



**Gratitude & Self-Care - Supporting the whole adult so they can support the whole child.**

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### **Background Leading to my Inquiry (slide 2 & 3)**

Social Emotional Learning has been a priority at O'Bannon since 2016. We started before the IDOE released their SEL Competencies. The teachers and staff at O'Bannon have made our students social and well being a priority. It was time that I supported the adult SEL so they could continue to support our student SEL.

### **The Purpose of my Inquiry (slide 4)**

With that being said, the purpose of my inquiry is to focus on Adult SEL. including my own SEL needs.

### **My Wondering (slide 5)**

I wonder if maintaining a gratitude journal will allow me to find more good in the world and influence teachers to take time for themselves to be grateful. I wonder if modeling self-care at work will influence teachers and staff members self-care.

## **My Actions (slide 6)**

I have many actions on slide 6 but here are a few of them.

- I will write in my gratitude journal 3-5 weeks and include a positive quote for the day.
- I will exercise 3-5 times a week.
- I will share monthly self-care challenges with the teachers and staff. I will provide rewards every other month to those who complete the challenges.
- I will complete the IDOE Science of Happiness Course along with my teachers and staff.
- I will provide Wednesday Wellness tips to the teachers and staff.
- I will encourage “Workout Wear Wednesdays” and challenge the staff to walk a mile on Wednesdays.

## **Data Collection/My Data (slide 6-18)**

### **October Data**

- 42% were doing great
- 57% were doing okay.
- 33% felt that their gratitude journal was beneficial to their overall health and wellbeing

### **January Data**

- 57% were doing great
- 42% were doing okay
- 61% felt that their gratitude journal was beneficial to their overall health and wellbeing

## **March Data**

- 52% were doing great
- 45% were doing okay
- 77% felt that their gratitude journal was beneficial to their overall health and wellbeing

## **My Discoveries (slide 19)**

Personally, journaling has been the hardest for me to keep up with. I have been exercising more and spending more time with family and friends in the evenings. I have been very mindful as to when I send emails to teachers and staff. I try not to send anything after 5:00 on workdays and none on the weekends. I have received positive feedback from teachers and staff in the building.

## **Where I'm Heading next (slide 20)**

I will continue to focus on self-care, wellness, and journaling next year. I have booked Dr. Tina Boogren for our back to school retreat in August. All teachers will also receive her 180 days of self care book.

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Gratitude & Self-Care  
Supporting The Whole Adult,  
So They Can Support The  
Whole Child

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# 12 steps for self care

1. If it feels wrong, don't do it.
2. Say "exactly" what you mean.
3. Don't be a people pleaser.
4. Trust your instincts.
5. Never speak bad about yourself.
6. Never give up on your dreams.
7. Don't be afraid to say "No".
8. Don't be afraid to say "Yes".
9. Be KIND to yourself.
10. Let go of what you can't control.
11. Stay away from drama and negativity.
12. LOVE

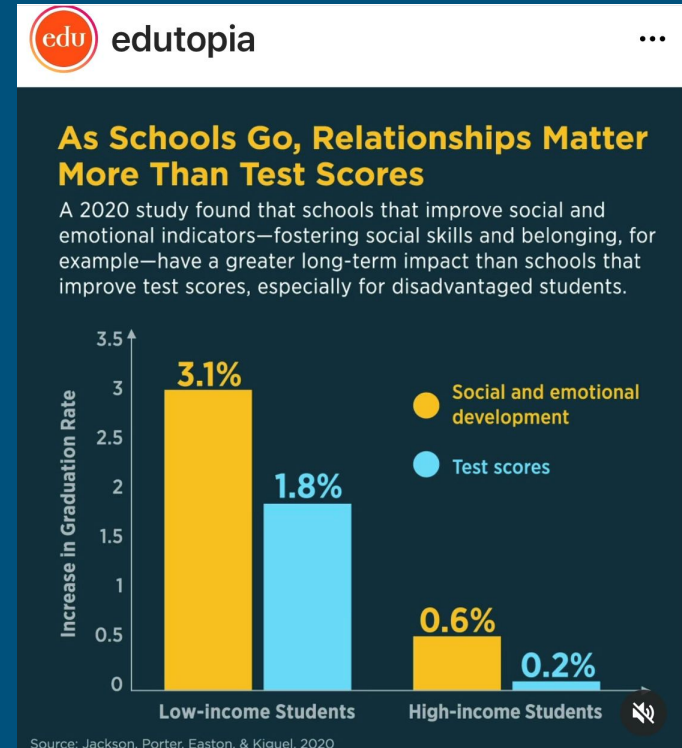
**It's not selfish  
to love yourself,  
take care of yourself,  
and to make your  
happiness a priority.  
It's necessary.**

*Once Upon*

# Background Leading to this Inquiry

## RELATIONSHIPS MATTER

- Adults
- Students
- Community
- Families



# Purpose of this Inquiry

- We are in our 4th full year of implementing SEL at O'Bannon.
  - Morning Meetings (which are now held district wide and other Elementary Schools are following our model)
  - Friday Focus Emails (shared with O'Bannon Staff and District Staff)
  - Peace Corners (in classrooms, cafe, gym, office, nurses office, speech room, etc)
  - Cardinal Circles (which are now done throughout the District)
  - Relaxation Room (teachers trained by the Holistic Life Foundation)
- This year I wanted to focus on SEL for adults
  - Gratitude Journals
  - Self Care (including challenges)
  - Wednesday Wellness
  - Midweek Motivation
  - 9 @ 9 giveaways
  - Outstanding O'Bannon Staff Members of the Week/Goose Awards

# My Wondering

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- I wonder how maintaining a gratitude journal will allow me to find more good in the world and influence teachers to take time for themselves to be grateful.
- I wonder if modeling self-care at work will influence teachers and staff members self-care.



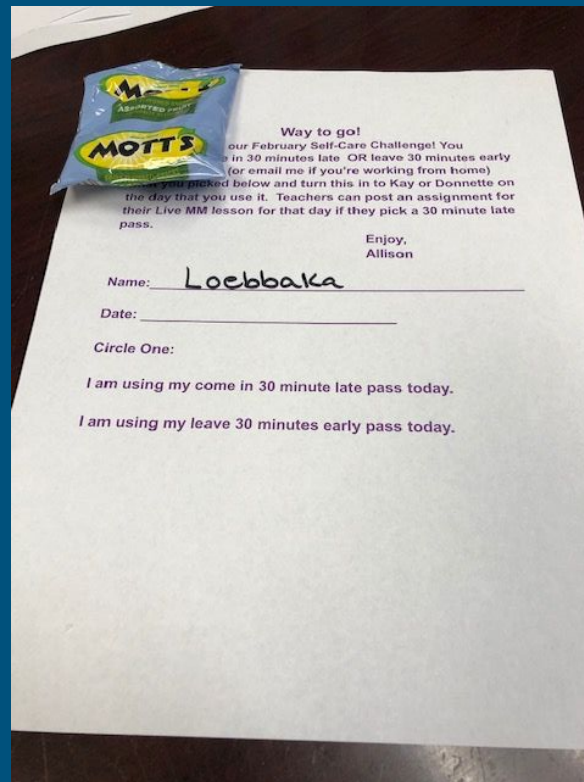
# My Actions

- I will write in my gratitude journal 3-5 times a week.
- I will include a positive quote for the day when I journal.
- I will include something I am grateful for that day.
- I will exercise 3-5 times a week.
- I gave teachers and aides gratitude journals and will encourage them to use it.
- I will share monthly self-care ideas with the teachers and staff.
- I will send Friday Focus emails and include some on self-care.
- I will send out a check up from the neck up survey each quarter to teachers and staff get their feedback on how they are doing with self-care.
- I will complete the IDOE Science of Happiness Course. My teachers and support/clerical staff/nurse are participating too.
- I will share wellness tips on our daily announcements on Wednesdays.
- Wellness Wednesdays! Teachers and Staff can wear workout clothes on Wednesdays and encouraged to walk on Wednesdays.
- The Power of Positivity initiative began in January.

# Midweek Motivation



# Monthly Self Care Challenges



# Data Collection

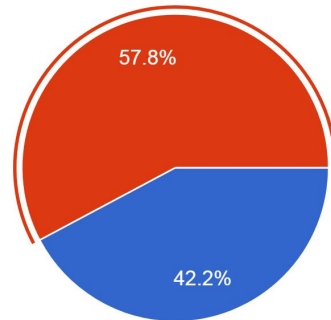
Allison Lenzo - IPLI Cohort 8

Action Research Data

O'Bannon Check Up from the Neck Up Responses - Quarter 1, October 2020

How are you feeling?

45 responses



- I'm doing great!
- I am overwhelmed but I am going to be okay.
- HELP me! I could really use some help with something!

# Data Collection

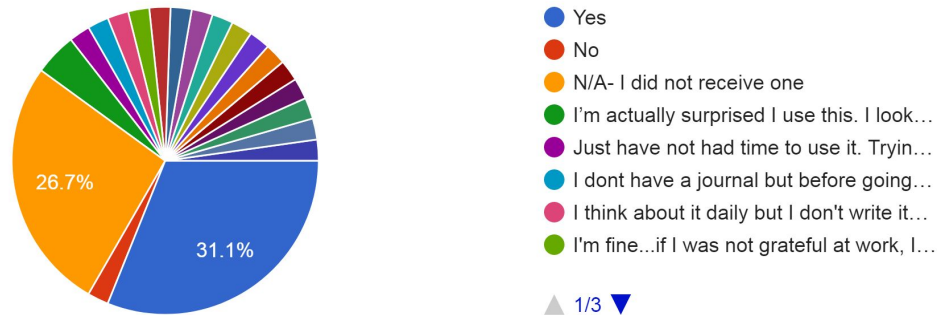
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Action Research Data

O'Bannon Check Up from the Neck Up Responses - Quarter 1, October 2020

Have you found your gratitude journal beneficial to your health?

45 responses



# Data Collection

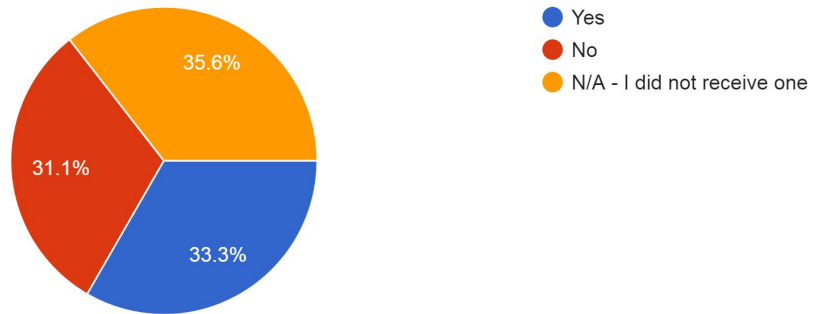
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Action Research Data

O'Bannon Check Up from the Neck Up Responses - Quarter 1, October 2020

If you received a gratitude journal, have you been able to use it regularly?

45 responses



# Data Collection

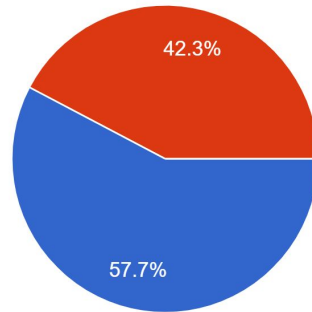
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Action Research Data

O'Bannon Check Up from the Neck Up Responses - Quarter 2, January 2021

How are you feeling?

52 responses



- I'm doing great!
- I am overwhelmed but I am going to be okay.
- HELP me! I could really use some help with something!

# Data Collection

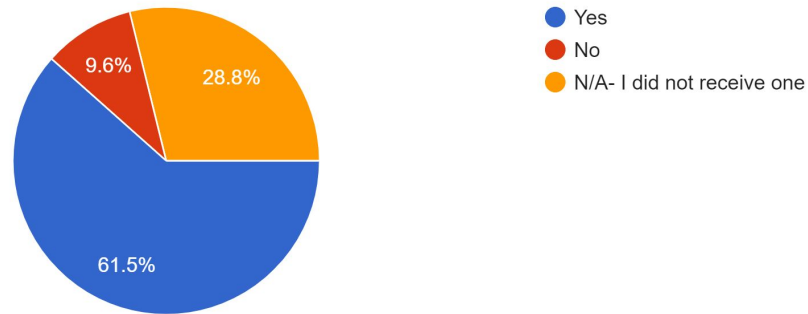
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Action Research Data

O'Bannon Check Up from the Neck Up Responses - Quarter 2, January 2021

Have you found your gratitude journal beneficial to your health and overall wellbeing?

52 responses



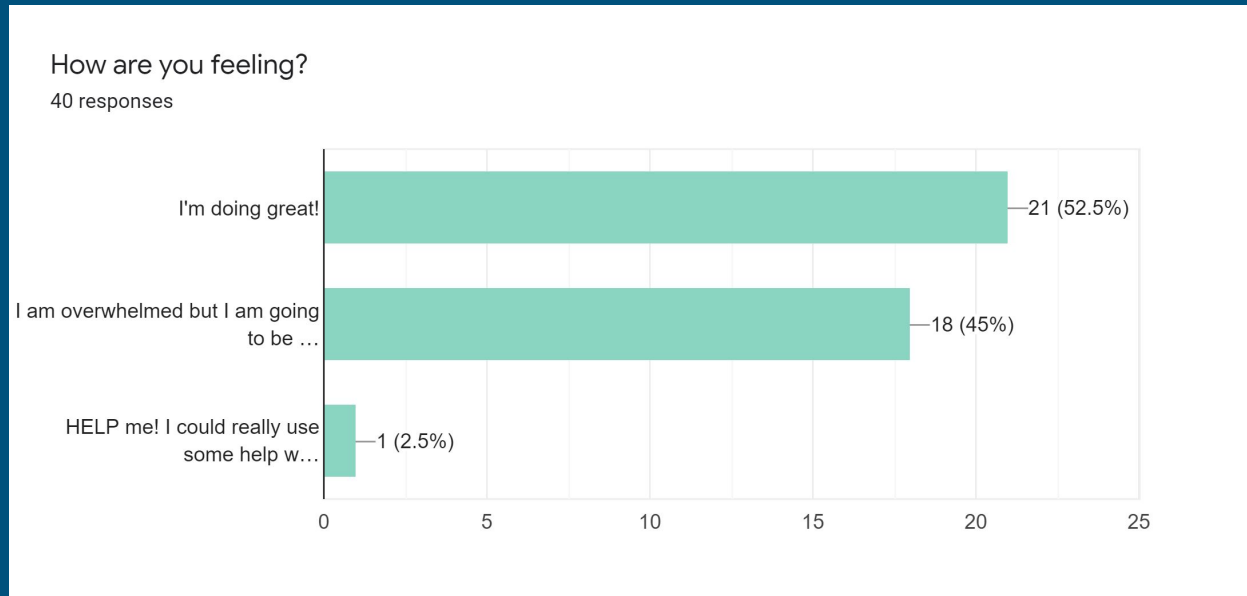


# Data Collection

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Action Research Data

O'Bannon Check Up from the Neck Up Responses - Quarter 3, March 2021

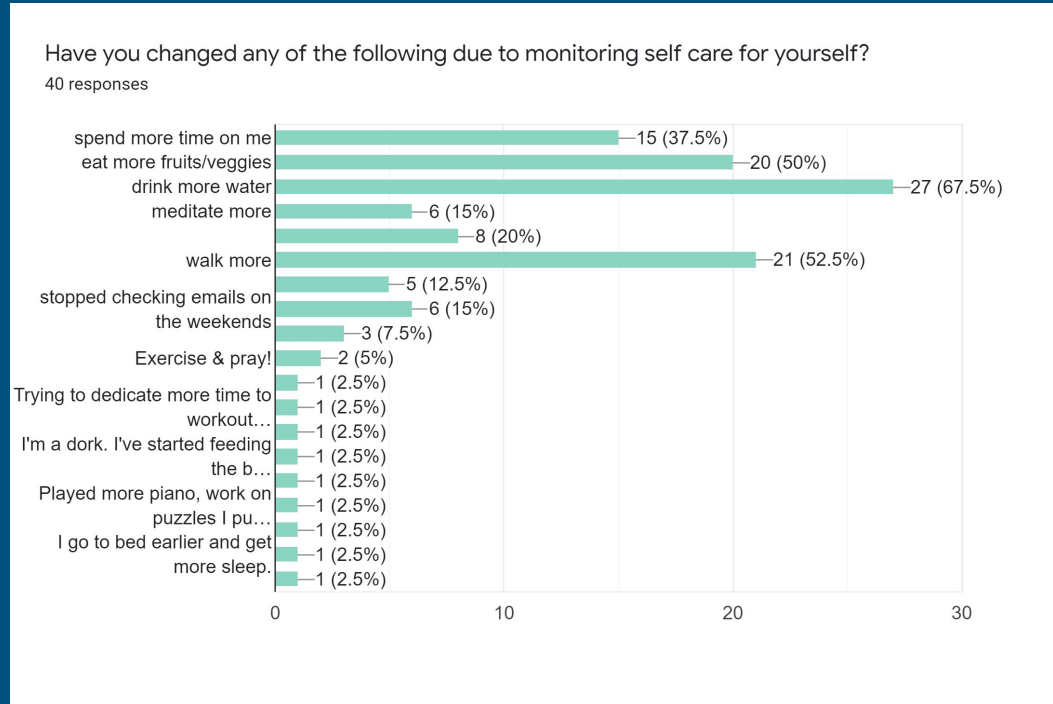


# Data Collection

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Action Research Data

## O'Bannon Check Up from the Neck Up Responses - Quarter 3, March 2021

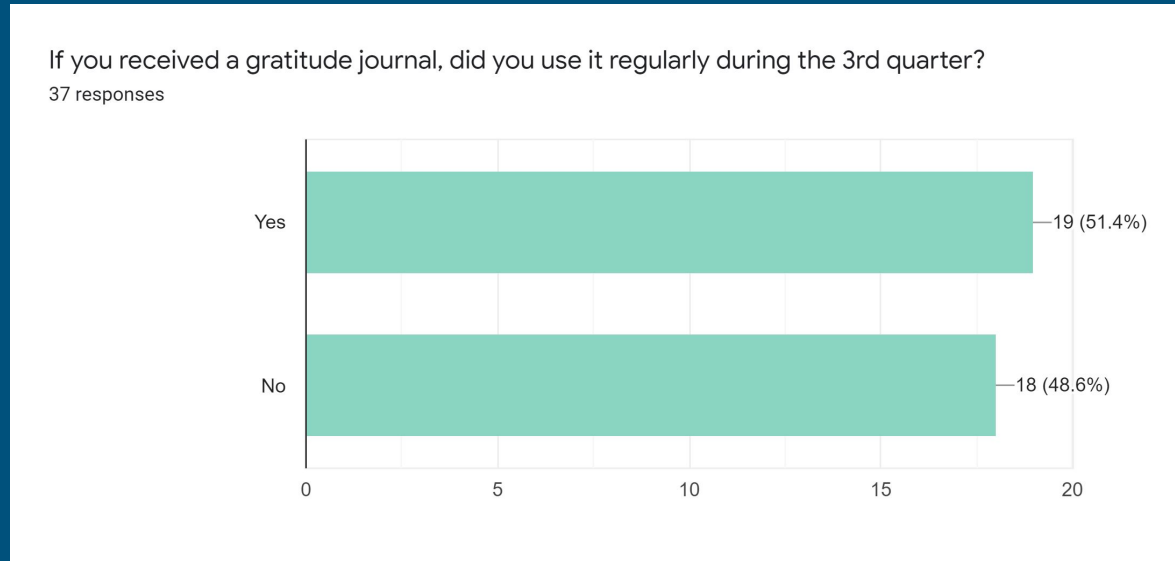


# Data Collection

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Action Research Data

O'Bannon Check Up from the Neck Up Responses - Quarter 3, March 2021



# Data Collection

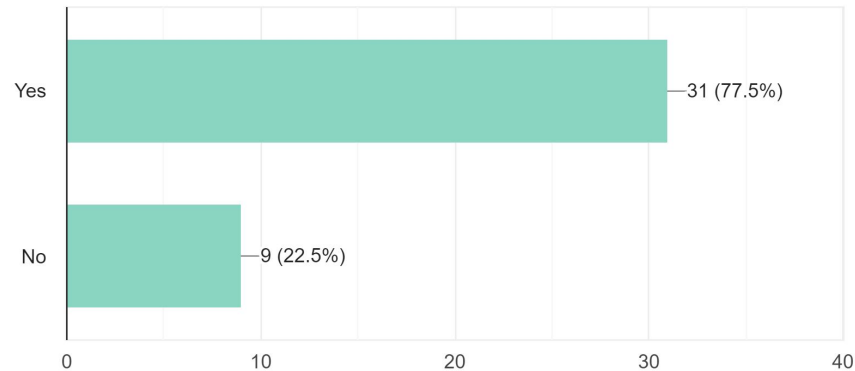
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Action Research Data

O'Bannon Check Up from the Neck Up Responses - Quarter 3, March 2021

Have you found your gratitude journal beneficial to your health and overall wellbeing?

40 responses



# Data Links

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[Lenzo Inquiry Brief Data Year 1](#)

[Goal Resources](#)

[Midweek Motivation](#)

[Wednesday Wellness](#)

# My Discoveries

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## My personal improvements

- less stressed
- more time on me and my family
- exercising more
- will continue to focus on self care for myself and my building

## My teacher/staff improvements

- more staff walking and journaling
- they feel appreciated
- better communication

# Where I'm Heading Next

I will continue to make gratitude and self-care a priority at O'Bannon.

- **Friday Focus**
  - Emails focusing on Self-Care, SEL, Gratitude, Mindfulness, Cultural Diversity, etc. will be sent out on Fridays throughout the school year
- **Wednesday Wellness**
  - Commit to walking before/after school or during lunch and you can wear workout gear
- **Teacher/Staff/Family Surveys**
  - These will be sent out quarterly
- **Continue to make self-care a priority**
  - Dr. Tina Boogren is joining us at our Back to School Retreat in August
  - All Certified Staff will receive a copy of her 180 of Self-Care Book at the Retreat
  - Encourage all teachers and staff to keep a gratitude journal
  - Share more self care challenges