

WHAT IS IT?

Caring for your mental health is essential for coping with the stresses of the classroom. On the blog at calm.com, Tamara Levitt offers free guidance for online meditation. You'll find calming music, walkthroughs for self-meditation and even meditation activities for kids.

IMPACT?

Maintaining your mental Well-Being is often overlooked when trying to be effective as a teacher. However, while so much energy is spent on classroom goals and student needs, it's important to take care of yourself so that you can best help others. No matter how you relax, be sure to find time for yourself. The meditations here are about 10 minutes each and are a great way to squeeze relaxation into a busy day.



Online
Meditation
Guidance

PROMISING
PRACTICES



Office of the Maricopa County
School Superintendent
Steve Watson



TO LEARN MORE ABOUT THIS RESOURCE:

<https://blog.calm.com/take-a-deep-breath>

schoolsup.org



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