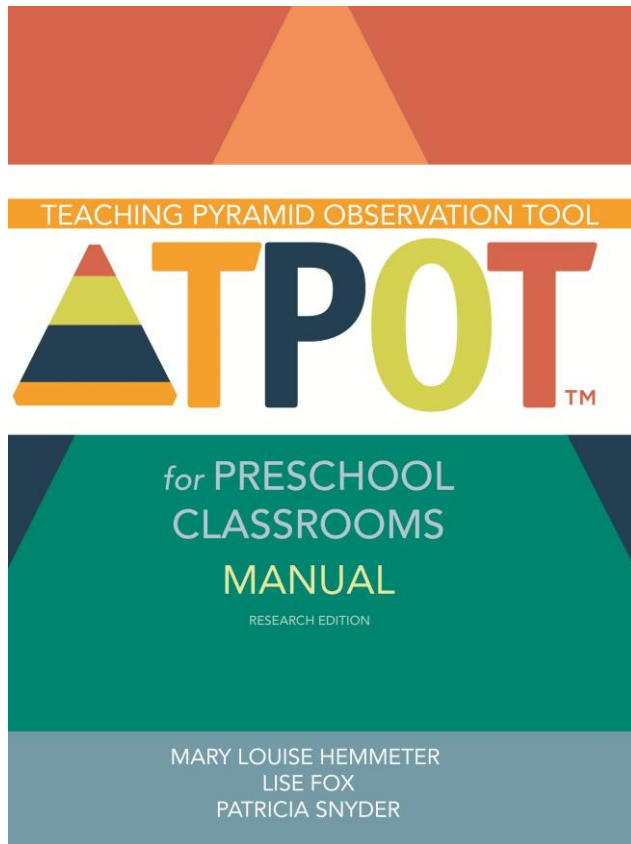


Taming Your TPOT Fears

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Anxious!

We know you are **anxious**.

Anxious about being observed
by someone for 2 hours.

Anxious about answering
interview questions.

Anxious about your children
acting appropriately.





RELAX!

We want you to be **RELAXED!**

We have some tips on what to expect during your TPOT observation.

We want you to feel relaxed and content to show us your teaching strategies.



Daily Schedule Chart

Centers



Snack



Circle Time



Field Trip



Outside



Lunch



Nap Time



Centers



Tip #1

Be yourself! Stick to your regular routine and schedule.

If you plan a new activity or introduce new materials on the day of your observation, you might feel overwhelmed and your children might feel extra excited.

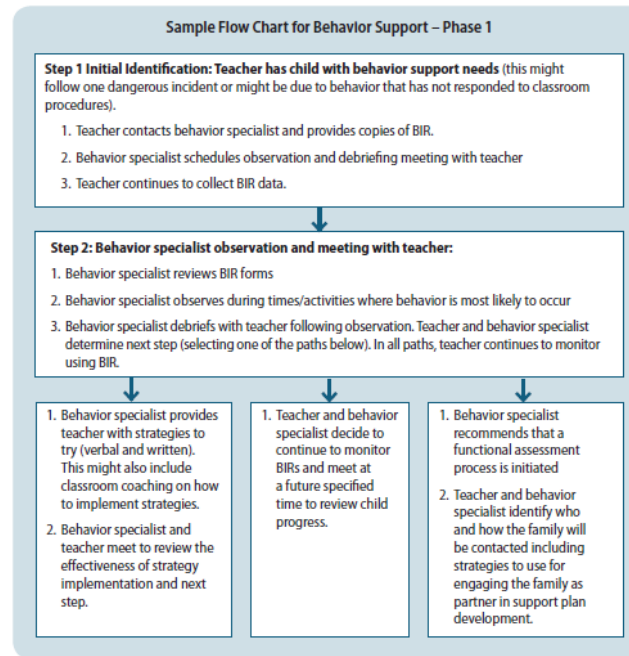


Have fun with your children through engaging activities like singing songs or using puppets at Circle Time. Playing with your children during Centers is another great way to have fun and keep children engaged.

Laughing releases endorphins and makes you feel happy.



Tip #2



Tip #3

Review your behavior flowchart and any helpful resources for the interview questions. Look around your room. Do you have a feelings chart, books on friendship, a solution kit? Visual cues are helpful for adults too!

Reviewing resources will make you feel more confident in what you know for the interview portion of the TPOT.

Tip #4

Be calm! You've got this! Practice any self-regulation techniques like taking deep breaths to help center your body and calm your nerves.

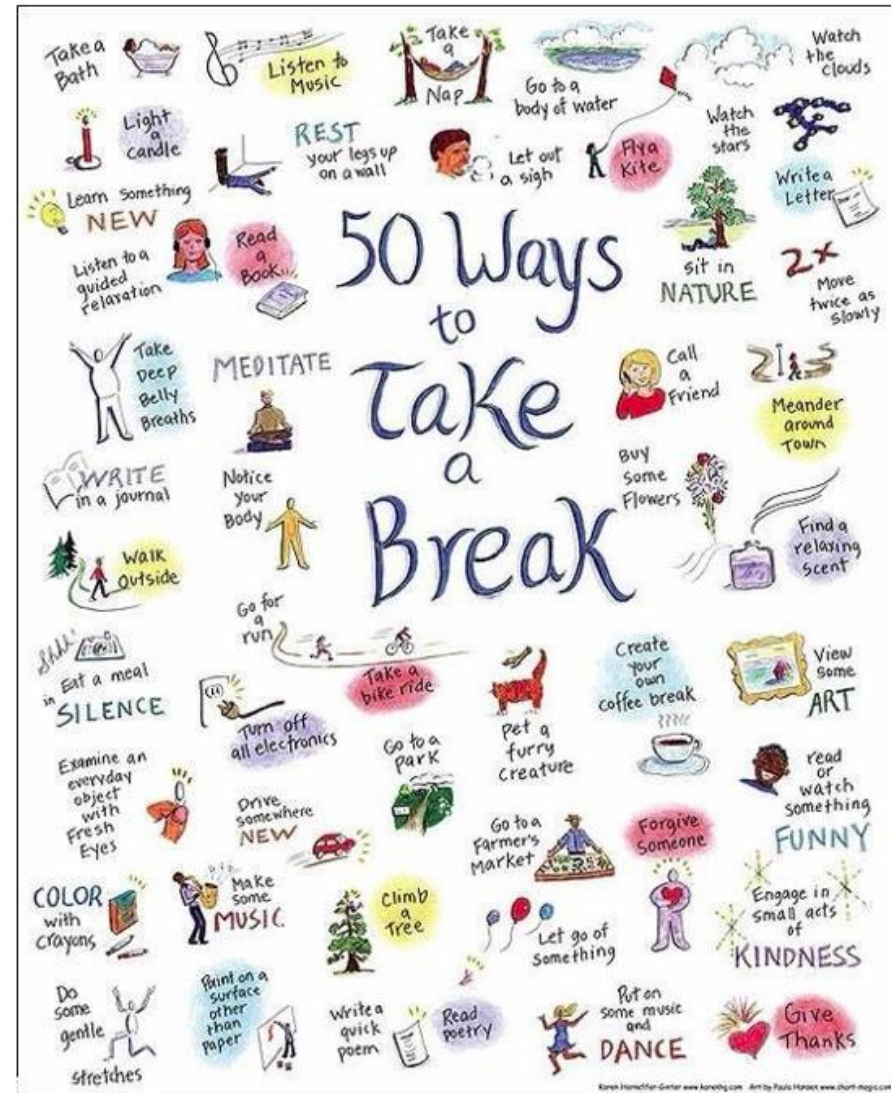
When your body and mind are calm you will be able to think clearly.



Tip #5

Be kind to yourself. Practice appropriate self-care to prepare for today and all of your days in the classroom.

Adequate self-care will make you feel peaceful and better able to handle challenging situations that arise in the classroom.



Remember...this is not an
EVALUATION.

There is not a right or a wrong
answer. The TPOT is used to
guide professional
development.

Together with your coach you
will create an action plan to
help you achieve your goals
and be the best teacher you
can be!



A wooden surface with scattered cardboard letters and a lightbulb. The letters are made of brown cardboard and are scattered across the wood. A single white lightbulb is also on the surface. A semi-transparent white circle is overlaid on the left side of the image, containing the text.

TPOT Tips

- #1 – Be yourself and stick to your schedule.
- #2 – Have fun and engage your children!
- #3 – Review your PBS resources.
- #4 – Know and use your self-regulation techniques.
- #5 – Practice self-care regularly.