

 **Teacher Time** Welcome!

While you wait for Teacher Time to begin, please:

- Introduce yourself in the chat box, and
- Let us know: Where are you from, and what is something that helps you relax when you're feeling stressed?



"Early childhood teachers can be relaxed and peaceful as they create playful and harmonious classrooms, even if they work in stressful contexts."

I.E. Casolaro & T. Buchanan
Meditation and Teacher Stress



TEACHER TIME:
Time for You!

February 6, 2018

Host: Judi Stevenson-Garcia
Guest Expert: Neal Horen, NCECHW
Chat Room Facilitator: Jan Greenberg

NATIONAL CENTER ON
Early Childhood Development, Teaching and Learning

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 **Adobe Connect Features**

Chat Room Facilitator:
Jan Greenburg



- Download supporting documents
- Raise your hand!
- Video note
- Complete evaluation

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 **Teacher Time** Today's Webisode

We Know:

- To be responsive each day to the interests and needs of very young children, you must take care of yourself.
- Taking care of yourself leads to better interactions with children and other staff.
- This requires specific strategies and program supports



 **Teacher Time** Types of Wellness

- Physical
- Emotional
- Financial or Occupational
- Spiritual



 **Teacher Time**

Which kind of wellness is most important to you?



How do you think mindfulness could benefit you in your work?



Is there a time of day where you tend to feel overwhelmed or struggle to be responsive to your children?



What tips you hear that you can put into place in your own work?



Which of these supports do you have?

Which of these supports would you like to have?



Resources:

MyPeers – Wellness community!

T4T – Wellness texts

Viewers guide – links to handouts



Text4Teachers

Remember to complete the evaluation – we value your feedback!


