

PRINCIPAL'S GUIDE TO TEACHER SELF-CARE PLAYLIST



Read

For your reading or with book clubs with staff

- ***Supporting the Wounded Warrior: A Trauma-Sensitive Approach to Self-Care*** by Dardi Hendershott and Joe Hendershott
- [Leadership, Stress and the Importance of Self Care](#)
- [Leading with Emotional Intelligence](#)
- [One to Grow On: Caring for Teachers](#)

Watch

Watch one or more videos for leaders

- [Why You Should Practice Self-Care as a Leader](#) (4:06)
- [Why Good Leaders Make You Feel Safe](#) (11:59)

Grab and Go

Easy activities for engaging staff

- [Self-Care Bingo](#) Google provides a collection of Bingo Cards. Provide [Self-Care prizes](#) for a Bingo winner.
- [Self-Care Quote-of-the-Week](#) Share in weekly newsletters or emails.
- [Showing Gratitude](#) Create an easy-to-use system for staff to show gratitude to one-another or create a system for the community to anonymously share gratitude for the school, staff, or students. These thoughts of gratitude can then be shared at staff meetings, in school announcements, or staff newsletters.
- **Check-In** Create a schedule for school leaders to systemically check in on staff. Leaders then check in with each other, sharing findings (while maintaining anonymity) and suggestions to support the staff.
- **Self-Care Library** Use your on-line shared space to share self-care resources and invite the community to add to the resources.
- **Positive Playlist** Invite staff to send you the title of songs that lift them up. Create a Playlist audio file to share with the staff. Play at the opening of staff meetings or in the background of staff gatherings.
- [Promote Positive Feelings with Humor](#) Begin staff meetings with humor in a slide, a meme, or a short video to model the positive effects of humor.

Reflect

Reflect on the following questions

- What is one action of self-care I have taken recently?
- What leadership action do I want to take as a result of this information/learning?
- In what ways do I want self-care to impact the climate and culture of my building?
- How will I [measure the impact](#) of self-care on teacher and student performance?