



Let's Talk SMAC (Family Ed.)

Self-Care, Mindfulness, and Classroom Strategies November/December 2020

Self Care

Distance learning has been challenging and rewarding all in one. We all have our good days and bad, as we all want to do our best and provide the most we can to each student, colleague, and family we work with, while picking up our own new skills along the way.

Just keep this in mind: We can only control what is within our control. Allow yourself to be “vulnerable” when you don’t know something, and allow yourself time to learn something new or come up with a solution!

Mindfulness

Being present and fully aware of where we are and what we are doing.

As a family, find an activity that will help everyone feel less anxious. Some examples are: A quiet walk (maybe a beach walk), yoga, or sharing something good that happened that day over dinner!

CLASSROOM STRATEGIES

Separating a “work” space in your home is an important yet sometimes challenging thing to do. Designating an area with as little to no distractions as possible is a key component to success.

We often take advantage of our space at home when we have to work there (our bed is there to lie on if we get tired, the tv might be on to distract us). Try and find or create a workspace that you can be in that is away from your biggest distractions and be in a mindset that you are in a regular work day schedule and setting! Get creative with your space!

[Workspace ideas](#)