



- Staff Activity -

Being the Best You Can Be - Self Care is the Best Care

Objective: Create a Rubric to Evaluate Your Self Care

Estimated Time: 15 - 30 Minutes

Materials: Blank Sheets of Paper

Self Care Self Evaluation:

For the first few minutes have teachers brainstorm things that are currently causing them stress. Next have teachers write down ways they elevate stress. Using this information have teachers create a rubric that they can use to evaluate how they are doing with self care.

Teachers may use any form of evaluation. They can have a rating scale (Likert) evaluating how they feel or their level of stress. They could collect data on the number of times in a week they engaged in healthy eating, exercise, get enough sleep, etc. to evaluate their self care.

From there, have teachers switch their newly developed rubric with a partner. Have them gather new ideas and make improvements to their rubric.

Have each teacher select an accountability buddy to help them to monitor their progress.

Check in with teachers concerning their self-care progress. Have a coffee card or massage gift certificate for the educator that makes the most progress or comes to a significant milestone.

Remember: Self-Care today allows for better professionals tomorrow!