Teacher Appreciation
A supportive resource from the Hawai‘i Association of School Psychologists (HASP)

It is Teacher Appreciation Week! Hawai‘i’s teachers have innovated their practice to connect with and educate our students. Teachers continue to impact the lives of our keiki every day. This week, we recognize and celebrate teachers by sharing their tips for finding joy during this challenging time.

We are grateful for and inspired by you!

COVID-19 Support | Issue 5 | Week: May 4th - 8th

MONDAY

"Family time! We have a fun family movie night, where my wife and I are theater employees and we make the house really dark and have the kids pay with fake money for entry and to buy things from the concession stand. It has been really fun!"

- Joseph, Student Services Coordinator, Konawaena Elementary, Big Island.

Activity: Staying in does not mean you cannot enjoy your favorite activities. Engage in a "community activity" from home! Go to the movies, have a fair, or host an art show. Get creative! If alone, consider creating a plan to do something virtually with your students or with friends and family.

TUESDAY

"What brings me joy is doing yoga in my backyard, dancing in my living room, and binge-watching “The Office” on my couch with my doggos and my partner."

- Bethann, District Office Teacher, Kailua-Kalaheo, Oahu.

Activity: Allow yourself to be free. Put on your favorite music and dance like no one is watching!

WEDNESDAY

"Snuggling with my fur babies and family," as well as, "going for extra beach walks and learning to cook and bake new things!"

- Erin, Special Education Teacher, Kula Elementary, Maui.

Activity: Try something new! Bake a new recipe or practice a new hobby.

THURSDAY

"Being in the ocean brings me joy and gives a sense of normalcy in the world."

- Kieren, Special Education Teacher, Kilauea Elementary, Kaua‘i,

Activity: Find your sense of normalcy! This may be surfing or swimming in the ocean, going for a hike, laying in the sun, or any other activity that allows you to disconnect and recharge.
FRIDAY

"Seeing the sunrise and practicing yoga have been bringing me a lot of joy lately!"

- Madeline, Special Education Teacher, Queen Ka‘ahumanu Elementary, Oahu,

Activity: Find the beauty! Sometimes we forget to appreciate the beauty that surrounds us in Hawai‘i. Utilize this time to slow down and explore the world around you with curiosity and amazement. Watch the sunrise or the sunset, admire a flower in your yard, watch the waves, take a picture of a bird, or take time to appreciate anything else you may find beautiful.

Don’t forget to take time to recognize and appreciate our beautiful teachers today!

WEEKEND FAMILY ACTIVITIES

HASP would like to thank all of the teachers who contributed to this week’s issue. We would have loved to include all of the responses we received, but our space was limited. Here are some other tips for finding joy from teachers:

Start a garden.
Exercise.
Follow your regular routine the best you can.
Music.
Focus on pets and family.
Take a nature walk around the neighborhood.
Limit exposure to the news and other possible sources of negative influence.
Have open and honest discussions. Answer any questions keiki may have while encouraging their sense of safety and security.
Allow alone time, if possible, and facilitate opportunities for self-reflection.

TEACHER SELF-CARE RESOURCES

7 Self-Care Strategies:
https://www.edutopia.org/discussion/7-self-care-strategies-teachers

Mindful Teachers:
http://www.mindfulteachers.org/p/self-care-resources.html

Self-Care when Working with Traumatized Students:
https://resilienteducator.com/classroom-resources/self-care-for-teachers/

Self-Compassion:
https://www.mindfulschools.org/inspiration/empower-students-with-self-compassion/

Compassion Fatigue:
https://www.crisisprevention.com/Blog/Compassion-Fatigue-Symptoms

SEL and Self-Care for All:

5 Tips: