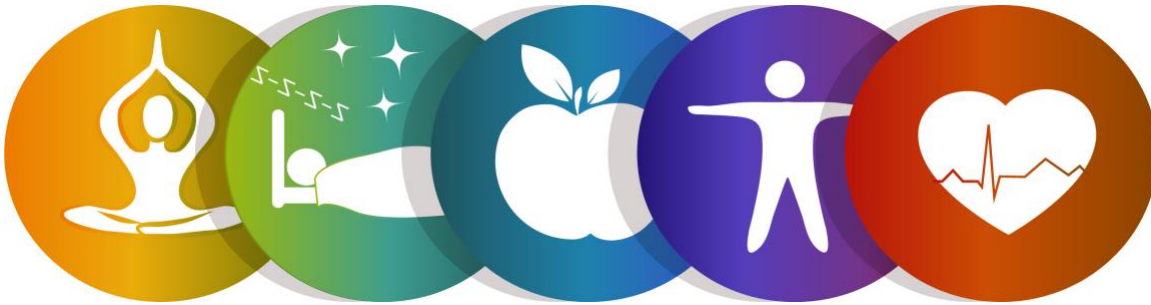


Staff Wellness Resources



Constance Easton, Coordinator Mental Health, SEL & Counselling SD 38 Richmond, BC, Canada

SEL Resources

[Embracing a Paradigm Shift Toward Collective Wellbeing](#)

[CASEL Educator Wellness & SEL](#)

[Cultivating a Culture of Gratitude](#)

[Time-tested Activities to Build Community in Elementary School](#)

[Making Kinder Classrooms and Schools](#)

SEL Wakelet

[Permission to Feel](#) by Marc Brackett

Teacher Wellbeing Wakelet

[The Onward Workbook](#) by Elena Aguilar

Taking Care of the Pyramid of Needs Resources

[Five Quick Stress Busters for Teachers](#)

[How to Set Healthy Boundaries](#)

[NPR Joy Generator](#)

[Self-Care Bingo for Educators](#)

