



# Care Practice Skills

September 16, 2018



## A big big thank you!

We want to thank everyone who attended the September training. The groups were great. If you weren't able to attend or haven't signed up for the October 20th training, you can still sign up. Nancy Miller has sent emails to each of you. A request was made to share the slide of the CARE practice skills (see below). We are looking forward to our first coaching session at each of your schools. During those meeting we will again have opportunities to practice skills and share ideas. Let us know if you have any questions.

Arlene, Nancy and Jaimi

## CARE SKILLS

3 Breaths

Set Intention

Breath Awareness

Centering

Mindful Walking

Body Scan

Caring Practice

Check "Emotional Elevator"

Mindful Listening

Wait Time /Pause Memories of Joy/Gratitude

Awareness of scripts

Compassion for Self & Others

