

TeacherCalm: Cultivating teacher wellbeing and calm classrooms

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Can students get involved?
Yes

Programme Information

TeacherCalm focuses on supporting the well-being of pre-service teachers and equipping them with effective classroom management techniques. We believe that teacher well-being is essential for student success. Our initiative aims to promote a classroom culture that supports the well-being of both teachers and learners.

TeacherCalm recognizes that teacher well-being is a complex interplay of factors, including emotional, physical, and social dimensions. By addressing these interconnected aspects, TeacherCalm strives to create a supportive and nurturing environment for teachers. Our initiatives are grounded in research and best practices in education. By staying informed about the latest findings, the project can develop evidence-based strategies that are effective and sustainable. This commitment to

research ensures that TeacherCalm's interventions are aligned with the evolving needs of teachers and the broader education landscape.

Empowering pre-service teachers

As part of the Sociology of Education module, we integrate discussions on the importance of teacher well-being into our curriculum.

Global impact and partnerships

TeacherCalm expanded beyond the borders of South Africa in 2024. We partnered with Dr Shannon Bishop-Swart and her NPO, PACHEDO, based in Uganda, to conduct a workshop on teacher well-being and emotional resilience. Key workshop topics included:

- Emotional Geographies of Teachers
- Building Emotional Resilience
- Holistic Well-being and TeacherCalm

Join TeacherCalm:

Educators, researchers, and policymakers can join the movement for teacher well-being.