



CRYSTAL CHAVEZ

Simple Steps for a More Well Self

Blog: TeacherLoveTribe.blogspot.com

Twitter: [@MrsChavez_11](https://twitter.com/MrsChavez_11)

You can sign up for the Teacher Love Tribe facilitated by Crystal [here](#).

A little bit about Crystal

- ☐ Currently a K-5 online teacher at a virtual school.
- ☐ Mom of two young boys.
- ☐ Speaker, trainer, and advocate for social-emotional learning.

Why is teacher wellness such an important issue right now?

- Often times, when teachers are getting trained on or reading about Social-Emotional Learning in the classroom they, are finding that they themselves are in need of the resources and strategies as well.

What are some ideas or strategies that help kids but that we as teachers can benefit from as well?

- [The CASEL Wheel of Competencies](#)
 - Self-awareness
 - It's really important to be able to identify your emotions and talk about them.
 - Social awareness
 - Relationship building
 - Responsible decision making
 - Are we able to continue to make responsible decisions when our emotions are out of whack?
 - Self-management

- Taking your emotions, recognizing them then being able to cope with them.

How can we begin incorporating SEL into the classroom?

- There are many teachable moments throughout the day that can be used for authentic SEL lessons.
- Embedding quick little routines like a journal prompt that identifies feelings.
- Kick-off your day with affirmations.
 - [Daily Positive Affirmation Cards for Kids](#)

What is The Teacher Love Tribe?

- Began from Crystal's need to have something to bring her back from a dark place where she was not well. She was supported by her colleagues and they got healthy and well together. That supportive group led to a journey towards wellness.
- It is a 30-minute zoom session once a week to help teachers increase their wellness.
- Everyone has an accountability partner who is going to keep them on track with their goals.
- The community is what will make the Teacher Love Tribe work.
- Benefits of joining the Teacher Love Tribe:
 - It's a safe space for teachers to share.
 - The camaraderie that is built through the Teacher Love Tribe will overflow into your work and personal life.
- To join Teacher Love Tribe fill out this [form](#) to be notified of the next meeting.

How can we add more self-care routines?

- Add a new habit to a routine that is already established.
- Try adding something for your body, something for your mind, and something for your soul.
- Find something that is filling you up with joy.
- Set the tone for the morning with gratitude and positive intention.

"Say no to the things that are depleting you and yes to the things that are invigorating you."

How does having children impact our wellness?

- It is important to look at your productivity and say no to the things that don't give you the biggest return on your time investment.
- Talk to your kids about the importance of doing things that improve your health and wellness.
- Give them the vocabulary to be aware of their emotions and how to manage them.

The importance of breathing.

- Breathing is extremely important to teach our kids and ourselves.
 - To teach them how to breathe properly have them put their hands on their belly and their chest. They should feel their belly fill and then their chest rise when they breathe in. Their chest will deflate then their belly will push the air out when they release their breath.
- The focus you put on your breath can make a huge difference when we are feeling intense emotions. Take a deep breath before speaking when angry to give yourself some time before you react. It will help you to make responsible decisions.

Resources:

- [Teacher Love Tribe](#)
- [Judgment Detox: Release the Beliefs That Hold You Back from Living A Better Life by Gabrielle Bernstein](#)
- [Cosmic Kids Yoga](#)
- [Daily Positive Affirmation Cards for Kids](#)
- [Mindfulness Resources for Teachers](#)
- [Flocabulary SEL Resources](#)

Related posts on the Ditch That Textbook blog:

- [Social-Emotional Learning: Making time for mindfulness and building a practice of gratitude](#) by Jennifer Saarinen