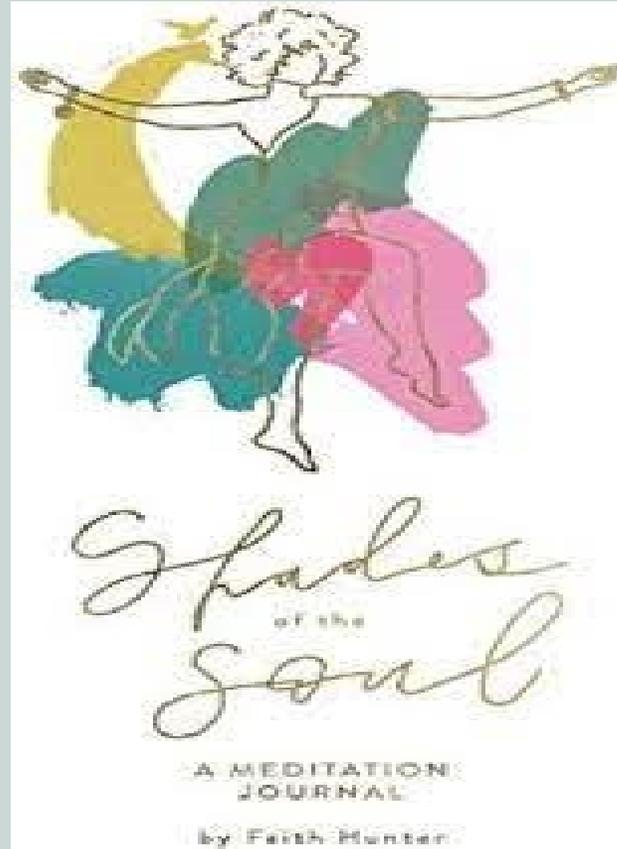
1. What reflective or grounding practices may benefit your classroom environments?
2. How often do you ground yourself before and after classes? Is there a need for this practice, why or why not?



Grounded Breath Work & Reflection



Reflective Resource



Shades of the Soul Meditation Series ([Spotify](#))

Companion podcast, which include a meditation for each prompt

