

# DOING IT ALL DOESN'T HAVE TO

# SWEET!

A look into what we think but never say

PRESENTED BY:  
HOLLY CHESNUT M.ED STEM

## THE Mindful Dino

Lets Make It!

Self-Care Tips

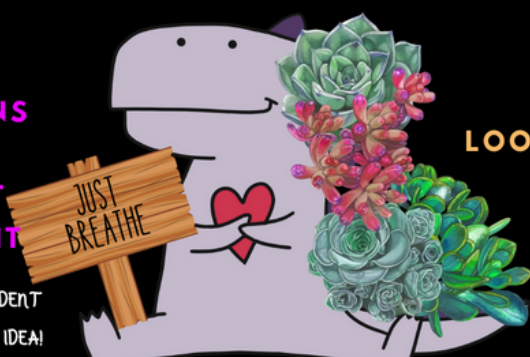
### BENEFITS

### YOUR 5 MINUTES

- INEXPENSIVE
- HANDS-ON
- MAKE CONNECTIONS
- DE-STRESS
- MINDFUL MOMENT
- RELEVANT CONTENT

- EAT A SNACK
- DRINK WATER
- GO OUTSIDE
- LOOK AWAY FROM COMPUTER
- GO FOR A WALK
- JUST BREATHE
- SHIFT HAPPENS
- DEEP BREATHE

SHOUT OUT TO MONTE VISTA INDEPENDENT LEARNING SCHOOL FOR THE DINO PLANT IDEA!



## Ag Experience Success

### Pro Tip

SET GOALS BASED ON NEEDS!

FOCUS ON THE INFINITE OVER THE FINITE! AWARDS AND ACCOLADES COME AND GO, BUT WE KNOW THE LASTING IMPACT WE HAVE ON OUR STUDENTS AND THAT IS BIGGER THAN ANYTHING



## Harvest Plaza

SCAN ME!



I WANT TO OFFER YOU CONTINUED SUPPORT!  
SCAN QR FOR ACCESS TO FREEBIES IN THE HARVEST PLAZA!

- UNIT PLAN MODEL
- LATE WORK PASS
- MODEL LESSONS
- TECHNOLOGY LINKS
- INSIDE ACCESS
- & MORE!

## STAY CONNECTED

STREAMING NOW



# @ TAG US!!



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