What is Happy Teacher Revolution?

Happy Teacher Revolution is a Baltimore-born, international movement with the mission to support the mental health and wellness of teachers. Our long term goal is to empower educators to initiate HTR meetings across every school district in the US. Teachers come together, sit in a circle, and the teacher facilitating the meeting reads the mission of HTR and the twelve wellness choices. Teachers then share with one another their experiences in education and any wellness strategies that have worked for them.*

78% of teachers report overwhelming levels of stress*

NEED in Thompson School District

Retain & Attract Quality Educators

Support Wellbeing of District Staff

Meets DUIP Target

- Develop implementation plan for Behavioral Health Trainings to support educators in their own health (Self-Care, Mindfulness, etc.)

VISION for Thompson School District

Be a leader in Northern Colorado in HTR Initiative

Reduce burnout in educators by providing encouragement, support and recognition

"Aim to build mentally healthy teachers who can subsequently build emotionally healthy students" *

HOW?

HTR Facilitator Training

July 23 & 24

Two day training to train 12 educators to become HTR facilitators.

Ongoing HTR Groups

Facilitated, themed discussions at various levels, twice monthly:
- EC/Elementary
- Secondary
- Administrators

School Sponsorships

Collaborate with community businesses to sponsor schools by providing food and appreciation.

*https://happyteacherrevolution.com/