

# Mirror Your Classroom Worksheet

THIS WORKSHEET IS the printable version of the classroom-mapping exercise in the book.

Use it after the students have left, on a day you have twenty quiet minutes. The aim is to see how your classroom is mapped onto your nervous system.

## Why this exercise exists

Your classroom is not neutral space. Some parts of the room make you brace, some help you settle, and some carry the memory of specific incidents. This map makes that information visible.

## Part one. Draw the room

DRAW A ROUGH map of your classroom from above.

Include the walls, door, your desk, teaching wall, student desks, windows and anything else that matters. Not to scale. Not artistic. A working diagram.



Blank space for your classroom map

## Part two. Mark the somatic landscape

ADD THESE MARKS to the map you have drawn.

**Circle.** Where you feel most steady.

**X.** Where you feel most braced or flooded.

**Arrow inward.** Any student seat where sitting or standing near it changes your body.

**Small dot.** Any corner or wall you avoid looking at without knowing why.

**Small square.** Any spot where a specific incident is still held in your body.

You do not need to explain the marks. They are for you.

## Part three. Reflection

Where do you spend most of your teaching time? Is it in a circle spot or an X spot?

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Is there a spot you could move toward more deliberately to regulate across the day?

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**Is there a student seat that carries a mark you did not expect? What small thing could you do this week to change it?**

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**Is there a spot that used to carry a mark but does not any more? What changed?**

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## **What to do with this**

Keep the worksheet in your desk drawer and look at it once a term.  
The map will change over time. That is the point.