Building Resilience to Support Ourselves, Others, + Our Students

with Mark Greenberg, Christa Turksma and Velma Cobb

April 10, 2020
WELCOME
WE’RE GLAD YOU’RE HERE!
Self Care is critical
How Mindfulness can help

Mind Full, or Mindful?
3 Deep Breaths
Setting a daily Intention

**intention**
[in-ten-shuhn]

-noun

purpose or attitude toward the effect of one's actions or conduct
Mindful Awareness of Emotions
Body Scan
Kindness

Thank You
Gratitude
Gratitude
Caring Practice
The Tree of Contemplative Practices

The Center for Contemplative Mind in Society
www.contemplativemind.org
For more information on CARE and to listen to audio mindfulness practices, go to the Resource Page of www.createforeducation.org.
We are all in this crisis together
UPCOMING WEBINAR

Let’s Listen to Our Young People: What Support Do They Need?

Featuring PDK International CEO, Josh Starr, and high school senior Daisy Boyar from Educators Rising

FRIDAY, APRIL 17 | 1:00 PM ET