

Nourishing the teacher: *self evaluation inquiries*

1. How would you evaluate your class as a whole:
Super Pretty Good So So Fine It was off
2. What was effective about your teaching? _____

3. What felt most challenging and edgy? Did you feel disconnected from yourself and or your students at any point during the class? how did you handle it? _____

4. What was your theme? _____
 1. Did you weave your theme throughout practice? _____
 2. Did your sequencing complement the theme? _____
 3. What did you learn? _____
5. Did you use action words and experiential words? _____

6. How were the quality, tone and pacing of your voice? _____
7. Where there any unnecessary or extraneous words? _____
8. Did you utilize synonyms and creative language? What else did you learn about language? _____

9. Did you use a closing and/or opening ritual? How did you feel? _____

10. Anything else you wish to journal about? _____

