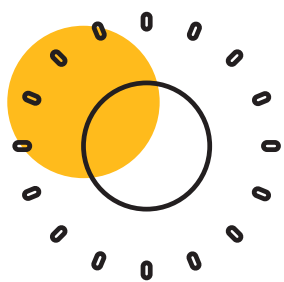




Pearson



Ask the Expert

How to use micro moments and reboot education



We all have opportunities in the school day, no matter how small, to help our students to deepen their connection with themselves, others and the planet.



Holly Everett

Head of Programmes at Reboot the Future, shares her advice.

1. Think beyond your 'formal' curriculum

Important and current topics, from climate change and biodiversity loss to the energy crisis, peace, and mental wellbeing, can feel big and overwhelming but often have only the smallest space allocated to them in the curriculum. As teachers, we have many moments in the school day outside of the formal curriculum to explore these issues and build a sense of connection, compassion, creativity and curiosity in our pupils. These 'micro moments', although small, can have a big impact on the wellbeing and understanding of our students, others, and the world around us.

2. Get creative with your 'moment'

A micro moment could range from posing a question in tutor time, to setting an intention in assembly, sharing a fun fact as pupils come into the classroom or recommending a book/ film/ show/podcast in the playground. These are just some examples of how you could get creative with fostering empathy for other people and the planet, making connections between cultures, discussing positive change and checking in on student wellbeing in your school day.

3. Spark curiosity with simple questions

Sparking a sense of curiosity is an important way to empower and inspire your pupils. Questions and conversation starters to weave into your discussions with pupils could include: What might it feel like to be _?; How can we improve _?; What connects us to _?; How does _make you feel? or When you think about _ , what are you grateful for?

4. Connect to wider events and celebrations

Using global celebration events like Refugee Week, World Poetry Day, or Earth Day, can be a simple jumping off point to get the conversation rolling. Reboot the Future's Interactive Wall Planner , supported by Pearson, is packed full of conversation starters, fun facts, advice and resources linked to hundreds of global celebrations to help you to make the most of the micro moments in your school day. Likewise, our In Focus Topic guides provide quick and easy ways to integrate current news events and issues into subject lessons and other opportunities in the timetable.

5. Integrate all-year-round

Weaving issues like sustainability, global citizenship, social justice, peace and mental wellbeing throughout the school year, across different subjects and school areas, stops them from becoming tokenistic moments that feel disconnected from our learners' lives. Exploring topics in this way also helps students to develop skills such as critical thinking, resilience, systemic thinking, and creativity, which can positively impact other areas of their learning too. Even if you don't have whole lessons to dedicate to these ideas, any opportunity, no matter how small, to explore them with balance, compassion, learning and action, is an opportunity worth taking.

