My Theme Song

“Can’t stop, won’t stop moving”

"I stay up too late.”

“I’m just gonna shake, shake, shake.

Shake it off.”

Taylor Swift

“Shake It Off”

My year is like the song “Shake It Off” by Taylor Swift. To begin with, I can’t stop, won’t stop moving during the day. I am constantly moving during class and normally only sit down during 5th period and lunch. Sometimes, I even work through my lunch if a student needs help. Even when I do sit down, I am working and moving my pen or typing on my chromebook. It is not until late at night that I stop moving and sit still. I also stay up too late. For example, this is my second year of teaching. I still have a lot to do on a daily basis and that can cause me to go to sleep at a late hour. Somedays I don’t get home from school until 9 P.M. due to grading, lesson planning, copying, and coaching. By the time I make dinner, it is almost time for me to go to bed since I wake up the next day at 6:15 A.M. Furthermore, I’m just gonna shake, shake, shake. Shake it off. I love being a teacher, but sometimes somethings can happen that put me in a bad mood. When this occurs, I just remind myself to relax and not let it bother me. Sometimes I listen to music while I work during my prep and softly sing my stress away. Even though this year can be challenging, it is worth it if you know how to shake it off.