

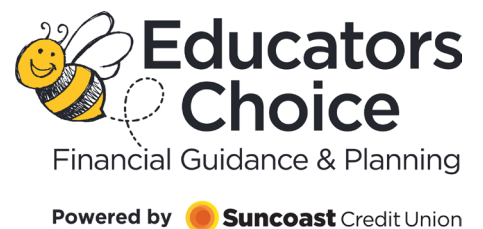
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IMPACT

CLASSROOM MANAGEMENT/RESILIENCY

The Teacher's Operating System

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2025

RE-IMAGINING EDUCATION

The Teacher's Operating System

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**BECAUSE LEARNING
SHOULD BE HUMAN,
TECH-SAVVY, AND
TRANSFORMATIONAL.**

Quick View:

A dynamic workshop blending resilience, AI, and design to upgrade teaching, deepen connection, and reprogram classrooms for impact.

Overview:

This teaching style is essential for Gen Z learners because they are growing up in a hyper-digital world where attention spans are short, mental health needs are rising, and personalized learning is expected. The Teacher's Operating System addresses this by combining resilience practices with AI and design thinking—giving educators tools to connect more deeply with students while staying ahead of tech trends. It empowers teachers to create engaging, emotionally intelligent classrooms that meet the students where they are, while preparing them for where the world is going.

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GOALS/OBJECTIVES

The Teacher's Operating System is a hands-on workshop that fuses resilience-building, AI, and digital design to create meaningful, student-centered learning.

Teachers will learn to implement activities that help students develop focus, emotional regulation, creativity, and 21st-century skills.

With free or low-cost tools, students will:

- Build mind maps in Canva to explore their goals, thought patterns, and project workflows
- Use AI tools to generate personalized affirmations or reflections (e.g. "What can I do when I feel anxious before a test?")
- Design self-awareness posters or digital journals to visualize emotions and set learning intentions
- Create soundscapes or playlists for focus, calm, or motivation
- Reflect on growth weekly with a "Digital Twin Journal" tracking emotional and academic progress

These goals and objectives create a transformative foundation for students by merging emotional development with real-world skills.

Here's how:

Internal Growth Meets External Readiness

Students aren't just learning what to think—they're learning how to think, reflect, and manage themselves. By developing focus, creativity, and emotional regulation, they gain tools for academic success and life beyond the classroom. These are not soft skills—they're survival skills in today's fast-paced, tech-heavy world.

Goal-Setting with Depth

Through mind mapping in Canva, students don't just set goals—they explore the "why" behind them. They identify thought patterns, plan projects, and visualize success, which deepens self-direction and accountability.

AI for Self-Reflection & Empowerment

Using AI to generate affirmations or explore emotional questions teaches students how to use technology intentionally. Instead of distraction, they learn how to engage with AI to build self-awareness, enhance mental wellness, and support resilience.

GOALS/OBJECTIVES (CON'T)

Creative Expression = Identity Building

Self-awareness posters and digital journals turn emotional reflection into artistic expression. Students see their inner world represented visually, which boosts confidence and helps teachers connect more meaningfully to their needs.

Sensory Tools for Regulation

Creating soundscapes or playlists for different states of being (calm, focus, motivation) empowers students to understand their bodies and moods, building autonomy in emotional regulation—a skill often missing in traditional classrooms.

Tracking the Journey with Digital Twins

The “Digital Twin Journal” gives students a structured, tech-forward way to monitor their academic and emotional evolution. This routine builds meta-cognition (thinking about their thinking) and shows measurable growth over time—key for both confidence and assessment.

Together, these objectives redefine what learning looks like. They create whole, capable, self-aware students prepared for both the pressures of school and the demands of the 21st-century workforce.

Learning Objectives for Teachers

By the end of this workshop, teachers will be able to:

- Implement resilience-based digital mind mapping in any subject using Canva.
- Use AI tools to help students develop personalized affirmations and self-regulation strategies.
- Guide students in building Digital Twin Journals to track academic and emotional growth.
- Incorporate sound and visual elements to enhance classroom culture and student-centered focus spaces.
- Adapt this framework for STEAM, ESE, ESOL, and content-heavy classrooms using low/no-cost tech.

GOALS/OBJECTIVES (CON'T)

What the PD Will Do for Teachers

Teachers will:

- Experience the TOS framework as if they were students (bell ringer, centering, AI inquiry, design-based outputs, reflection, etc.)
- Get a toolkit of templates for plug-and-play class routines that improve focus, behavior, and engagement
- Learn how to integrate AI without fear, ethically and intentionally
- Practice resilience techniques they can use for themselves and model for students
- Reimagine classroom culture around real-world readiness, not just grades

BACKGROUND

I spent over a decade in the business world—branding, consulting, pitching ideas, launching products, managing clients, and learning how to build something from nothing. I was good at it. But there was always this lingering thought: What if I had known all of this earlier? What if someone had taught me how to think creatively, adapt quickly, and move with confidence back when it really could've set the tone for my future?

That question became a calling. So I came back—not because I had to, but because I felt responsible. Responsible for showing the next generation what the world actually runs on: critical thinking, emotional intelligence, storytelling, innovation, systems. Not just grades or memorization.

The Teacher's Operating System was born from that calling. It's not just a curriculum—it's a mindset shift. It gives students the tools to process their emotions, express their ideas, and use real-world platforms to build something meaningful. I designed it because the world they're entering demands more than test scores. It demands flexibility, imagination, and resilience.

And let's be honest, this new generation needs to be met differently. They're not here for outdated lectures or textbook routines. They crave purpose, relevance, and voice. This curriculum integrates design thinking, AI, self-awareness, and resilience into how they learn so they cannot only succeed in school, but also thrive in life.

If I had something like this when I was younger? Man... But now, I get to give it. And that's everything.

Each component of The Teacher's Operating System was chosen with intention because together, they don't just improve teaching, they transform it.

BACKGROUND (CON'T)

Here's how each element shifts the classroom from passive learning to powerful engagement:

1. Resilience Practices

Most students aren't failing because they're not smart, they're overwhelmed, distracted, or emotionally dysregulated. Resilience practices like breathwork, visualization, journaling, and reflection build emotional muscle, giving students the tools to stay focused, bounce back from setbacks, and stay grounded in who they are. When teachers integrate this, they shift from managing behavior to cultivating character.

2. Artificial Intelligence

AI isn't just a buzzword, it's a co-pilot. When students learn how to prompt AI tools for ideation, writing assistance, or research guidance, they gain a competitive edge. It teaches them how to think about thinking, refine their communication, and elevate their creativity. For teachers, AI slashes planning time and opens doors to differentiation and innovation with minimal cost.

3. Digital Design

Design is the language of the modern world. Whether students go into business, entertainment, education, or tech, they need to know how to communicate ideas **visually and persuasively**. Bringing digital design into the classroom makes learning tangible and expressive. It's no longer just what you say, but *how* you say it, with clarity, intention, and style.

4. Self-Awareness & Reflection Tools

These aren't just "feel-good" add-ons. Tools like digital twin journaling, mood boards, and AI-generated affirmations help students understand how they think, how they learn, and how they grow. That kind of self-knowledge turns students into **intentional learners** instead of passive test-takers.

5. Systems Thinking for Teachers

The "operating system" isn't just for students, it's for teachers too. This workshop helps educators build systems that reduce burnout, automate repetitive tasks, and align their teaching with their values. When teachers feel empowered and in control, that energy passes straight to the students. It's a win for the entire learning ecosystem.

BACKGROUND (CON'T)

Together, these components create a classroom that isn't just about checking boxes, it's about unlocking real-life readiness, confidence, and creativity. This is education with foresight. And once you experience it, there's no going back.

FLORIDA STANDARDS

Digital Media/Multimedia Foundations 1

- DMF.612.C.1.01 - Apply design theory, composition, and layout principles to create self-awareness posters and mind maps.
- DMF.612.C.1.06 - Use AI-powered journaling to explore careers in digital media and multimedia fields.
- DMF.612.C.3.02 - Develop digital mood boards using original photography and visual affirmations.
- DMF.612.C.3.10 - Construct a portfolio that demonstrates personal and creative growth through digital photography.
- DMF.612.T.4.01 - Use Canva and AI tools to edit digital images, apply filters, and create layered graphics.

Digital Media/Multimedia Foundations 2

- DMF.712.C.5.01 - Design visual stories using layout, fonts, colors, and logo/icon elements for personal branding.
- DMF.712.C.6.01 - Apply color theory to associate visual choices with emotional tones in journal design.
- DMF.712.C.7.01 - Use typography effectively in creating affirmation posters and identity-based reflections.
- DMF.712.E.7.05 - Evaluate ethical use of fonts and typefaces in digital design projects.
- DMF.712.T.8.01 - Create vector illustrations and explore workspace tools in platforms like Canva and Illustrator.
- DMF.712.P.9.01 - Design digital reflection templates, productivity trackers, and presentation layouts.

Digital Media/Multimedia Foundations 3

- DMF.812.P.10.01 - Produce multimedia presentations that communicate identity, growth, or personal development.
- DMF.812.T.11.01 - Use AI tools for storyboarding, receive peer feedback, and refine emotional self-portraits.
- DMF.812.P.12.01 - Compile a digital or print reflection portfolio aligned with project briefs or RFP-style prompts.

Multimedia Web Production

- DMP.912.W.13.01 - Build and maintain a personal website or portfolio to track emotional and academic growth.
- DMP.912.I.15.05 - Optimize digital images for web use, including appropriate file types and resolution.

FLORIDA STANDARDS

- DMP.912.T.15.08 - Upload and publish reflection-based content to student portfolios or blogs.
- DMP.912.M.16.01 - Create entry-level motion graphics to animate affirmations and emotion-based UI elements.

Career Ready Practices

- CRP.912.S.01 - Demonstrate emotional maturity, self-awareness, and personal responsibility in academic settings.
- CRP.912.T.02 - Integrate AI and design tools into academic, career, and personal development projects.
- CRP.912.C.04 - Use visual and narrative communication effectively in digital media contexts.
- CRP.912.I.06 - Innovate through AI-enhanced creativity, self-reflection, and multimedia design tools.
- CRP.912.R.08 - Apply critical thinking when interpreting emotions, performance, and design outcomes.
- CRP.912.G.10 - Align personal identity and career goals using digital mapping and reflection tools.
- CRP.912.P.11 - Use productivity-enhancing applications like Canva, AI tools, and digital journals to complete tasks.

Artificial Intelligence (AI) Standards Alignment

- AI.912.G.01 - Demonstrate understanding of artificial intelligence and its connections to other disciplines.
- Covered: Intersections with education, instructional design, behavioral science, and digital productivity.
- AI.912.E.02 - Identify ethical concerns and social implications of AI in educational and creative settings.
- Covered: Includes bias, student data privacy, and digital equity.
- AI.912.D.03 - Explain how artificial intelligence systems learn from user data and interactions.
- Covered: Adaptive feedback, grading assistants, and learning algorithms.
- AI.912.A.04 - Investigate how AI is transforming industries such as education, wellness, and media.
- Covered: AI in productivity, classroom systems, HR, and content creation.
- AI.912.P.05 - Design and present an original project using artificial intelligence tools.
- Covered: AI-powered dashboards, communication tools, and lesson generators.

FLORIDA STANDARDS

Multilingual, ESE, & Cross-Curricular Integration

- SUP.ESOL.01 - Support English Language Learners using image-based storytelling, AI translation, and low-barrier journaling.
- SUP.ESE.01 - Scaffold multimedia tasks for Exceptional Student Education learners using sensory and adaptive tools.
- SUP.CC.01 - Integrate design journaling into STEM, social studies, and language arts through cross-curricular projects.

COURSE OVERVIEW

The Teacher's Operating System is an interactive professional development workshop designed to upgrade how educators approach teaching in the modern classroom. Blending resilience-building practices, artificial intelligence, and digital design, this workshop equips teachers with low-cost, high-impact tools to foster student self-awareness, creativity, and emotional regulation.

Participants will engage in hands-on activities such as visual mind mapping, AI prompt creation for student reflection, and mood-based design exercises that support student growth.

Aligned with Miami-Dade County's emphasis on resilience and innovation, this workshop empowers educators to create learning environments that are emotionally intelligent, tech-savvy, and deeply engaging. Teachers will leave with ready-to-implement strategies and a renewed sense of purpose for connecting with and inspiring their students.

The Teacher's Operating System is not just another PD, it's a system reboot for educators ready to meet today's students where they are. This innovative workshop blends resilience strategies, artificial intelligence, and digital design to help students better understand themselves, manage emotions, and think critically. Teachers will walk away with adaptable, budget-friendly tools that make learning more engaging and culturally relevant. From AI-generated affirmations to emotion-based design boards and focus-enhancing soundscapes, students gain cognitive clarity and emotional grounding. The workshop is structured for immediate classroom use and aligned with Miami-Dade's priorities around resilience and future-ready skills. It elevates student voice, improves attention, and builds self-awareness—key predictors of academic achievement and behavioral growth. Teachers will leave energized, equipped, and aligned with the future of learning. If you're looking to create a classroom that's emotionally intelligent and intellectually rigorous, this is the training you've been waiting for.

COURSE OVERVIEW (CON'T)

In this Expo workshop, teachers will learn how to:

- Guide students through resilience-based digital mind mapping to help them visualize emotions, thought patterns, goals, and learning pathways using free tools like Canva.
- Use AI platforms like ChatGPT or Poe to create student-friendly self-reflection prompts, affirmations, and emotion-regulation tools, modeling how to prompt AI as a growth ally rather than a shortcut.
- Design “Digital Twin Journals” that allow students to track emotional and academic growth over time, using slides, templates, or interactive documents.
- Incorporate sound and visual elements to create mood-based classroom tools (e.g., calm-down corners, focus playlists, or design-based SEL posters) that reinforce self-regulation.
- Adapt each activity to fit multiple subject areas and diverse learners, including ESE, ESOL, and STEAM classes, while keeping implementation cost-effective and easy to scale.

RESEARCH

The Teacher's Operating System curriculum is grounded in research that recognizes the critical connection between emotional intelligence, creative expression, and real-world readiness.

Immordino-Yang (2016) emphasizes that emotion and cognition are deeply intertwined, making self-awareness and emotional regulation essential for meaningful learning. This is echoed in Goleman's (1995) foundational work on emotional intelligence, which shows that these competencies often outweigh IQ in determining long-term success.

Dweck's (2006) Mindset supports this curriculum's focus on resilience by encouraging the development of grit and growth-oriented thinking—further reinforced by Duckworth (2016), who identifies perseverance as a leading indicator of achievement. Robinson (2015) and Zhao (2012) advocate for creativity and personalized learning as critical responses to outdated, standardized education models; principles directly reflected in the curriculum's digital design and reflective journaling practices.

Integrating technology intentionally, as Fullan (2013) recommends, this curriculum uses AI as a tool for empowerment rather than automation. By aligning with these research-based practices, the Teacher's Operating System equips students with the cognitive and affective tools they need to thrive in both school and life.

LESSON PLAN

The Teacher's Operating System - 90-Minute Classroom Integration Framework

Plug-and-Play Structure for Any Subject | Grades 9-12

Focus: Real-world relevance, self-awareness, AI fluency, resilience, and creative learning

0:00-05:00 | Bell Ringer (Individual Silent Work)

- Purpose: Quiet focus on entry, transitions students from hallway energy into classroom mode
- Activity:
 - Daily Digital Prompt (posted on board or LMS):
 - "What's something on your mind right now that might distract you from learning?"
 - "What do you already know about today's topic?"
 - "Choose a word or emoji to describe your current mood."
 - Students respond in notebooks or digital journals.

05:00-15:00 | Centering & Reset (Group Grounding)

- Purpose: Emotional regulation + classroom attunement
- Activity:
 - 2-minute guided breathwork, visualization, or soundscape
 - 3-minute optional share-out from bell ringer reflections
 - Set collective intention for class (teacher or student-generated)

15:00-30:00 | Core Content Drop (Mini-Lesson)

- Purpose: Deliver subject-specific content efficiently and meaningfully
- Activity:
 - Brief lecture, demo, or multimedia resource (video clip, chart, podcast)
 - Anchor the concept in real-world application or emotional context
 - E.g., In history: "What would you have done if you lived during this time?"
 - In science: "How does this invention relate to something you rely on daily?"

30:00-40:00 | AI-Powered Thought Expansion

- Purpose: Use AI to synthesize, question, or reflect on content
- Activity:

Prompt-based inquiry using ChatGPT, Canva Magic Write, or Curipod

"Explain today's concept as if you were a coach, therapist, or influencer."

LESSON PLAN (CON'T)

- "What advice would AI give a student struggling with this topic?"
- "How does this apply to your personal life or goals?"

40:00-50:00 | Brain Break (Movement + Reset)

- Purpose: Reset nervous system + reinvigorate attention
- Activity:
 - 3-minute movement/stretch break (guided by playlist or student DJ)
 - Quick game or "stand if..." reflection prompt
 - Visual art or meme share related to the day's topic

50:00-65:00 | Creative Application Time

- Purpose: Express learning in personalized or design-based format
- Activity Examples:
 - Mind Mapping in Canva - Connect ideas, emotions, or goals
 - Self-Awareness Poster - "How this topic shows up in my world"
 - Digital Twin Journal Entry - Daily reflections with emotional/academic tracking
 - Soundtrack/Playlist Creation - Match music to lesson themes (focus/motivation)

65:00-80:00 | Group Collaboration or Peer-to-Peer Share

- Purpose: Practice communication, empathy, and community
- Activity:
 - Students share takeaways or creations in small groups
 - Optional critique, co-edit, or idea expansion
 - Cross-subject integrations encouraged (e.g., ELA + Art or Science + Ethics)

80:00-90:00 | Closing Loop + Exit Ticket

- Purpose: Reflect, anchor learning, and regulate for transition
- Activity:
 - Prompted Reflection (written or verbal):
 - "What did you learn about yourself today?"
 - "How will today's learning help you in life, not just school?"
 - Digital or paper exit ticket:
 - Insight gained
 - Remaining questions
 - Self-rating of focus and effort

Summary of What This Schedule Balances:

- Standards & content objectives
- Emotional regulation & attention cycles
- Reflection, creativity & voice

LESSON PLAN (CON'T)

Summary of What This Schedule Balances:

- Standards & content objectives
- Emotional regulation & attention cycles
- Reflection, creativity & voice
- Real-world relevance through design + tech
- Equity of access with free/low-cost tools

HOW THIS INTEGRATES AI, DIGITAL DESIGN, AND RESILIENCE PRACTICES INTO EVERY SUBJECT

The Teacher's Operating System is designed to function like an upgrade, something that enhances, rather than replaces, your current curriculum. It weaves three critical threads into any classroom:

AI (Artificial Intelligence)

Students engage AI tools like ChatGPT, Canva Magic Write, or educational platforms to ask questions, reflect, summarize, or explore connections. For example:

- In ELA, students prompt AI to rephrase a poem as a modern tweet.
- In science, they ask AI for real-world applications of a formula.
- In social studies, they simulate historical "what-ifs" through dialogue generation.

Digital Design

Students use Canva, Slides, or other platforms to mind-map ideas, build visual journals, and create reflective graphics that support memory and identity development.

- In math, they might design infographics on real-life applications of formulas.
- In history, students create timelines or empathy-driven visuals.
- In health, they could design emotional regulation posters or PSA campaigns.

Resilience-Based SEL (Social-Emotional Learning)

Daily journal prompts, soundscapes, reflection slides, and affirmation generation give students tools to regulate emotions, build intention, and cultivate self-awareness. These elements are flexible enough to embed even in 5-minute segments within rigorous academic courses.

Why Cross-Curricular Integration Matters

Cross-curricular learning mirrors the real world, where problems and solutions don't live in silos. When students get to connect math to music, history to emotions, or science to art:

- Retention improves because learning is contextualized.
- Critical thinking deepens as students transfer knowledge across domains.
- Creative expression flourishes because students apply content through storytelling, design, or exploration.

HOW THIS INTEGRATES AI, DIGITAL DESIGN, AND RESILIENCE PRACTICES INTO EVERY SUBJECT

Cross-curricular work makes learning relevant, especially for Gen Z students who crave purpose, real-world application, and self-expression.

How Teachers Benefit

By using this framework, teachers don't just "teach", they connect:

- Gain insight into how students are processing emotionally and cognitively through journals and visual expression.
- Spot where students are stuck or thriving before it shows up on a test.
- See who needs more structure, affirmation, or creativity.
- Learn what students care about, fear, or dream of—allowing for more compassionate and targeted teaching.

Ultimately, the Teacher's Operating System doesn't ask teachers to do more. It helps them teach more meaningfully with deeper student buy-in, emotional awareness, and long-term learning impact.

RESOURCES

Materials and Resources Needed to Implement the Project:

- Free educator/student accounts on Canva or similar digital design tools (Adobe Express)
- Access to AI platforms (ChatGPT, Poe, or Google's Gemini - free versions available)
- Laptops, tablets, or classroom computers with internet access
- Basic headphones or classroom speakers for soundscape integration (optional)
- Google Slides or Docs for journaling and Digital Twin reflections
- Poster paper, markers, or printouts for physical mood boards (optional, low-cost)
- Access to YouTube or royalty-free music platforms for creating soundscapes
- Printable planning templates for emotional check-ins and student reflections
- (Optional) Yoga mats or floor cushions for mindfulness/grounding activities
- Access to a projector or display screen for group modeling and demonstrations

COST:

The Teachers Operating System project under \$200:

Approximate Cost: \$200 (max)

Breakdown:

- Print Materials & Resources (binders, worksheets, visual aids): \$75
- Digital Tools & AI Software Access (short-term or educator accounts): \$50
- Workshop Supplies (markers, sticky notes, folders, etc.): \$25
- Professional Development Handouts / Templates: \$30
- Contingency (incentives or guest facilitator materials): \$20

The Teachers Operating System workshop can absolutely run on \$0 with strategic planning.

Here's how:

- Digital-only Materials: Distribute resources via Google Drive, Canva, or Slides instead of printing.
- Existing Tech: Use school-issued devices, projectors, or SmartBoards for presentations.
- AI Tools: Leverage free versions of ChatGPT, Canva, and other freemium platforms.
- Teacher Collaboration: Encourage participant contributions (e.g., sharing strategies) to enrich content.
- No-cost Engagement: Use breakout groups, reflection prompts, and digital templates already available.

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