After writing out or thinking through your current challenges or case, list the core issue(s) that need addressing:

✔ ____________________________________________________________________

✔ ____________________________________________________________________

✔ ____________________________________________________________________

✔ ____________________________________________________________________

✔ ____________________________________________________________________

✔ ____________________________________________________________________

Select one pressing issue, or interlocking issues, and apply the Uncertainty Mindset Framework. Repeat this process as needed for other issues.

**UNCERTAINTY MINDSET QUESTIONS + RESPONSES**

**DIALOGUE WITH STAKEHOLDERS**

- **Who are the relevant stakeholders?**

- **How can I work with stakeholders to develop a responsive action plan?**

**CONSIDER CLIMATE**

- **How can I make my classroom (in-person or online) a safe and supportive space?**

- **How does the larger school climate, including school-wide policies and practices, impact the situation?**

- **How have larger societal issues, including the COVID-19 crisis, affected this situation?**

*Continued on next page ▼*
## Apply an Equity Lens

1. How does my sociocultural identity influence how I am viewing and responding to this student/situation?

2. How do my students’ sociocultural identities influence how they are viewing and responding to this situation?

## Reflect and Evaluate

1. What have I learned?

2. What questions do I still have?

3. What does this mean for my practice going forward?

## Tools

- Mental Wellness Self-Assessment
- Teacher Burnout Self-Assessment
- Social-Emotional Learning Survey: Classroom Safety
- Mindfulness Activities Checklist
- Building Developmental Relationships During the COVID-19 Crisis Checklist
- Self-Care Survey
- ADDRESSING Model Reflection

## Resources

Materials to support exploration of the following topics:

- Dialogue
- Climate
- Equity
- Reflection/Evaluation
- COVID-19 information
- Virtual learning
- Mental wellness
  - Mindfulness
  - Self-care
  - Trauma-informed practices
- Social-emotional learning