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?
Reflective Resource

Shades of the Soul Meditation Series (Spotify)

Companion podcast, which include a meditation for each prompt