Co-Care
“Caremiments” are the Self-Care We’ll Actually Do!
Ginger Lewman

Community Resilience-Building
Project Based Learning
Maker Education
Technology Integration
Gifted & HighAbility Learners

www.GingerLewman.org
resilience-coaching.essdack.org
“Caremittment”

making a commitment
to your community
to *self-care
Let's Play!
Scavenger Hunt

• Gather in groups of 4.
• Brainstorm a theme based on one of the topics:
  1. Foods
  2. 80’s
  3. Video Games
  4. Music
  5. Farming/Ranching
  6. Movies
  7. Aeronautics
  8. Fruit
  9. Animals in Kansas
• Make a list of 10-20 objects that could be “hunted” (pictures or physically gathered).
Change is HARD and our colleagues and communities are feeling the stress.

Let's learn (and practice) super-fun ways to regularly and intentionally build a foundation of resilience within your community with games, fun, challenges, and most importantly deeper peer connection.
We don’t change culture through emails and memos. We change it through RELATIONSHIPS, one connection at a time.
What is resilience?
What is resilience?
the capacity to recover quickly from difficulties
Why build resilience?

HOW?!
It’s about...

connection
relationships

shared spaces, including mind space
making time to connect
building a common why

vulnerability
loving one another with courage

“I do not like that man. I must get to know him better.”
self-care
self-care
CO-care.
CO-care categories

- Assertiveness
- Avoiding compassion fatigue
- Healthy eating
- Mindfulness
- Physical fitness & immunity
- Reducing stress
- Relaxation
- Time management
Co-Care Calendar
Making a Care-mittment to Co-Care!

October 2019 - June 2021

Use this calendar to help build resilience in yourself and in your community every single week!

ESSDACK
Our learners. Their future.

built by Ginger Lewman
### NOVEMBER 2019

#### Co-Care Inspiration

Put the number of the challenge below into Sunday’s circle and start your week off right!

1. Begin each day of this week with a positive intention.
2. At least once this week, think about a child who is challenging you and complete an empathy map (essdk.me/empathymap) for him/her. How can this help you reframe what might be going on. What questions do you have now about that student?
3. Find (or make) a fun playlist that makes you want to shake your booty! And then share it with one other person who might enjoy it too!
4. Listen to a podcast, TEDtalk, or YouTube video that inspires you and makes you feel all the feels!

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**Making a Care-mittment to Co-Care!**

“You yourself, as much as anybody in the entire universe, deserve your love and affection”

— Sharon Salzberg
Co-Care Inspiration

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<table>
<thead>
<tr>
<th>Nov 18 - 22</th>
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<tr>
<td>Genuinely compliment yourself at least 3 times today. It’s ok. You need to hear it.</td>
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<th>Nov</th>
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<td>Drive to/from home using a different route every day.</td>
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| You | Treat yourself to an extra long shower or a soothing bath this week. |

| Listen to a TED talk, or something that inspires you to feel good. |
# Friends, let's make a commitment to self-care!

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<tr>
<th>Goal</th>
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<td>Go outside and sit on the grass for 15 minutes.</td>
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- **Goal:** 3
- **Actual:** 3

Here are some ideas to help you get started:

1. **Eat a healthy lunch** at least once a week.
2. **Go outside** and sit on the grass for 15 minutes.
3. **Write in a journal** every day.
4. **Meditate** for 5 minutes each day.
5. **Take a bubble bath** once a week.
6. **Exercise** for 30 minutes every day.
7. **Read** for 30 minutes every day.
8. **Listen to music** and dance.
9. **Practice yoga** once a week.
10. **Listen to a podcast** once a week.
11. **Write in your journal** every day.
12. **Take a warm bath** with Epsom salts.
13. **Exercise** for 30 minutes every day.
14. **Listen to music** and dance.
15. **Take a walk** in the park.

Learn more here: essdk.me/CareCalendar
Co-Care Calendar
Making a Care-mittment to Co-Care!

October 2019 - June 2021

Use this calendar to help build resilience in yourself and in your community every single week!

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essdk.me/BuyCal
Camp games
Staff potlucks
Girls’ Nites
Men’s Days
“Executive Meetings”

What else?
Let’s close with a CoCare Catcher!
It’s about...

connection
relationships

shared spaces, including mind space
making time to connect
building a common why

vulnerability
loving one another with courage

“I do not like that man. I must get to know him better.”
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Hutchinson Kansas
If you’d like more information, please reach out to the

ESSDACK Resilience Team

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Connect with us on Facebook
essdk.me/ERT
Upcoming ESSDACK Virtual Learning Opportunities

Resilience Now
May 7 & 8

Equipping Resilience Coaches
Starts June 1

Family & Schools Peace Initiative
June 15 & 16
July 6-10
July 20-24

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