



Resource Spotlight

A resource brief to support virtual professional learning for division partner staff and families

Renew and Recharge Summer Resources

This Resource Spotlight features wellness resources for educators and families to renew, recharge and nurture their well-being over the summer months and beyond.

RESOURCES:

- ❖ [Adult Well-Being Resources](#) and [Summer Reset Strategies](#)
VDOE TTAC Online compiled resources for adult well-being and summer renewal
- ❖ [Understanding the Wellness Wheel: 7 Dimensions of Wellness](#)
Talkspace resource on the seven dimensions of the wellness wheel for improved well-being
- ❖ [Self-Care Exercises and Activities](#)
University of Buffalo School of Social Work self-care exercises, activities, and resources
- ❖ [Developing a Self-Care Plan](#)
ReachOut's template for developing a sustainable self-care plan for the long-term
- ❖ [The 3 R's for Teacher Self-Care](#)
Public Broadcasting System (PBS) "reflect, release, and recharge" educator resource
- ❖ [What is Teacher Self-Care and How to Practice It](#)
Waterford.org resources and guidance on putting educator self-care into practice
- ❖ [Prioritizing Your Mental Health with Summer Self-Care](#)
Learning Technology Center of Illinois educator resources to "rest, recover, and recharge"
- ❖ [Headspace for Educators](#) or [Virtual Calming Room](#)
Headspace or Sacramento City Unified School District virtual calming resources

VIRTUAL LEARNING OPPORTUNITIES:

- ❖ [Self-Care Tips for Teachers](#)
Breathe for Change webinar on sustainable wellness practices for educators
- ❖ [Four Steps to Help Teachers Reset for Summer](#)
Edutopia video and resources for educators to reflect and reset before a summer break
- ❖ [Making Educator Wellness a Priority: Simple Self-Care Strategies](#)
EdWebinar session on self-care strategies to reduce stress and improve overall wellness

FAMILY SUPPORTS:

- ❖ [Self-Care for Parents, Family Members and Caregivers](#)
TTAC Online compilation of wellness resources for parents, families, and caregivers
- ❖ [Caring for Ourselves as We Care for Others](#)
National Center on Parent, Family and Community Engagement brief on self-care principles and coping strategies
- ❖ [Camps for Children and Adults with Disabilities](#)
Updated list of accredited camps and other summer opportunities for children and adults with disabilities

Visit [TTAC Online](#), [GMU TTAC](#), [VA Family Special Education Connection](#) and [Assistive Technology Network](#)

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