



Resource Spotlight

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

Educator and Family Well-Being

This Resource Spotlight features well-being resources and virtual learning opportunities for educators and families before, during and after the winter holiday break.

Please also be sure to explore resources for [Inclusive Schools Week](#), December 5-9, 2022.

RESOURCES:

- ❖ [Adult Well-Being and Self-Care Resources](#)
TTAC Online web-based resources to support adult well-being and self-care
- ❖ [Social Emotional Wellness Quick Guides](#)
VDOE social-emotional wellness quick guides for staff, families, and students
- ❖ [Self-Care and Professionals Resource Guide](#)
Early Childhood Training and Technical Assistance System (ECTTAS) guide for reducing the negative impact of stress on educator physical and mental well-being
- ❖ [Virtual Calming Room](#)
Sacramento City Unified School District (SCUSD) compilation of virtual tools and strategies for students, families, and staff to manage emotions and feelings and build resilience
- ❖ [Stress Management for Educators](#)
Greater Good in Education science-based practices for well-being and resilience
- ❖ [Self-Care Wheel](#)
Canadian Mental Health Association tool for developing a personalized, preventative and sustainable self-care plan that also includes an extensive collection of self-care exercises

VIRTUAL PROFESSIONAL LEARNING OPPORTUNITIES:

- ❖ [Beating Burnout and Boosting Resilience as a People Leader, 2/15/2023 12:00pm](#)
George Mason University Leading to Well-Being Speaker Series featuring Jacinta Jiménez, PsyD, BCC offering a resilience toolkit to help professionals flourish at work and life
- ❖ [Strategies for Being your BEST Possible SEL'f](#)
CASEL Cares webinar featuring Dr. Marc Brackett and strategies for using emotions wisely
- ❖ [How To Make Stress Your Friend](#)
TEDGlobal recording featuring psychologist Kelly McGonigal on positive stress

FAMILY SUPPORTS:

- ❖ [SEL Discussion Series for Parents and Caregivers](#)
CASEL discussion series for caregivers to support social and emotional growth of families
- ❖ [Family Holiday Behavior Support for Your Child](#)
Understood® worksheets for families and children to plan together and select strategies for potential holiday behavior challenges ahead of time
- ❖ [Children and the Holidays](#)
Child Mind Institute tips and strategies for navigating challenges and making the holidays fun
- ❖ [Self-Care for Parents, Family Members and Caregivers](#)
TTAC Online compilation of well-being resources for parents, families, and caregivers

Visit [TTAC Online](#), [VA Family Special Education Connection](#) and [Assistive Technology Network](#)

Follow us on [Instagram](#), [Facebook](#), [Twitter](#)



VIRGINIA
IS FOR
LEARNERS



TTAC Online
A community sharing resources to educate students with disabilities