



# Classroom Care Tips

September 26, 2018



In our last E-mail, we sent you a list of the CARE skills. Rebecca Vaughn, a Reading Teacher from Fayetteville-Perry Local Schools, sent us a poster of the skills that she made to hang in her classroom as a reminder. She gave us permission to share the poster with you. You may also want to hang it up in your classrooms. Thank you Rebecca.

We've met with nearly all the schools in our first coaching sessions and it has been a great opportunity to hear from you on how your practices are going. Here are some tips that teachers shared with us that we want to pass along:

## CLASSROOM CARE TIPS

- Transitioning from home to school or school to home can be challenging. Try using skills, like taking 3 breaths, during transition times.
- When you sense you need a mindful pause, your students also need a pause. It was great to hear how many teachers are setting aside time for the kids to also take 3 deep breaths.
- Stay positive. Be aware of negativity biases, they can affect your teaching.
- Incorporate mindful walking into your day. This can be accomplished walking the school halls.
- Spend a few minutes with your colleagues before the start of the day. Keep the conversation light and perhaps share your intention for the day.

We haven't talked much about your journals. As a reminder, they can be a great way to record your experiences and reinforce CARE skills.

We'd like to end with a quote by James Thurber, "*Let us not look back in anger or forward in fear, but around in awareness.*"

Arlene, Jaimi, Nancy and Patricio