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/96uzDk6 CwcVmiXn68



Self-Care Activities

Q H O V P U S L E S M U E B I Z K K F F T J W U Q J N V P T P K H M H D B O U C F Q T X SGJCRXGBPLPRASZZORDRAWÚPA BDLAHTRIMASXTSXALIBZK IGGUGVGPSLNYD V B A M A A Q R G G X P I F H A V H O C D B C S T R A Z H W K H H G P G Z G O P B A T A P H O G X L X Y E J C OWR J I V R Y U W U F K R B W I RAOWRJ XNIKFLÓTALKTOFRIENDSHNAIY UMNNDXUUT TRYNEWTHINGSD D S T J Y M R D T U M F T T M Z X C J T D W H G Y Z N E R K U F U R N S V C O L NSNOJGAFZHGDZREDXAXXF EUNJWDLAMUTCLKXXCNAWR VPNPBEHWRGHWVIEFCY Y D N G H Y R O J S D G T K R Z M F I E P C V N G O N G S O W L T R C K M E D I RIVAEGXEEMLSOOIMLNHG I T K P X A K O Z E S Z Q M S D X V G S P P S P X U Y S S K K E B E O O O Z J E A R K W X W R R H D O F L Y U V I D R N W T Z Z J L I A E T K A W X S F L M F I I E F E E A F F I R M A T I O N S L Z V G I J X J O V U A I Z B I W X W H J J E K K N K Q J L B A K E U R D D Q G M C D A N C E F D R H N S

COOK
TALK TO FRIENDS
AFFIRMATIONS
READ
YOGA
NAP
EXERCISE
GRATITUDE

COLOR
JOURNAL
HUG SOMEONE
TAKE A BATH
DRAW
MASSAGE
TRY NEW THINGS
SHOWER

DANCE MEDITATE LAUGH PAINT BAKE WALK

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.

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