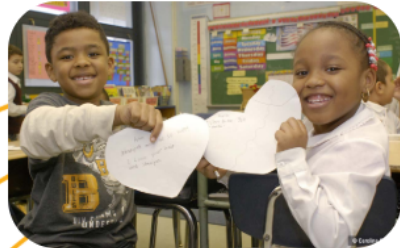




Self-Care & Communal Care for Ourselves & Our Students

What We Do

Morningside Center works hand in hand with educators to build students' social and emotional skills, strengthen the classroom and school community, and make our schools more caring and equitable through restorative practices and brave conversations on race.



Social & Emotional Learning (SEL)

Young people and adults learn and practice skills to help them do well in school and in life.



Restorative Practices (RP)

Young people stay connected through processes that foster a caring and equitable school community.

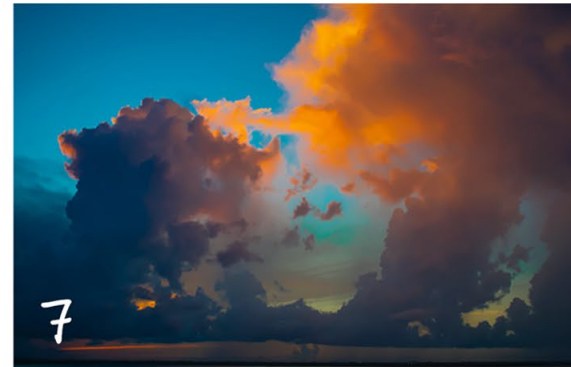


Racial Equity

School staff increase their cultural competency and ensure that school systems and structures elevate every child.



Emotional Weather Check-in



SELF-CARE

A lot of people
THINK self-care is...



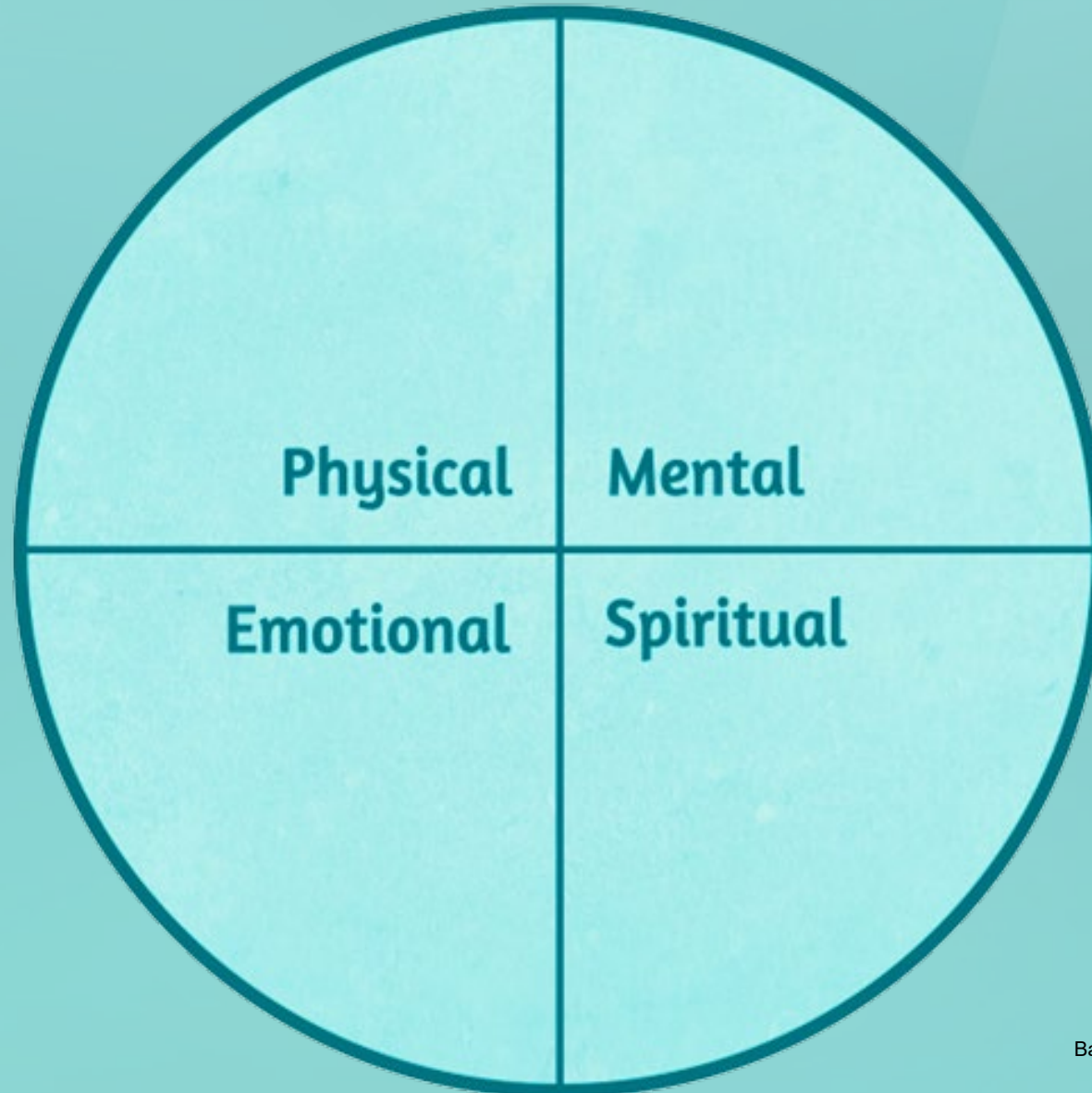
But self-care is
ALSO...



Plus
so
much
more



Wheel of Holistic Health



Based on the medicine wheel.



Poll

In which domain(s) do you find a lot (or the majority) of your self-care practices?

- a) Physical
- b) Mental
- c) Emotional
- d) Spiritual
- e) All of the above
- f) None of the above



Poll

Which domain do you have curiosity about, or want to make improvements in?

- a) Physical
- b) Mental
- c) Emotional
- d) Spiritual
- e) All of the above
- f) None of the above



Poll

Do you currently have a self-care practice that you use during your workday or in your school community?

- a) Yes
- b) No
- c) Sometimes



"If self-care is about what you do for yourself, then community care is what you put into and what you are able to receive from the community you have built around yourself, as well as the community you live in."



"Moving closer to wellness is a collective, collaborative effort," Oriowo says. "One of us cannot be well and everyone else is not. In working together to help ensure others' needs are met, we are most likely to feel well individually and as a community."

- [Donna Oriowo, PhD, LICSW](#), therapist, author, and licensed independent clinical social worker.



What can community care look like in your school?



What can community care look like in your school?

- Community clothing swaps
- Scheduled Potlucks
- Holding space for staff (using MSC online resources!)
- Creating a staff/student/family playlist to play over PA system during arrival and dismissal times
- Establishing sunshine fund committee for community members who need additional support
- Sharing community resources (i.e. connecting people who are unemployed to work opportunities when possible)
- Beautifying shared spaces (i.e. having live plants in the teachers' lounge and/or other communal spaces)
- Break from the norm (i.e. creating opportunities for colleagues to share their passions, expand knowledge, etc.)
- Co-planning lessons/units with colleagues
- Visiting each other's classrooms
- Hosting regular opportunities for community gatherings
- Celebration and acknowledgment of successes, growth, achievement (i.e. communal bulletin boards, PA system shout outs, birthday, anniversary acknowledgments, etc.)
- Establishing a buddy system, and/or support systems for short and/or long-term needs







“You are not a machine. You are more like a garden. You need different things on different days. A little sun today, a little less water tomorrow. You have fallow and fruitful seasons. It is not a design flaw, it is wiser than perpetual sameness. What does your garden need today?”

- Joy Clarkson





Mindfulness Moment:

What does your garden need today?



Self-Care + Communal Care = SEL Strategies

- Build belonging
- Strengthen relationships
- Create opportunities for collaborative problem solving
- More responsive in identifying and resolving conflict (normal part of human experience)
- Better attend to managing stress and navigating through challenges



Community is much more than belonging to something; it's about doing something together that makes belonging matter.

- Brian Solis



Chat Box: Commitment Shower

Share one thing you're committing to doing in honor of building/strengthening communal care.



Stay in Touch!

Find the resources for this webinar on our website at: morningsidecenter.org/self-care-communal-care-ourselves-our-students-resource-page

Sign up for our newsletter to stay up to date on our latest resources: morningsidecenter.org/newsletter



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