



Inside-Out Self Care

Esther Song
NCTM 100 Days of
Professional Learning

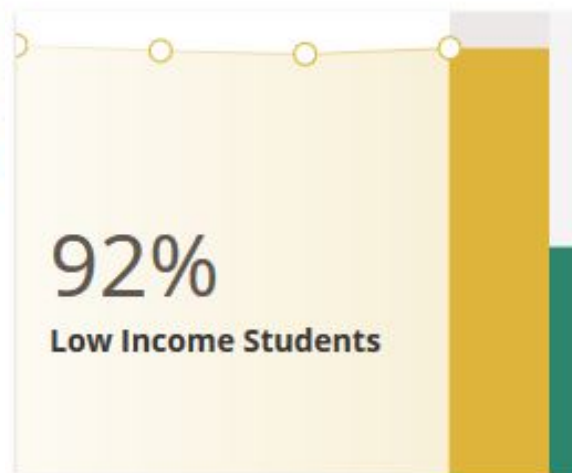
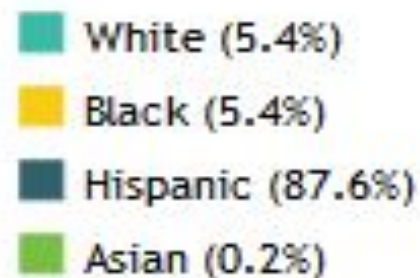
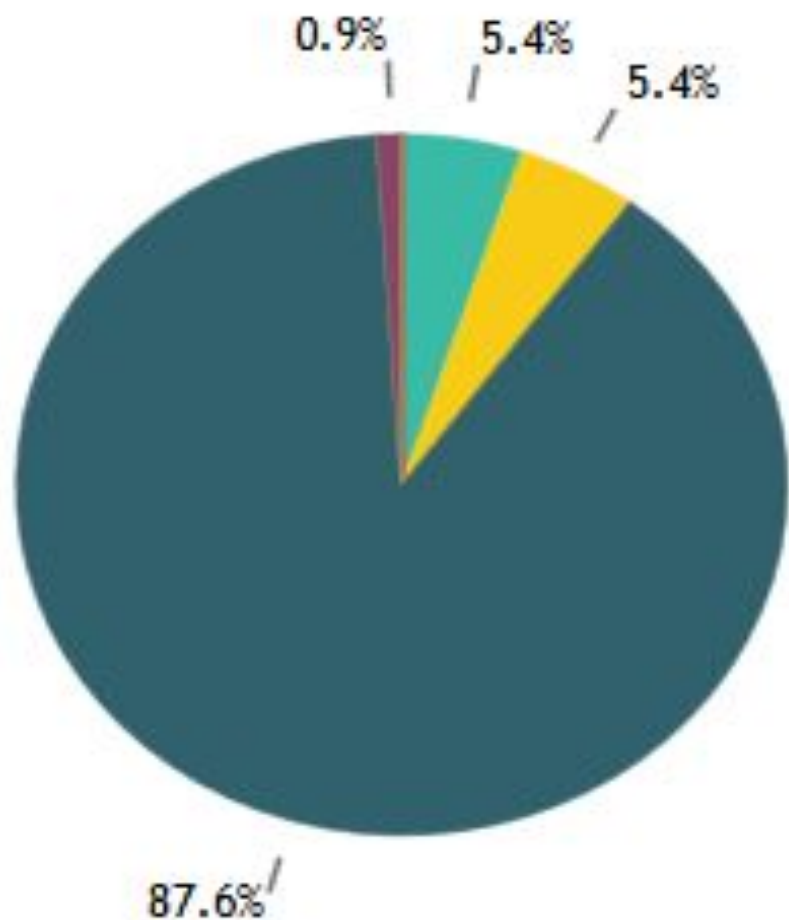


Who is Esther?

- Just finished my 9th year teaching math
- at George Washington High School in Chicago Public Schools
- Co-founder of Nepantla Teachers Community, small npo dedicated to social justice in math ed



About George Washington HS





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TEACHERS OF MATHEMATICS
CELEBRATING 100 YEARS

Self Care



Self Care

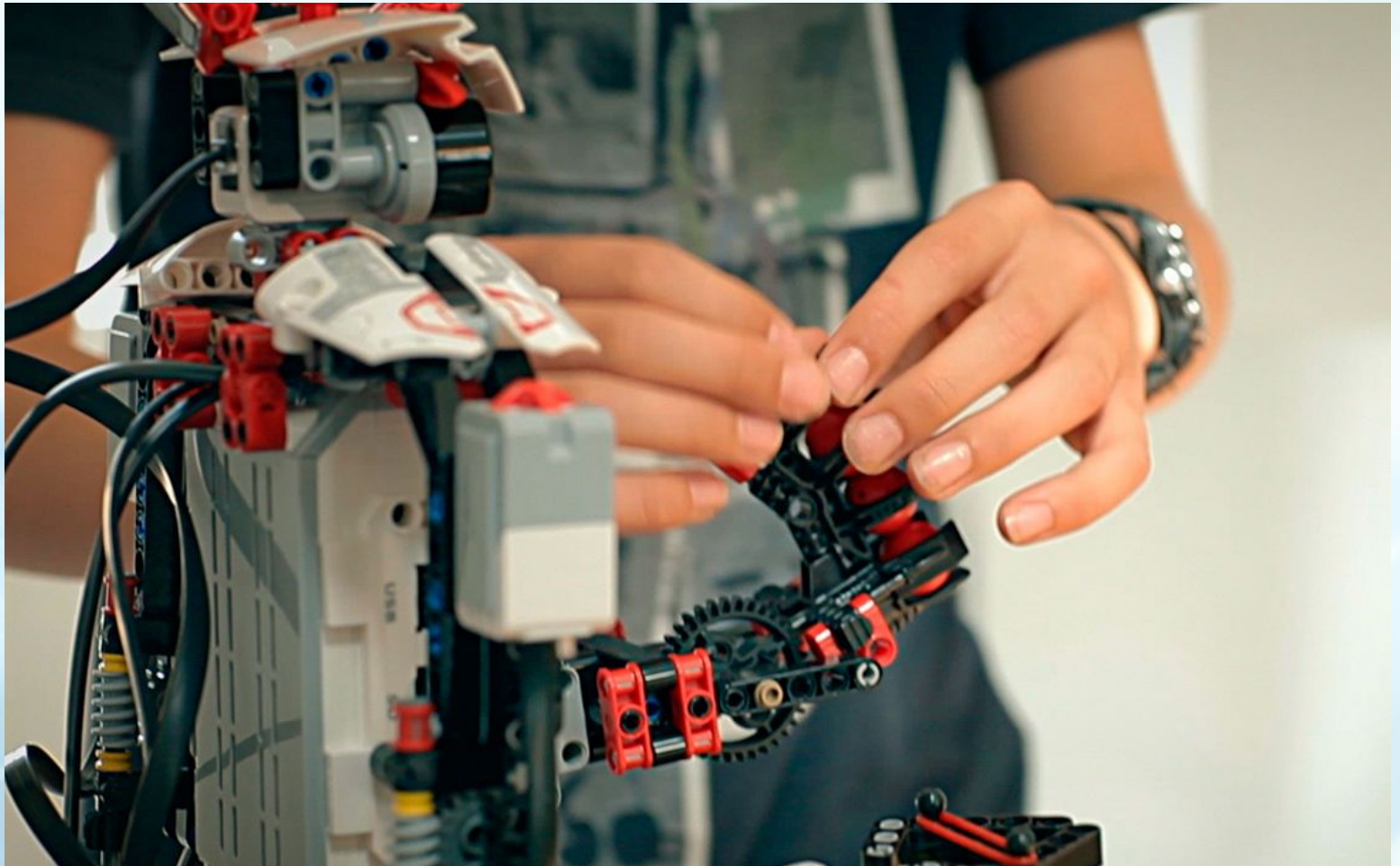




Self Care



Self Care





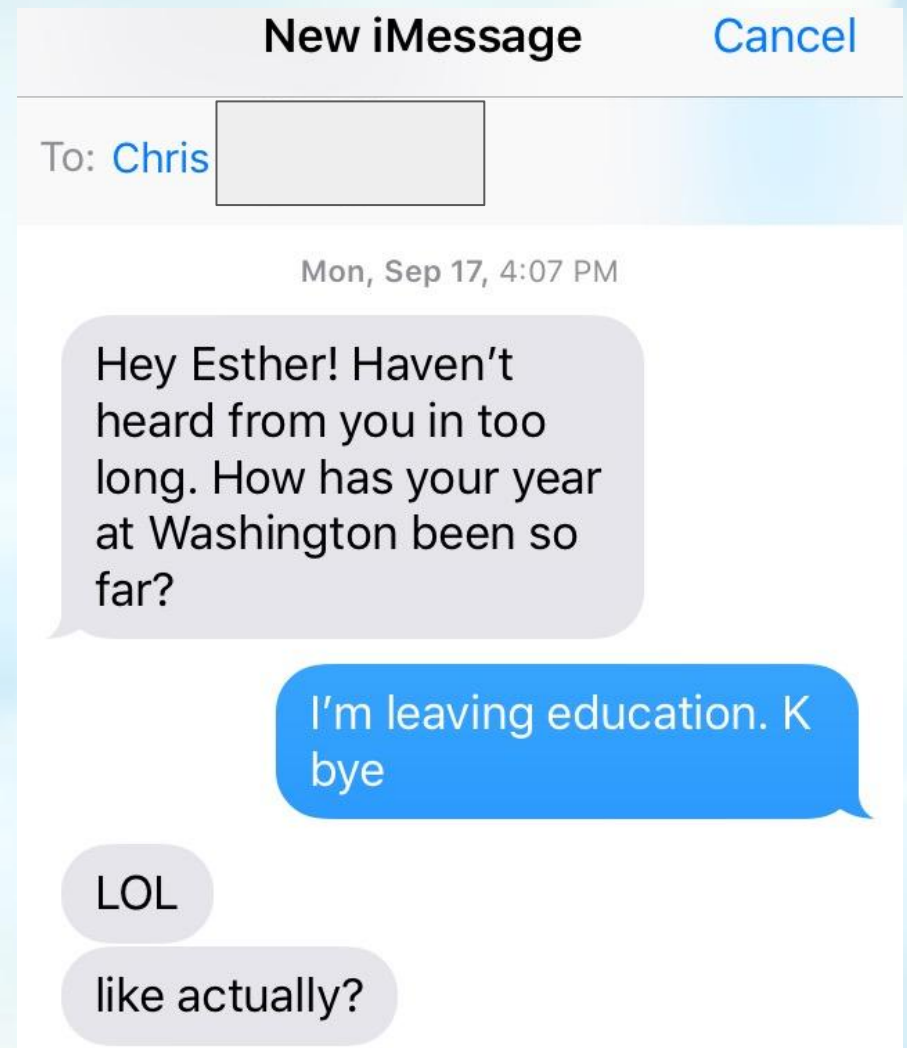
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Sept 17

3 weeks into school year







Worth and Achievement

- These students need someone else as their teacher
- What's the point of what I'm doing? I just perpetuate the same cycles.
- Am I even making a difference?
- I'm calling in sick tomorrow.



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Worth and Achievement

Worth and Achievement





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Worth and Achievement



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Lizzie



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What does self-care look like?



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I am worthy just by being.



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Thank you!