

Zoom Etiquette:

- ▶ **Please sign-in with your whole name to receive credit for your attendance (CEUs)**
- ▶ Mute yourself when not talking so we don't all hear each other's background noises
- ▶ Try not to talk over others (it's easy to do with this platform)- to assist with this, physically raise your hand if you have your video on, or use the "raise your hand" feature in the chat box
- ▶ If you have access to the video feature, please turn it on so we can all see one another. Seeing faces really helps to strengthen our connection.



Mindfulness and Self-care

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STAYING CONNECTED VIRTUAL SESSION

EARLY EDUCATOR SUPPORT OFFICE – UNC CHARLOTTE



mindfulness

IS AWARENESS THAT
ARISES THROUGH
PAYING ATTENTION,
ON PURPOSE, IN THE
PRESENT MOMENT,
NON-JUDGMENTALLY.

JON KABAT-ZINN

lead with intention™



B r e a t h i n g

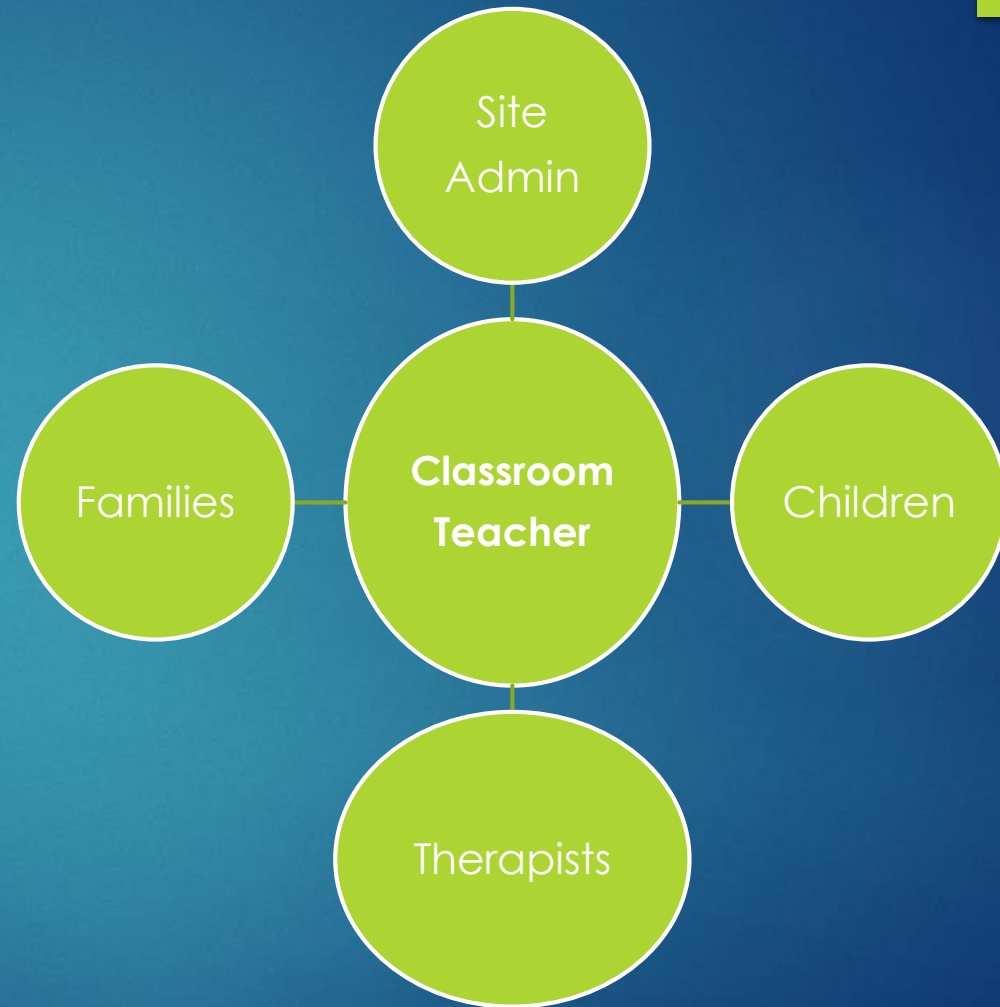
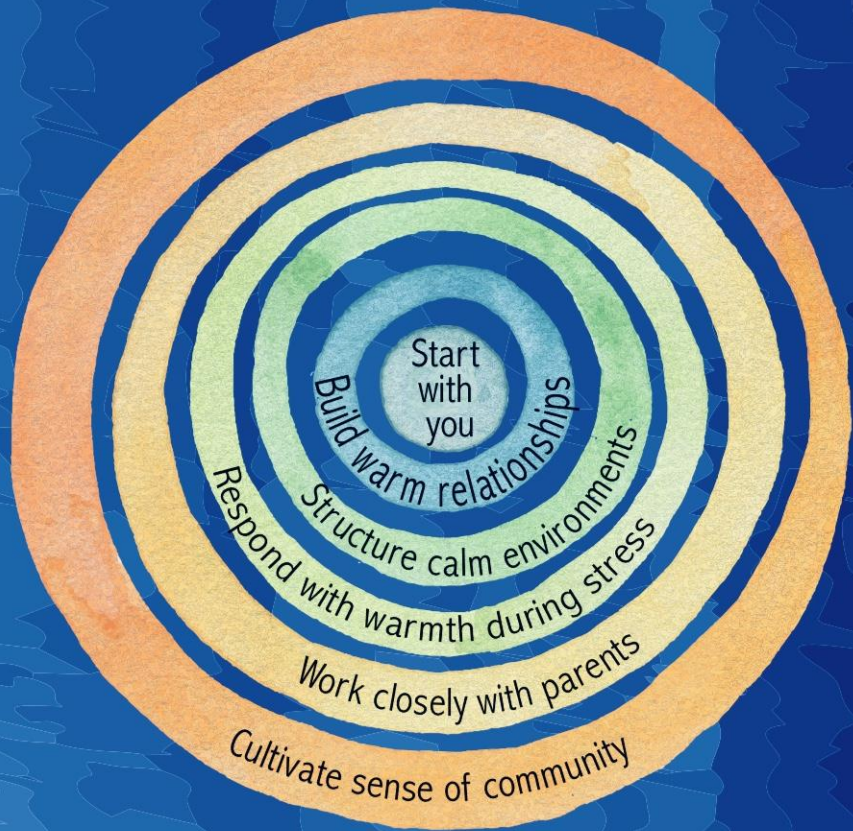
Check-In

(answer Y or N)

1. I try to put problems out of my head.
2. I drink at least 3 – 8 oz. containers of water a day.
3. I wish I could control my emotions more easily.
4. When someone asks me how I'm feeling, I can identify my emotions easily.
5. I find it easy to stay focused on tasks at work.
6. I am deliberate in how much time I spend on devices and do not get distracted by notifications.
7. I make time daily for reflection or documentation.
8. I am fully present in meetings.
9. I have the mental energy to be creative at work.
10. I pause before reacting to situations.
11. I do not have trouble sleeping because my thoughts keep me awake.
12. I do not worry about work when I'm not at work.
13. I make time for joyful movement at least three times a week.

Be
Present,
Not Perfect

Supporting the Development of Self-Regulation in Young Children



Rubric Reflection: Mindfulness

Standard 1A:

- They establish a safe, nurturing and responsive environment.
- Teacher fosters self-regulation
- Teacher responds appropriately and positively when children share

Standard 2A:

- Teacher consistently and intentionally uses a wide array of facial expressions
- Teacher consistently uses internal motivations by providing authentic and specific feedback

Standard 2C:

- Teacher uses authentic and meaningful encouragement
- Teacher listens attentively and responds appropriately

Standard 2E:

- Teacher listens and actively reciprocates families' ideas

Standard 4A:

- Teacher intentionally communicates with children at all times of day

Standard 5A:

- Teacher reflections provide ideas on how to improve/modify learning

Standard 5C:

- Teacher listens to suggestions from mentor teachers
- Teacher consistently reflects on their own teaching practices

What is
self-care?



Self-care Comes In Many Forms

- Sleep
- Joyful Movement
- Fresh Air
- Meditation
- Boundaries
- Social Media Detox
- Mani/Pedi
- Facial
- Quiet Time
- Gardening
- Journaling
- Therapy
- Asking For Help
- Listen To A Podcast
- Cup Of Tea
- Nap
- Walking
- Reading
- Painting
- Taking A Bath
- Buying A Treat
- Coloring
- Going On A Drive
- Listening To Music
- Aromatherapy
- Cooking


After Quarantine

- Chiropractor
- Getting A Haircut
- Going To A Doctor
- Seeing A Friend
- Using A Babysitter
- Hiring Help
- Going Out To Eat
- Massage
- Acupuncture



Reflection

- ▶ What have we realized is most important to us?
- ▶ What can we give up?
- ▶ Who can we lean on? Who do we trust?
- ▶ What relationships are important for our wellbeing?
- ▶ What are two things we will try and implement?



“An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly.”

-anonymous

Resources:

- ▶ School Counselors Resources Page
<https://sites.google.com/artspacechart er.org/school-counseling/virtual-relaxation-room?authuser=0>
- ▶ Supporting the Development of Self-regulation in Young Children -DHHS
https://www.acf.hhs.gov/sites/default/files/opre/tip_sheet_preschool_accessible_508.pdf
- ▶ Relaxation Exercises (Audio in English & Spanish) Early Childhood Mental Health at Georgetown
https://www.ecmhc.org/relaxation_exercises.html
- ▶ Article about families
<https://www.mindful.org/teens-win-when-parents-practice-mindfulness/>
- ▶ Mindful Online Magazine – Articles & App Suggestions
<https://www.mindful.org/>
- ▶ Center on the Developing Child – Harvard University
<https://developingchild.harvard.edu/science/deep-dives/lifelong-health/>
- ▶ Author Jon Kabat-Zinn free meditation
<https://www.mindful.org/a-meditation-on-observing-thoughts-non-judgmentally/>
- ▶ Early Childhood Mental Health – Childcare Provider Reflection Tool
English -
https://www.ecmhc.org/documents/TakingCare_ProviderBk_final.pdf
Spanish -
https://www.ecmhc.org/documents/TCO_Providers_Spanish_P2.pdf