



Alberta's tomorrow is in classrooms today.

“365 Days Ago...” Member Videos: Posted and Promoted from October 6–26

To highlight teachers from across the province and reflect on the 2025 strike, we want to share inspiring stories with the public and remind them of what teachers stood for through our “365 days ago...” video series. Our goal is to highlight one video everyday for 21 days. You can select a sentence starter from below to begin your video message or create your own. The ideal video will be 15–30 seconds long. Try to resonate with your colleagues and the public as you expand on the sentence starters.

To submit your video, please visit <https://abteach.cc/VocalVideo365DaysAgo>. The deadline for submission is midnight on September 23, 2026.



For best results:

- Find a quiet place with an interesting and relevant background. Do not shoot your video in your classroom or on school property or show anything that will identify your school.
- Ensure what you are wearing is appropriate for the video.
- Pause before you record. Gather your thoughts and ground yourself. Know what you want to say.
- Be authentic and real. Speak from your heart; try not to read from a script.
- Ensure your video begins with “365 days ago...”
- Ensure the first and last two seconds of your video are silent and do not include any words or background sounds. This is important for editing purposes.
- Remember, there is no wrong message; reflect and share your thoughts.

Please note that not all submitted videos will be used

Sentence starters:

- **“365 days ago, I was so proud of my teacher colleagues for ____.”**
Picture a specific colleague or moment, not “teachers in general”: someone holding a sign for six hours in the rain, someone driving two hours to participate, a quiet colleague who spoke up for the first time. Specificity makes pride feel earned rather than generic.





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- **“365 days ago, what surprised me most was ____.”**

Push past the obvious (such as how many people showed up) toward something you didn't expect to feel or see: a colleague you didn't know well stepping up, a parent honking in support, how tired you were, how much you needed to connect with your colleagues, support from your students. The surprise is the hook; naming it specifically (not generally) makes this starter effective.

- **“365 days ago, I was so proud of my ATA local for ____.”**

Similar to the above but scaled up to the local level. This is a chance to name an action, rather than a feeling. Mention what did the local organized, provided or showed up for: food for members, a common gathering, a rally, clear communication, standing firm in a tough moment. Naming a concrete action makes your pride in your local feel grounded rather than ceremonial.

- **“365 days ago, I was proud to be a public school teacher because ____.”**

Reflect on what the profession, not just the strike, means to you. Connect this to something bigger than the strike itself: a sense of collective voice, of not being alone, of belonging to something with a history. The strongest answers will feel true even without the context of the strike.

- **“365 days ago, I decided I couldn't stay quiet about ____ anymore.”**

Treat it like a turning point, not a policy statement. It could be what you'd been carrying quietly: worries about class size, a student struggling without support, the feeling of being unseen. Admitting it had been building for a while before you finally said something makes your message more effective.

- **“365 days ago, I stood next to ____, who ____.”**

This is a tribute starter, built for naming one specific person or group of people. Paint a small, real picture: not “a colleague,” but a name, a detail (what that person was wearing, doing, saying), and why that person mattered to you in that moment. Mentioning a specific individual turns the message into a vignette instead of a statement.



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- **“365 days ago, I stood up for better learning conditions for my students because ____.”**

Push toward specific student/s, rather than students as a category: a kid who needed more one-on-one time, a class that was too full to actually teach well, a student who kept falling through the cracks. When the “why” has a face attached to it, the sentence stops being political and becomes personal.

- **“356 days ago, _____ showed up in a meaningful way by _____. I want to say thank you.”**

Say the name of the person or organization and speak as if they are standing right in front of you. Mention what that person/organization did specifically: show up every day, provide free services to teachers, organize meals, just listen. Instead of a general “thank you to everyone,” gratitude is more effective when it’s aimed at one person or organization doing one real thing.

- **“365 days ago, I couldn’t have imagined _____. Today I know ____.”**

Hold your past uncertainty and your present clarity in the same breath. The first blank might be doubt, fear or simply not knowing how the strike would turn out. The second should be something you’ve learned about yourself, your colleagues or the profession since the strike. It shouldn’t be a fact, but a conviction.

- **“365 days ago, I was on strike for _____. Today I see ____.”**

This one works as a before/after pair, so both blanks need to be concrete. The first blank is the cause (smaller class sizes, more support staff, any other specific issue). The second blank should be something visible and real today: an example of a smaller class, a support worker in the hallway, a student getting help you wouldn’t have gotten before. Avoid vague wins. If something positive came from the strike, you should name it as something you can actually see now.

- **“365 days ago, ...” (your own message about how teachers rose to the occasion during the strike)**