



Who Are You?

By Pam Morris, Early Learning Center Director

Have you ever gone on a job interview and that potential employer asks, “Tell me a little bit about yourself.” What to say, what to say. What do you want to share about yourself, who you are, what is important to you. How do you ensure that your voice is heard? Not in volume, although if you are a low-talker (a Seinfeld throwback) that could be a part of who you are. But how do you make sure that your values, opinions are heard?

Fred Rogers said, *“We all have different gifts, so we all have different ways of saying to the world who we are.”* What a beautiful thought when it comes to seeing yourself, and others, as individuals. When you are viewed as your own person, with your own personality, how does that change how you are approached? How are you listened to? How are you valued?

Your Voice

Your voice comes through in so many different ways. From the time you enter a space, your clothing speaks for you. Are you someone who is typically put together, or who makes a statement with what you wear? Is relaxation more the message that you want to send, putting you and those around you at ease. The tone of your voice becomes a part of the message. Expressing yourself loudly might make your statement more emphatic while speaking in hushed tones might make it sound less important. These observations aren’t always what you intend and might require some adjustment on your part.

Your Message

What are you putting out into the world? What is your message to others, both indirectly and directly? I feel that this is important for your focus, not because you should care what others think, but are you putting out into the world what you want others to “hear”?



A message isn't always heard with your ears. It comes in many different forms and engages your senses, sometimes for the good and other times for the not so good.

The Visual

Iris Chin Ponte and Lisa Porter Kuh, from EdExplorations about the Prepared Environment said, *“Children are impacted daily by all that is presented in their learning environment. All elements of a classroom – from decorations and wall coverings to furnishings and rugs, to materials provided for children to use – all these things represent opportunities to be intentional in creating a supportive, inspiring environment for children. What makes a beautiful, inviting environment for work and play? A “less is more” approach can reduce clutter, “noise” and distraction, and inspire children to engage, relax, focus and play.”*

Sometimes we talk about “pollution” in a classroom. It isn't only the noise but is often the visual. Some children and some adults thrive in environments where there is less visual pollution. We might think that something is visually appealing when to others it is just background noise and sometimes there is too much of that.

Who Are You?

I began thinking about who I am. What “noise” do I put out into the world? Is it always the message that I wanted to send? I believe that when I am focused and intentional with what I do and what I say, then my message is being broadcast as I intended, for good or for bad. You might not like my message and I am OK with that. I will keep my pollution to a minimum so I don't clutter what you are trying to say. Not because I believe that your message is any more important or more powerful than mine, but because I believe in my message and I don't need you to join me in that belief.

And if we all approach life this way, we walk together, as individuals sharing our thoughts with conviction without needing validation.

Shabbat Shalom.