

Teacher Self-Care

October 2020



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Learning Targets For Today

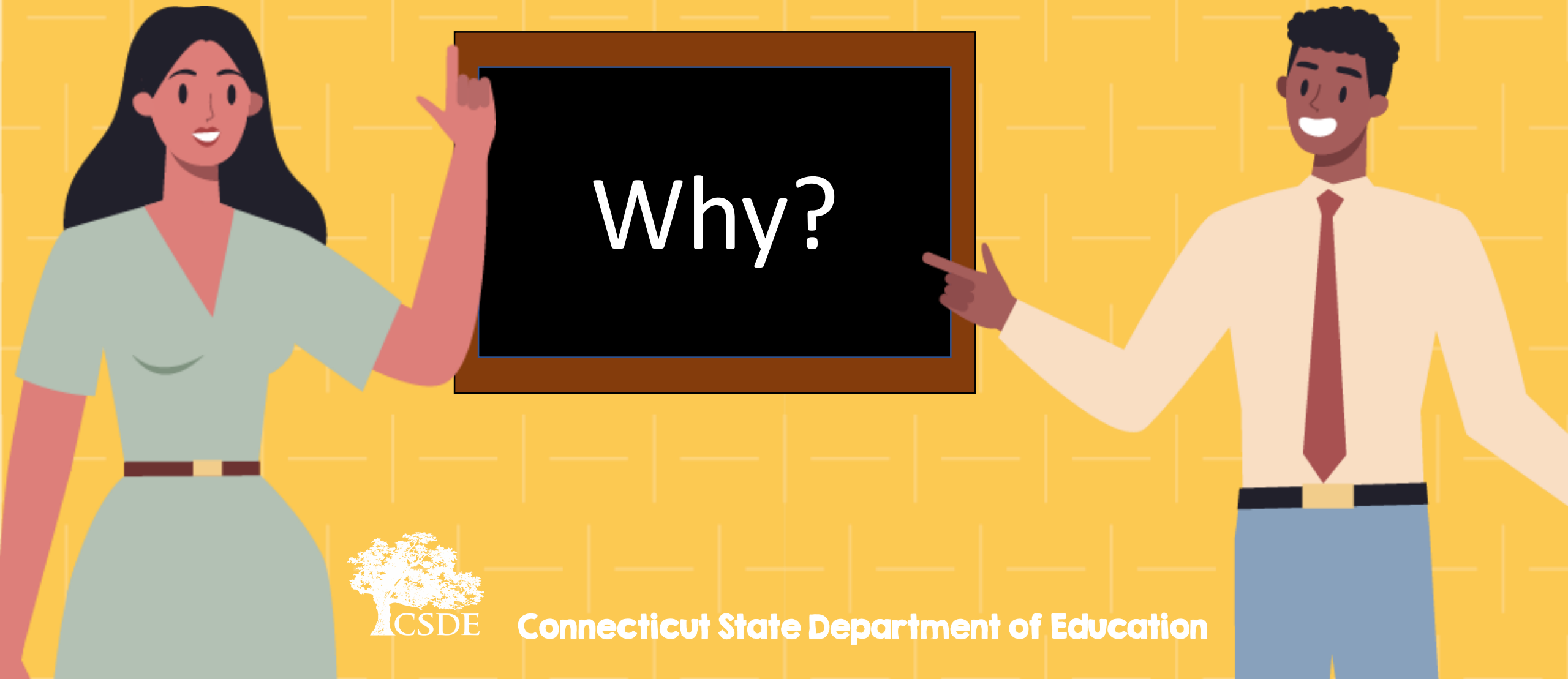


- **Consider the value of self-care**
- **Become familiar with available resources**
- **Learn from one another**



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An Intro to Self-Care



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An Intro to Self-Care



**How you are
promoting self-
care at your
school?**

Click Here to See
the Video



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Check out the PD Playlist for Teachers...

Available on the
CT Learning Hub

Go to Educator
Learning Hub

Select PD On-
Demand Playlist

Select Teacher
Self-Care



TEACHER SELF-CARE

For educators to be the change agents and meet the demands of an ever-changing environment for learning, they need to actively consider self-care practices. Teacher needs of support in self-care increase when experiencing personal trauma or when educating students groups with high levels of trauma. This guide provides resources to support teachers and staff in self-care.



Read

Read one or more articles

- [5 Strategies for Teacher Self-Care](#)- ASCD
- [Care for the Caregivers: Wellness Strategies for Student Support Service Providers](#) – CCNetwork & CSDE
- [Healthy Schools Start with Healthy Adults: Strategies to Support Educator Wellness](#) – CCNetwork & CSDE
- [Practicing Self Care During the Coronavirus: 5 Tips for Teachers](#) - Understood
- [Self Care for Teachers](#) – Positive Discipline

Watch

Watch one or more videos

- [2:50] [2020 Teachers of the Year on Practicing Self-Care](#) – Google Education

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...and the Principals Guide to Teacher Self-Care Playlist



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.

Grab and Go Examples



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Ideas from the Field



- **SEL and Wellness circles with Mindful Breathing, Yoga, and Meditation with staff, and online SEL and Wellness circles with remote learners**
- **Snacks and food with puns or celebrations, i.e. ice cream floats for keeping the school afloat or a Hershey's Super Hero Bar**
- **Use a mood meter to check in at staff meetings**
- **Positive notes on cars**
- **Give out dinner-to-go bags to free up time for staff**
- **Gift of time to complete work so staff have more time for family and self-care**



What is your next step to promote self-care in your school?



Reflection



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Resources Used In This Presentation



www.powtoon.com



www.padlet.com



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THANK YOU FOR JOINING US!



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