



Resource Spotlight

A resource brief to support virtual professional learning for division partner staff and families

Renew and Recharge Summer Resources

This Resource Spotlight features wellness resources for educators and families to renew and recharge during the summer and into the next school year.

RESOURCES:

- ❖ [Caring for Your Mental Health](#)
National Institute of Mental Health (NIHM) wellness resources including a "Your Healthiest Self: Wellness Toolkit"
- ❖ [Wellness Considerations for Teachers and School Staff](#)
Virginia Department of Education (VDOE) wellness quick guides, considerations and videos
- ❖ [Self-Care and Professionals Resource Guide](#)
Early Childhood Training And Technical Assistance System (ECTTAS) guide for reducing the negative impact of stress on educator well-being
- ❖ [Journaling for Well-Being](#)
George Mason University's Center for the Advancement of Well-Being resource outlining the benefits of and different types of journaling
- ❖ [Adult Well-Being Resources](#)
TTAC Online resource compilation of tips and tools for adult wellness
- ❖ [10 Day Mindfulness Challenge](#)
Dartmouth College kickstart challenge that introduces ten practices for healthy anxiety management and overall well-being
- ❖ [Headspace for Educators](#) or [Virtual Calming Room](#)
Headspace or Sacramento City Unified School District virtual calming resources

VIRTUAL LEARNING OPPORTUNITIES:

- ❖ [Four Steps to Help Teachers Reset for Summer](#)
Edutopia video and resources for educators to reflect and reset before a summer break
- ❖ [How to Make Stress Your Friend](#)
TEDGlobal recording featuring psychologist Kelly McGonigal on positive stress benefits
- ❖ [Take 5 Strategy](#)
Long Island Center for Mindfulness video demonstrating a relaxation exercise for all ages

FAMILY SUPPORTS:

- ❖ [Self-Care for Parents, Family Members and Caregivers](#)
TTAC Online compilation of wellness resources for parents, families, and caregivers
- ❖ [Caring for Ourselves as We Care for Others](#)
National Center on Parent, Family and Community Engagement brief on self-care principles and coping strategies
- ❖ [Camps for Children and Adults with Disabilities](#)
Camping for All list of accredited camps and other summer opportunities for children and adults with disabilities

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