

Teacher Workshop

Just wanted to give you a heads up on an upcoming event that Fresno State is hosting on Sept.30th from 9:00a.m. to 12:00 Location- TBA

The title of the workshop is "Anxiety, Trauma & Emotional Dysregulation: Challenging Behavior."

More info will follow. Complete Registration Form:

<https://forms.gle/96uzDk6CwcVmiXn68>



Self-Care Activities



COOK	COLOR	DANCE
TALK TO FRIENDS	JOURNAL	MEDITATE
AFFIRMATIONS	HUG SOMEONE	LAUGH
READ	TAKE A BATH	PAINT
YOGA	DRAW	BAKE
NAP	MASSAGE	WALK
EXERCISE	TRY NEW THINGS	
GRATITUDE	SHOWER	

Building Relationships

"No significant learning occurs without a significant relationship."

How exciting the school year is upon us and relationship building is about to begin. Start the year off right by getting to know your children, families and co-workers. Here are a few simple tips that will stimulate those positive connections.

Children



- Upon arrival, use a special greeting and playfully welcome the child to school.
- Ask them about their families and pets.
- Acknowledge and discuss their feelings.



Families

- Greet them by name.
- Take family pictures and display them in the classroom.
- Share a piece of good news about their child on a daily basis.



Coworkers

- Greet them with a smile and a positive attitude.
- Offer to help, "Teamwork makes the dreamwork."
- Discuss the weather or weekend plans.

Take Care!

Successful Start

For more information or if you have any questions, please contact your PD Coach, Julie Gowin at (559) 507-8027 jgowin@maderacap.org