

what will
Inspire
you this month



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this month?
Self Care

Box Overview

The holiday season makes space for students and teachers to unwind from the school year. This is the time to make connections to friends and family, reconnect to your passion for teaching, and recharge for the new year. Sometimes, we don't make caring for ourselves a priority. This INSPIRE box will help you to learn how self-care relates to *physical, emotional, social, and professional needs*.



Let's Explore Further

This provides even more resources for you to explore related to building and maintaining relationships with students. It contains a podcast, an article, and an episode of Branching Out related to the topic!



Spreading Kindness

One way to increase our mood and engage in self-care is to commit acts of kindness! In your box, there are "Tag!" You're it!" kindness cards from Random Acts of Kindness and Encouragement Cards. Commit an act of kindness and then "tag" someone to continue the cycle!



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Explore further!

Find additional resources to INSPIRE
learning related to this month's box!



Want To Win An INSPIRE Box?

Do you want to have a chance to win a free INSPIRE box? Complete the activities on the raffle form to be entered into a drawing for a January INSPIRE box! Scan the QR code to complete.



Podcast

Listen to the podcast episode "Quiet Your Mind and Fall Asleep Fast: Sleep Meditation" by Slumber Studios to drift off to peaceful sleep taking care of your *physical* needs.



Article

Read the article "How and Why to Practice Self-Care" to find strategies that align to your *physical, emotional, social, and professional* needs.



Branching Out

Check out this episode of Branching Out on the strategy "Mood Meter" to recognize *emotional* needs.



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Gifts for you
Calm Strip | Encouragement Cards