

Design Your Own Days—A Permission Slip for Teachers

Teachers, this time is really a homecoming. Coming home to our families and coming home to ourselves. Use these weeks to create a balance between the self-growth activities you've always wanted to try or do more (reading, baking, writing, drawing, painting, creating), movement and exercise (walks, running, yoga, dance parties with the kids), and community growth activities (neighborhood clean-ups, offering up support, writing/drawing for someone who needs some cheer). Most importantly, design your own schedule, with parameters based upon your own dreams. Enjoy the quiet luxury of boredom—that feeling may seem familiar from your childhood. Boredom is a rich garden for creativity to bloom. It is OK if you are not assigning students loads of work. This break will likely help us all return to some of the most important aspects of living, loving, and learning—none of which have ever been found in a packet of worksheets. Ask yourself this question...what can I do every day to return to my own family and to myself?

Sending big love and warm inclusive wishes to all fellow teachers!
Julie Causton, Ph.D.



Signed: _____

Dated: _____

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