

# SELf

## Meeting the SEL needs of Adults through the Arts

Click on the Session Name to Register

NORTH CAROLINA  
**SYMPHONY**

TEACH  
happier

SMALL shifts. BIG gifts.

### TEACH Happier

April 20 @ 4-5pm

In this interactive session, you will learn realistic, manageable and proactive strategies based in positive psychology that will help us achieve work/life satisfaction while navigating this unique time of teaching. These small and manageable shifts, practiced over time, will help us teach happier, parent happier, partner happier, work happier, and increase our overall happiness and well-being. Register: [bit.ly/SELfCare1](http://bit.ly/SELfCare1)

### Life-Hacks for Grounding Yourself

April 27 @ 4-5:30pm

Please join NC Symphony musician Rachel Niketopoulos for a wellness exploration. This class will give you life-hacks to instill grounded, happy feelings. Learn simple, but instantly effective calming techniques involving breathwork, visualization, and easy eye exercises. This session will be taught in such a way that teachers can revisit the video to reinforce the techniques as part of their self-care routine. Register: [bit.ly/SELfCare2](http://bit.ly/SELfCare2)

### Mindful Moving

May 4 @ 4-5pm

Let's move in ways that provide love, care, and joy to our bodies and celebrates them. This session will address the use of movement in our daily lives, teaching, and creative practices by exploring how the use of language, imagery, positive associations, and anatomical awareness can enhance our own abilities to sustain our bodies and minds throughout our daily tasks. Let's practice movement that makes us feel good! Register: [bit.ly/SELfCare3](http://bit.ly/SELfCare3)

### Mindful Meter

May 6 @ 4-5pm

Come rekindle your love of music making with others. This session will give you an opportunity to reconnect with your breath, make music with others, and will share helpful strategies to integrate music into your overall wellness practice, leading to a healthier mind, body, and spirit. We will also explore the science behind how and why music affects us. Register: [bit.ly/SELfCare4](http://bit.ly/SELfCare4)

### Mindful Making

May 11 @ 4-5pm

Visual Journaling for Self Care: Join a journal playdate with other educators to rest and refuel. Michelle Harrell and Ophelia Staton will model strategies for your own visual journaling to develop mindfulness and well-being using materials you already have on hand. Bring whatever old planner, sketchbook, or lined journal you happen to have nearby. You'll need a glue stick, scissors, and a nearby supply of junk mail, old to do lists, or notes for collage. You'll also need at least one marker- choose whatever size, color, or style works best for you and is already available. No art experience needed to participate. Register: [bit.ly/SELfCare5](http://bit.ly/SELfCare5)

### Mindful M-agination

May 13 @ 4-5pm

Do you love to laugh? Be ready to leave your inhibitions behind in this session designed to reconnect with your playful spirit while using your whole body to tell a story (or a joke)! The amazing educators at Triad Stage will lead participants through clown warm ups, theatre games, and explore our imaginations in this session open to all educators. Register: [bit.ly/SELfCare6](http://bit.ly/SELfCare6)

TRIAD  
STAGE

LEARNING  
PROGRAMS

NCMA  
LEARN

### NCMA Virtual Teacher Workshop

May 18 @ 4-5pm

#### Roots and Leaves Expressive Arts Experience

Join educator Marla Hawkins and the North Carolina Museum of Art for an expressive arts self-care workshop connecting visual art making, gentle yoga stretches, guided meditation and discussion to process our thoughts and feelings as we move through challenging times and look ahead to what keeps us rooted, growing, and healthy. Registration link forthcoming. Space will be limited.

### The Mindful Classroom

May 20 @ 4-5pm

The arts can play a large role in your SELf care, but how does all this work translate to your classroom? What they say is true: Happy Teachers = Happy Kids, and now it's time to put this into action. Join Elizabeth as you explore ways to apply what you have learned through the experiences in this series into your own teaching. Elizabeth Peterson is the host of The Inspired Classroom and the creator of SEAL, Social-Emotional Artistic Learning, a unique method of integrating the arts with SEL that empowers teachers to truly reach and teach their students. Register: [bit.ly/SELfCare8](http://bit.ly/SELfCare8)

### A+ U Self-Care Videos Self-Paced

A+ U Elective videos are for anyone looking for an opportunity for self-care, enjoyment and personal growth. Created by A+ Schools of North Carolina, these short videos on a variety of topics are meant to support well-rounded learning for both personal and professional growth. Watch now: [bit.ly/AplusUElectives](http://bit.ly/AplusUElectives)

A+ U

THE VIRTUAL A+ YOU-NIVERSITY

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OF NORTH CAROLINA

SEAL  
Social-Emotional Artistic Learning®

#NCSEL

North Carolina Department of  
PUBLIC INSTRUCTION

Arts R4 Life rekindle • reflect • reconnect • renew