



CASEL CARES INITIATIVE
Connecting the SEL Community

Made possible with support from The Allstate Foundation

**Building Resilience to Support Ourselves,
Others, + Our Students**

with Mark Greenberg, Christa Turksma and Velma Cobb

April 10, 2020

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KAREN NIEMI

CEO & President, CASEL





WELCOME
WE'RE GLAD YOU'RE HERE!





Self Care is critical

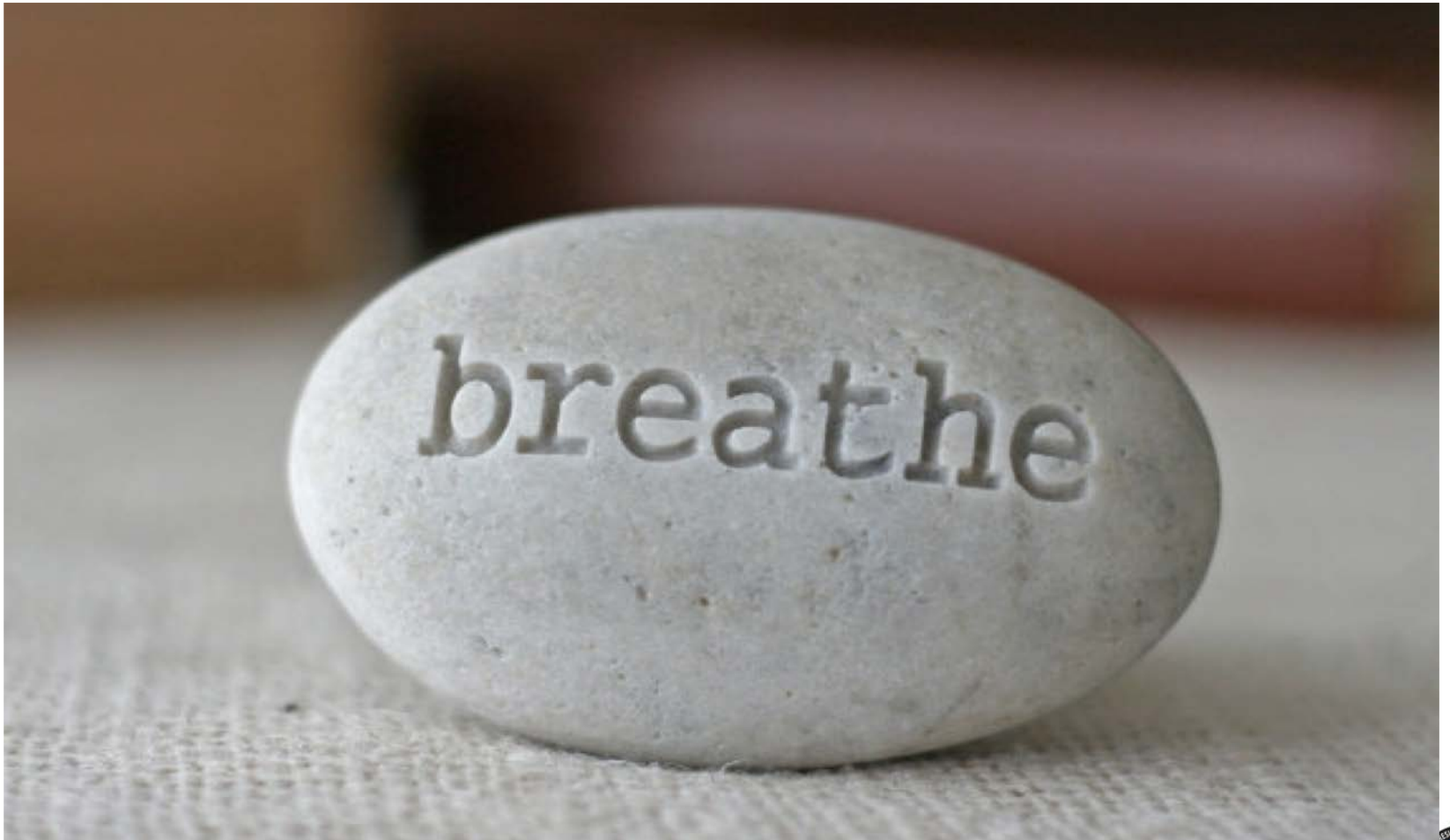


How Mindfulness can help



Mind Full, or Mindful?

3 Deep Breaths



Setting a daily Intention

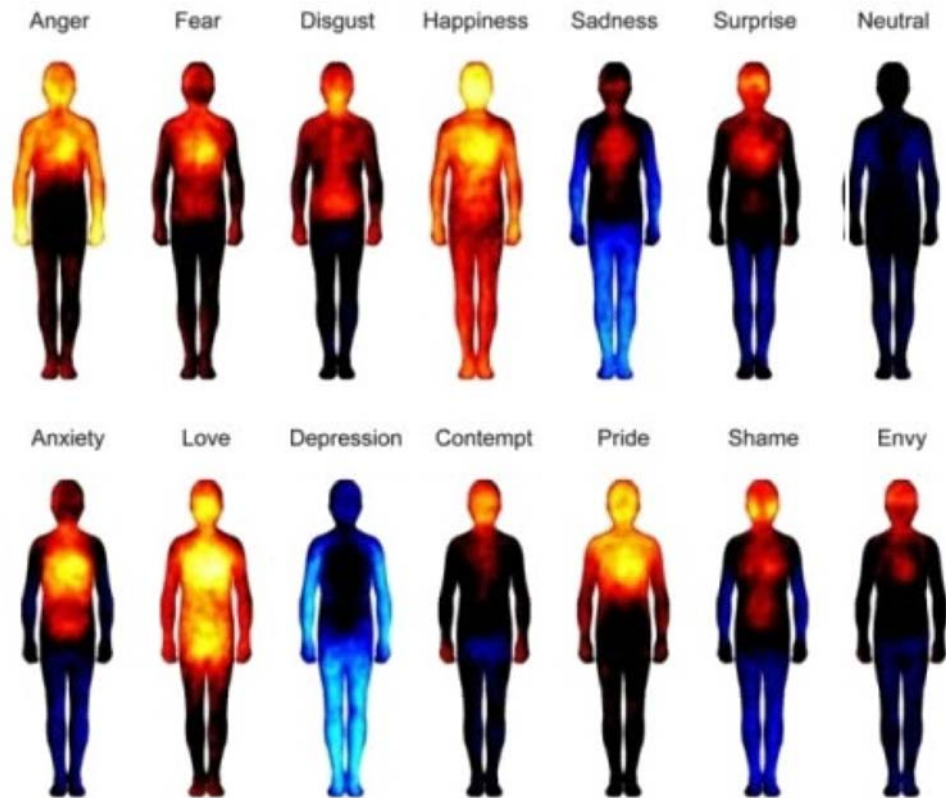
in·ten·tion

[in-ten-shuhn]

–noun

purpose or attitude toward the
effect of one's actions or conduct

Mindful Awareness of Emotions

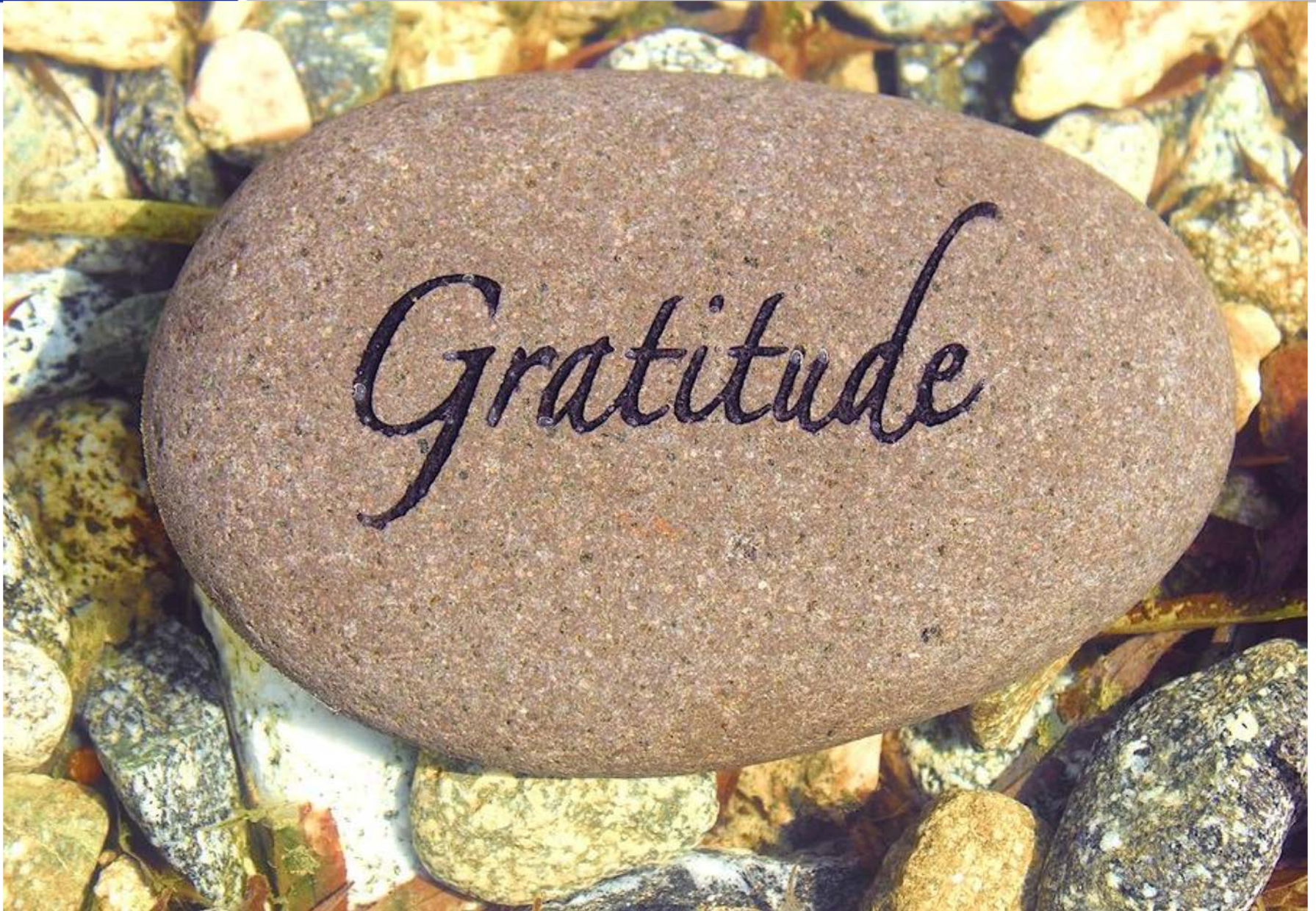


Body Scan



Kindness





Gratitude

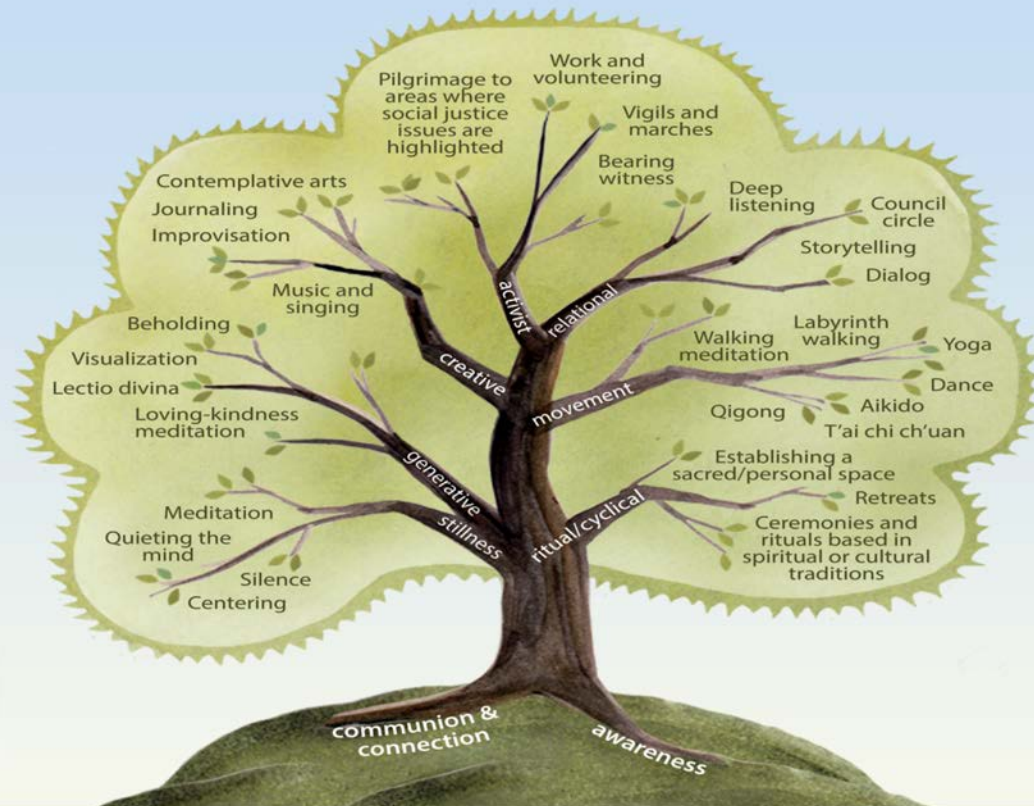


Caring Practice





The Tree of Contemplative Practices



The Center for Contemplative Mind in Society
www.contemplativemind.org





For more information on CARE
and to listen to audio mindfulness practices

go to the Resource Page of
www.createforeducation.org



We are all in this crisis together



UPCOMING WEBINAR

Let's Listen to Our Young People: What Support Do They Need?




Featuring PDK International CEO, Josh Starr,
and high school senior Daisy Boyar from Educators Rising

FRIDAY, APRIL 17 | 1:00 PM ET



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