

# IN THE ROUND - CPR

Full summary and links at <https://everactive.org/professional-learning/#online>

## C - CONNECTION

- Department themed zoom calls
- Driveway visits and neighbour charades
- Friday open-lunch dates with any students who want to join
- Instagram live stream fitness classes
- Intentional messaging about connection
- Finding opportunities to connect with nature
- Building connection with oneself first, and then being ready to connect with others
- Honour the full pendulum of emotions
- Community sidewalk chalk obstacle courses
- Reciprocal check-in emails with students
- Organize a neighbourhood scavenger hunt with window art
- Find opportunities to connect with nature
- Build connection with oneself first, then being ready to connect with others
- Good ol' fashion snail mail - send cards!

## P - POSITIVE MOMENTS

- Increased flexibility in day/schedule
- Enjoyment of slower mornings, coffee, sunshine/outdoors, morning yoga
- [Some Good News \(SGN\) on Youtube](#)
- Shift from negative rumination to positive rumination - what are the good things right now? Why is it good? What does it feel like? Look like? etc. Savour it!
- Scheduling non-screen time into day
- Hosting a gratitude parade in your community
- Apps to explore: Mindset, Calm, Insight Timer, Appblock, Fitycityguide, GoGetFit
- Hosting a birthday parade in your community
- Opportunity to work outdoors! Time - with family, for self-care, to cook new meals, to be more present
- [Staff Well-being Challenges](#) generously created & shared by Jill Mitchell (featured speaker)

## R - RESILIENCE

- Managing expectations around what productivity or 'work' will look like
- Looking at things through a lens of self-compassion
  - “It’s okay not to be okay” - “Name our emotions and understand that we are grieving” - “Allowing ourselves to be vulnerable will encourage others to do the same”
- Building co-regulation between family or co-workers
- Reframe challenges as opportunities; opportunity to reset and reexamine priorities, values alignment.
- Creating healthy boundaries for communication and work/home experience and schedule non-screen time into day (e.g., “computers off at \_\_\_pm”)
- [Self-compassion with Kristin Neff, and Lisa Baylis' \(featured speaker\) website and resources](#)
- Start a gratitude journal or gratitude practice
- Free UPenn online course: [Resilience Skills in a Time of Uncertainty](#)
- [Dr. Jody Carrington](#)- online course on connecting with kids these days
- [Dale Sidebottom](#)
  - PEGG stands for Play, Exercise, Gratitude and Giving
  - When Giving, try PAL: I am proud of, I appreciate, and I love about your subject
  - [Dale's Well-being Webinar](#)
- [Dr. Brene Brown](#) - new podcast called Unlocking Us - TFT: Tricky First Times
- Explore the [Greater Good Centre at UC Berkeley](#), especially the [Greater Good in Education](#) site that hosts several research-based resources, activities, videos, etc. for educators

