The Developing Teacher provides a bank of activities spread over five sections, our five circles. It is not intended that you work through the activities in the first circle in the order they appear. Nor that you work through the five circles in the book in order. Your development is exactly that: your development.

However, it is probably the case that as you move outwards, from circle to circle, the activities become more challenging, so if you are looking for a good place to start, then start with yourself, 'you'.

Step-by-step development
Teachers are busy people. The activities are designed to require minimum time for you to do them. Many, in fact, simply add 'a developmental twist' to regular classroom practice, in the spirit of what Allwright and Bailey refer to as 'exploratory practice'.

Teachers are also well-accustomed to activities that have a clear step-by-step description, so the recognizable presentation of these activities will be familiar to you and this should make them easy to use.

- All the activities are preceded by a Rationale. This describes briefly what the outcome of the activity is and why it can be useful for your development. The heading Activity tells you what exactly you will be doing.
- The procedures are clearly set out in a series of Steps. These help you to break the activity down and carry it through to its conclusion. Of course, you may want to miss steps out, rearrange some of them or add your own: as with language teaching activities, all procedures can be adapted.

The activities can be done on their own, randomly, or compiled. You may wish to simply dip in and experiment, as and when you can, or you may save them for further reference and reflection in a portfolio.

Organised development
You can, therefore, create your own 'teacher development course' by selecting, carrying out and saving the activities you choose. If you do this, you will probably find that the 'whole' of everything you achieve adds up to more than the sum of the various parts. The decision is yours.

Many of the activities include the use of a grid or Pro-forma to help direct and organise your planning and reflection. Space here does not permit full-size photocopiable Pro-formas. In many cases, you can make copies which you will find perfectly usable. In others, you can recreate the Pro-forma yourself from the model given, adapting it wherever necessary to your personal situation.