



GUIDE

# Two-Minute Teaching: A Video Reflection Practice

A short, safe way for educators to reflect, share, and grow together.

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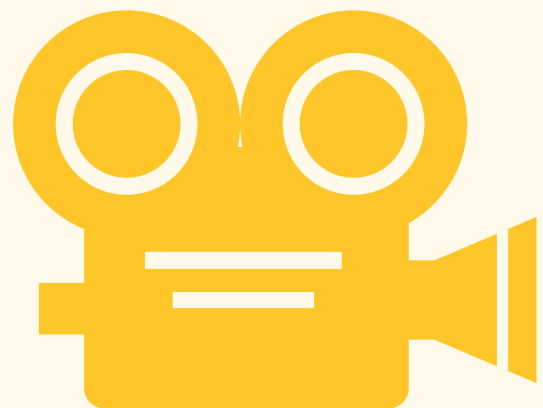
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# Reflection Without the Pressure

Video reflection can be a powerful professional learning tool when it is intentionally designed and clearly framed by leadership. This resource gives school leaders a simple, low-risk way to introduce video without it feeling like an observation or evaluation.

The two-minute focus keeps the process manageable and encourages teachers to reflect on specific instructional moves. Clear norms, choice, and small-group sharing help build trust while still supporting instructional improvement.

**The result is a reflective practice that feels supportive, not performative.**



# LEADER DIRECTIONS

## 1. Set the Tone

- Clearly name this as a safe, non-evaluative practice
- Share why you're doing it: learning, not judging

## 2. Define the Focus

- Choose a shared instructional lens (examples below):
  - **Vocabulary instruction:** How new terms are introduced or used during the lesson
  - **Student talk:** When and how students are sharing their thinking
  - **Modeling a strategy:** How the teacher demonstrates a skill or process
  - **Questioning techniques:** The types of questions used to prompt thinking

## 3. Set the Parameters

- Video length: 2 minutes
- Timeframe: 1 week to record
- The focus is one specific part of a lesson, aligned to a shared instructional lens selected by leadership.

## 4. Normalize Re-Recording

- If a teacher records again, invite them to reflect: "What did you notice that made you want to try again?"

## 5. Plan the Small-Group Video Discussions

- Small groups of 2–3 work best, with grade-level teams or departments serving as natural groupings.
- Plan 30 minutes total, including connection time

# STAFF DIRECTIONS

**Choose a Moment:** Record a 2-minute clip of a lesson moment you choose, aligned to the shared focus

**Watch First:** Watch your video once on your own before the small-group video discussion

**Reflect Briefly:** Jot down:

- One thing that went well
- One thing you noticed or wondered about

**Bring It:** Bring your video and brief reflections to your small-group video discussion

**Share What Feels Right:** Share only what you're comfortable sharing; this is a learning space, not an evaluation



**Pro Tip:** Focus on noticing, not perfecting. This is about learning from a moment, not capturing a flawless lesson.

## PRO TIPS FOR LEADERS

- Keep it short on purpose. The time limit is the magic.
- Model first if you can, or share a sample clip.
- Repeat the practice later in the year with a new focus area.

## DURING SMALL-GROUP VIDEO DISCUSSION

### **Suggested Flow:**

1. Watch the clip (2 minutes)
2. Teacher shares self-reflection first
3. Peers share strengths and takeaways
4. End with: "What's one idea you're taking with you?"

## REFLECTION PROMPTS

### **Self-Reflection Prompts:**

- What part of my lesson was I hoping to notice more closely?
- What is one thing that went well?
- What is one moment that caught my attention or made me curious?

### **Peer Reflection Prompts:**

- Something a colleague did that stood out to me:
- One idea I might try in my own classroom:

# VIDEO REFLECTION SHEET

Name: \_\_\_\_\_

## BEFORE YOU WATCH:

Instructional Focus: \_\_\_\_\_

What part of your lesson are you hoping to notice more closely?

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## WHILE WATCHING YOUR OWN VIDEO:

One thing that went well:

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One moment that caught my attention or made me curious:

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Optional: I re-recorded this clip and reflected on why

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## NOTES:

# VIDEO REFLECTION SHEET

Name: \_\_\_\_\_

## GROUP CONVERSATION TAKEAWAYS

Something a colleague did that stood out to me:

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One idea I might try in my own classroom:

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## LOOKING AHEAD

What is one strength I want to keep using?

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What is one small adjustment or experiment I'm curious to try next?

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What's one idea you're taking with you?

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## NOTES:

# Editable Templates

Click the image to make your own for your staff!





## COLLABORATION

# BUILT BY EDUCATORS, FOR SCHOOL LEADERS

This resource was created in collaboration with passionate educators and school leaders who believe in building trust, reflection, and shared growth through everyday instructional moments.

Special thanks to Abigail Norgren, Principal at Kingsley Elementary, whose thoughtful approach to short video reflection helped create a safe, supportive space for teachers to learn from themselves and one another. Her team's two-minute teaching videos show how intentional, low-lift structures can deepen reflection, strengthen collaboration, and foster a culture of continuous growth.



**Abigail Norgren**

Kingsley Elementary  
Waterloo, IA

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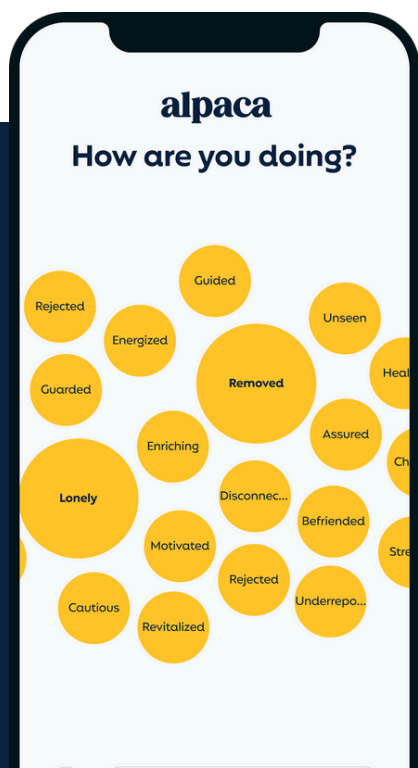
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