



Everything You Need to Have a Peaceful (or Busy) but
- (Mentally) Healthy Summer -
Ideas and Links for Educators and Families

Meditation & Mindfulness Sites and Apps

- [Headspace.com](https://www.headspace.com) free to educators when they use their work email.
- <https://my.life/> requires a free subscription (or upgrade for \$4/mo)
- <https://insighttimer.com> specializes in meditations for sleep and relaxation
- www.calm.com - Sleep more. Stress less. Live Better
- https://share.mindfulness.com/f7Ae34hw25?utm_source=mcommail&utm_medium=email&utm_campaign=downloadapp13may - mindfulness app
- <https://www.unplug.com/> - boasts over 700 mindful practices

50 self-care IDEAS FOR EDUCATORS

1. WRITE A HAND WRITTEN THANK YOU NOTE.
2. WRITE POSITIVE STICKY NOTES TO YOURSELF AND HIDE THEM TO FIND LATER.
3. MAKE A PLAYLIST OF HAPPY SONGS.
4. GO ON STRIKE FROM CHORES FOR A WHOLE DAY OR WEEK.
5. NOTICE AND CHANGE NEGATIVE THOUGHTS TO POSITIVE.
6. ORGANIZE A CLUTTERED SPACE.
7. LIST 3 MISTAKES AND ONE THING YOU LEARNED FROM EACH.
8. FORGIVE YOURSELF OR SOMEONE ELSE.
9. MEDITATE OR TRY NEW BREATHING EXERCISES.
10. CONNECT WITH AN OLD FRIEND.
11. GO TO THE SPA & TRY A NEW SERVICE YOU'VE NEVER DONE.
12. DANCE DURING CHORES.
13. TRY A NEW HOBBY.
14. TAKE SOCIAL MEDIA BREAKS.
15. FIND WAYS TO BELLY LAUGH. (CATCH A COMEDY SHOW)
16. DRINK PLENTY OF WATER AND TRACK IT FOR A WEEK.
17. BE EXTRA KIND TO SOMEONE WHO WASN'T NICE TO YOU.
18. BINGE WATCH A SERIES AND/OR GO OUT TO A MOVIE.
19. PLAY A BOARD GAME.
20. MAKE A BATCH OF INFUSED WATER AND SIP ALL DAY.
21. LISTEN TO A SELF-HELP PODCAST.
22. TRY SLEEPING WITH A WEIGHTED BLANKET.
23. PLANT SOMETHING NEW. GIVE IT A NAME AND NURTURE IT.
24. MAKE A LIST OF TASKS YOU'VE BEEN PUTTING OFF AND JUST DO THEM.
25. GIVE YOURSELF A MANI / PEDI WITHOUT TRYING TO BE PERFECT.
26. BUY A RANDOM MAGAZINE AND SPEND AN HOUR READING IT WITH A FUN SNACK.
27. SIT OUTSIDE. JUST SIT. THINK OF ONLY THE PRESENT. FORGET THE PAST AND FUTURE.
28. TAKE A BUBBLE BATH WITH CALMING BACKGROUND MUSIC.
29. BUY OR PICK FLOWERS TO DISPLAY AT DINNER TONIGHT.
30. TAKE A LEISURELY WALK WITHOUT A GOAL.
31. PUT ON A HOMEMADE FACE MASK.
32. MAKE HOMEMADE SOAPS.
33. TAKE A NAP WITHOUT FEELING GUILTY.
34. ORDER IN DINNER FROM SOMEWHERE NEW.
35. GET CRAFTY. THINK OUTSIDE THE BOX AND GIFT IT TO SOMEONE.
36. GO TO A PUBLIC LIBRARY AND READ FOR AN HOUR.
37. LOOK UP LOCAL VOLUNTEER OPPORTUNITIES AND SIGN UP.
38. SIT IN THE GRASS AND WATCH THE CLOUDS MOVE BY.
39. FIND SHAPES IN THE STARS.
40. SAY NO MORE OFTEN.
41. TAKE A MENTAL HEALTH DAY
42. BURN A CANDLE OR DIFFUSE SOME OILS.
43. SIP ON A FANCY DRINK IN A COFFEE SHOP.
44. GO FOR A DRIVE WITHOUT A DESTINATION. LET THE SIGHTS LEAD YOU.
45. WALK AROUND A FANCY GROCERY STORE AND TRY SOME NEW THINGS.
46. STRETCH FOR 20 MINUTES EVERY MORNING FOR A WEEK OR MONTH.
47. ASK FOR AN OLD FAMILY RECIPE AND MAKE IT.
48. WATCH THE SUNSET ALONE WHILE THINKING OF 3 BLESSINGS IN YOUR LIFE.
49. PLAN A PICNIC AND INVITE SOMEONE YOU LOVE.
50. CHALLENGE YOURSELF TO FACE A FEAR! MAKE IT FUN!



Self-Care Practices and Resources gratitude, self-love, music and more...

- [Powerful Year-Round Gratitude Tools to Benefit Educators and Children](#)
- gratitude practices
- [Educator GT Monthly Toolbox May 2020](#) - created by the district. A month by month strategy for Cultivating Emotional Resilience in Educators
- <https://go.breatheforchange.com/l/699923/2020-05-04/bwdvd> - free yoga streaming with the organization's founder
- [Developing Your Self-Care Plan](#) - includes assessments and worksheets to develop your personal self-care plan
- [Self-Care Exercises and Activities](#) - includes a variety of exercises and activities for self-care
- [Free Educator Self-Care Menu & Exercise to Establish Nourishing Habits](#)
- guides you through a process to determine what your specific needs are
- [Self-Care Bingo](#) - challenges you to participate in a variety of self-care practices
- [www.reflectly.app](#) - journaling app
- [Quick Self-Compassion Practices for Resilience in Educators & Children](#)
- great practices to promote self-love and compassion
- [Prioritizing Educator Well-being Support during the Pandemic](#) - 6 simple practices to support well-being
- https://www.wcu.edu/WebFiles/PDFs/CEAP-HS-BK_Self-CareForTeachers.pdf - a quick one-pager with simple, easy habits
- [Self-Care Resources](#) - more resources you might like. Friendly format and good information
- [11 Self-care Podcasts to Boost Your Self Esteem](#) - podcasts on self-care
- [Best self care podcasts to relieve stress and anxiety](#) - podcasts for stress or anxiety
- [10 Podcasts to Inspire Self-Care](#) - more podcasts for self-care
- <https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams> - livestreams and virtual concerts this summer
- [Stay Human on Apple Podcasts](#) - Michael Franti podcasts (because -- Michael Franti makes everything seem better)



Yoga

- <https://www.doyogawithme.com/>
- <https://www.youtube.com/user/yogawithadriene/featured>
- <https://www.youtube.com/user/lesleyfightmaster>
- <https://portal.dailyburn.com/?property=yoga>
- <http://yogameditationhome.com/>

Childcare & Camps

- [Colorado Emergency Child Care Collaborative](#)
- [Child Care | Department of Human Services](#)
- <https://blueprint4.com/co/> - mobile access to summer camps
- [Planning for Summer](#) - National Association for Gifted Children summer ideas
- [\(JAGC\) Colorado Summer Programs](#) - Jeffco Association for Gifted Children Summer Programs

Family Activities and Learning

- [Summer Fun for Families](#) - hyperdoc with a variety of fun family learning activities
- http://info.apertureed.com/sel-at-home?utm_campaign=COVID-19&utm_source=hs_email&utm_medium=email&utm_content=87785909&_hsenc=p2ANqtz--1ThYfl49LINzcCEuxglA45nKtNonzuMmQ75SWPeLNWk2Y3aNVoDOrW6udEVFnQwQ-SYFOx7QME0DHPog2gHbARrJNSFiR6rcsUn-ITH_xOumnoc0&_hsmi=87805232 - ideas for families to engage in social/emotional learning at home
- [Summer Choice Board Elementary.pdf](#) - activity ideas
- [Summer Choice Board Secondary.pdf](#) - activity ideas
- [40+ Best Indoor Activities from Busy Toddler](#) - indoor activities for young children
- [Access Mars: A WebVR Experiment](#) - explore the surface of Mars on this virtual site
- [Virtual Tours - Yellowstone National Park \(US National Park Service\)](#) - tour Yellowstone National Park
- <https://kids.sandiegozoo.org/> - tour the San Diego Zoo
- <https://www.audiobookcloud.com/Default.aspx?ReturnUrl=%2fViewByCover.aspx%3fcategoryID%3d35%26subcategoryID%3d19&categoryID=35&subcategoryID=19> - free online audio book library
- [You Can Now Tour 2,500 World-Famous Museums From the Comfort of Your Own Sofa](#) - virtual tours of world-famous museums
- [Duolingo - The world's best way to learn a language](#) - learn a new language
- [NASA Image and Video Library](#) - explore space with NASA
- [Math Card Games That Will Help Students Practice Their Skills](#) - fun math learning activities
- www.netflixparty.com - watch movies remotely with friends
- [School's Out, Kids Podcasts Are In \(Plus Many More Educate-at-Home Resources\)](#) - podcasts for kids
- <https://www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-do-while-trapped-inside/5054632002/> - 100 things to do when stuck inside during a pandemic
- [Best Documentaries](#) - best documentaries for kids and families
- [50 Books All Kids Should Read Before They're 12](#) - 50 books all kids should read before they are 12
- [TIME for Kids Launches Free Digital Library](#) - Time For Kids free through July
- <https://pbskids.org/> - always tons of great learning and fun activities

Social/Emotional Learning and Wellness for Families

- <https://gozen.com/> - help with ways to manage stress and anxiety for teens/tweens
- [5 Ways to Help Teens Manage Anxiety about the Coronavirus](#) - NY Times article
- [Taking Care of Your Mental Health in the Face of Uncertainty](#) - mental health first aid
- <http://www.worrywisekids.org/>
- <https://copingskillsforkids.com/calming-anxiety/>
- <https://www.anxietycanada.com/>
- <https://www.anxiety.org/gift-apps-children-anxiety>
- [SEL Scavenger Hunt](#)
- [25 At Home Social/Emotional Activities](#)
- [Centervention Website](#)
- [30 Things Kids Can Do](#)
- [School Closure Wellness Activities](#)
- [Howard B. Wigglebottom Books, Animated Books, Songs, Posters, and Lessons](#)
- [Giant List of Ideas for Being Home with Your Kids](#)
- [Calm My Worry](#)
- [Coloring Pages](#)
- [Action for Happiness Coloring Posters](#)
- [Grounding Techniques Instructions](#)
- [Keys to Resiliency](#)
- [Coronavirus Stress Activities](#)
- [Mindfulness Choice Board](#)
- [Yoga, Mindfulness and Relaxation Designed for Kids Aged 3+](#)
- [Videos for Sleep, Meditation, and Relaxation](#)
- [Progressive Muscle Relaxation for Kids](#)
- [Mini Meditation](#)
- [Feeling Anxious or Worried? Listen to These 8 Podcasts](#)
- [Apps, Games, Websites](#)
- [Device Free Dinner](#)
- [Free Calming Tools Website](#)
- [Whole Child Counseling Website](#)
- [BrainPop Videos and Activities](#)
- [Kindness Videos](#)

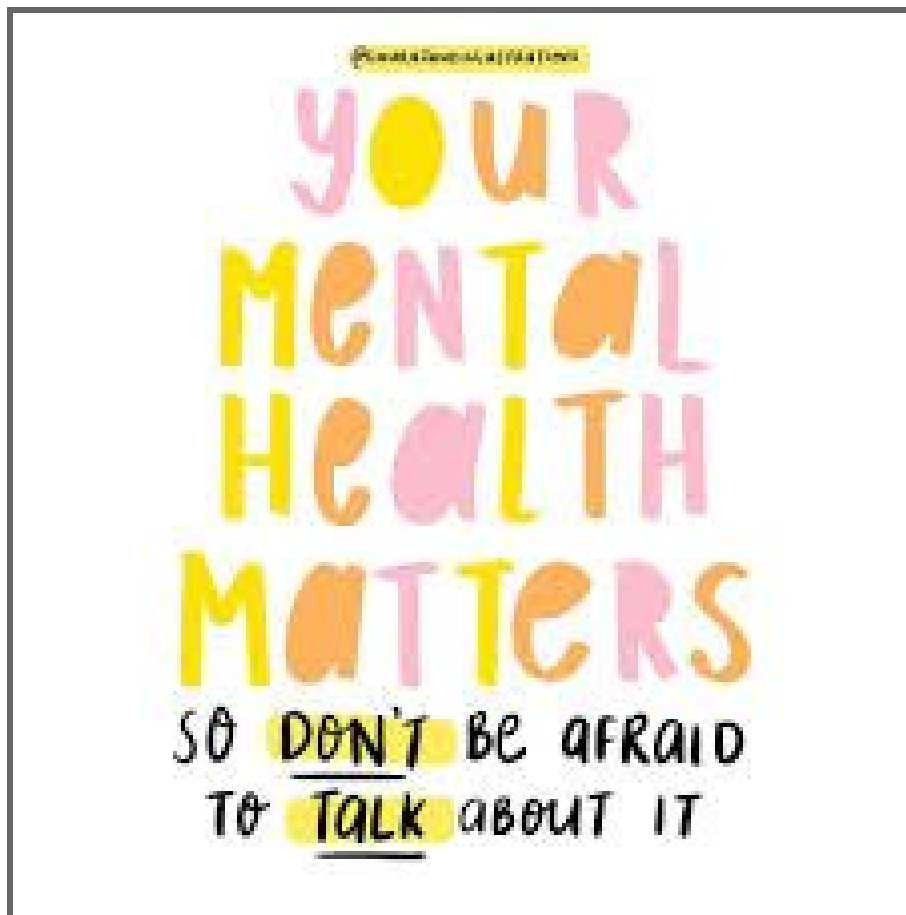
FOCUS ON THINGS YOU CAN CONTROL.



Emergency Resources

- www.happythemovement.com - opportunities to talk with someone about your feelings
- Colorado Crisis Hotline 1-844-493-8255 - if you or someone you know is having suicidal thoughts
- Talk to text 38255 - also to reach the Colorado Crisis Hotline

- Crisis Text Line -- Text MHA to 741741 - if you are experiencing emotional
- www.mhascreening.org - if you feel like you are struggling with your mental health, go here to check your symptoms and get resources
- Text “talk with us” to 66746 - Crisis Hotline - if you are experiencing emotional distress due to the Coronavirus pandemic or call 800-985-5990
- <https://www.jcmh.org/> - Jefferson Center for Mental Health
- <https://teamjeffco.jeffcopublicschools.org/cms/one.aspx?portalId=2918833&pageId=7953396> - Employee Assistance Program for Jeffco Staff



For questions, comments or to suggest additional resources, please contact Amy Hickman, SEL/School Psychologist at Hackberry Hill Elementary School
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All the best!