



Emozi[®] PD Discussion Starters For Staff Meetings

Use these reflection prompts and facilitation ideas to build connection, empathy, and alignment among staff during professional learning, PLCs, or faculty meetings.

1. Feelings Check-In (Opening Activity)

Invite staff to choose a feeling word or emoji that represents how they are arriving to the meeting. Optional: Use a Feelings Wheel or poster as a visual

Extension: Ask, "What contributed to that feeling today?"

Purpose: Builds emotional awareness and models the strategy used with students.

2. Values-Based Reflection

Choose one of the following questions for silent journaling, pair-share, or small group discussion: What personal value do you bring into your teaching practice?

How do you respond when your values are challenged?

How does your classroom reflect your beliefs about character?

Purpose: Creates space for staff to reconnect with purpose and build mutual understanding.

3. Self-regulation Strategy for Adults

Present a real or hypothetical school-based challenge. Use the appropriate framework for school/grade level (Ollie's Wise Choices/STAR/SCOPE/SCOPE-IT strategy) to work through it. For example: S: Stop — What emotions are involved?

T: Think — What options do we have?

A: Act — What action aligns with our shared values?

R: Reflect — What can we learn for next time?

Purpose: Demonstrates that character tools apply to all members of the community.

4. Student Voice Reflection

Share a quote or example from a student's Emozi journal (anonymized) or observation. How does this show growth in self-awareness, empathy, or leadership?

What part of the Emozi program might have supported this?

Purpose: Reinforces impact and centers students in professional growth.

5. Peer-Led Strategy Sharing

Invite one staff member each month to share:

A classroom win using an Emozi strategy

A challenge and how they adapted a routine



A creative way they integrated Emozi into another subject

Purpose: Builds confidence and distributes leadership across the team.

Pro Tips for Facilitators:

Keep each activity to 5–10 minutes unless otherwise planned

Use norm-setting to ensure safe, respectful conversation

Rotate roles (facilitator, note-taker, timekeeper) to share ownership

Want More? Email support@emozi.net for themed reflection sets or customized PD session plans.