

*my*IPS





REMOTE SELF-CARE: FINDING BALANCE

Ike Curry SEL Specialist

4/27/2020



1

Breathe

2

Move

3

Connect









www.headspace.com

www.onwardthebook.com

Dr. Lori: www.edutopia.org

www.zoom.us

www.doyogawithme.com



**What are you already doing
for self-care in your home?**

- Share your ideas with us
 - Email me: curryip@myips.org