

MINDFULNESS & SELF-CARE

A Conversation for Early Childhood Administrators & Educators

January 7, 2020 | 9:00 am - Administrator Session

January 13, 2020 | 3:30 pm - Teacher Session

The RESC Alliance, in collaboration with the CT State Department of Education and CAS, continues its monthly roundtable discussions on the delivery of preschool programming in public schools. These networking sessions are designed to spotlight the needs of all of our youngest learners including children with special needs and other vulnerable populations. Below is the description of the January sessions.

➤ January 7, 2021 | 9:00 am - Administrator Session - [REGISTER](#)

Self-Care for Administrators: How to Be Your Best Self for Your Teachers and Staff

Learn tips on self-care for yourself and ways to teach these self-care strategies to your staff. Teachers need to take care of themselves in order to be there for their students each and every day. This session will educate you on self-care tips and tricks to help you and your staff and lead toward cultivating a strong, positive school climate.

➤ January 13, 2021 | 3:30 pm - Teacher Session - [REGISTER](#)

Self-Care Tips and Tricks: How to Be Your Best Self for Your Students

Learn tips and tricks on self-care to take care of yourself during these stressful times and teach your students how to take care of themselves using self-care strategies as well. These strategies will help alleviate stress and anxiety in ourselves, our students and our classrooms.

Click [here](#) to watch the recordings of the December roundtable discussions on family engagement through coaching.

Questions?

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