



## Shifting Gears

The purpose of this activity is to help students be mindful of their learning needs and the learning needs of others throughout the day. The activity promotes pro-upstander learning.

### **Ask students to do the following independently and then with a partner:**

- Ask yourself “where you are right now?” How do you feel? What are you thinking about? What’s drawing your attention? What’s lurking in the background? (Sometimes it’s helpful to intensify the questions, e.g., “What would you rather be doing?)
- Ask yourself, “How does my current position compare with my typical position in situations like this one?”
- Ask yourself, “What thoughts, feelings and actions would help me bring myself more fully into this environment?”
- Ask yourself, “What kind of support would help me today?”
- Report your reflections to a partner and have them do the same. Make a simple plan for “shifting gears” and for getting support.
- Check in with your partner several times during the day about the plan. Adjust it as necessary.