NC DPI ECD 4/1/2020





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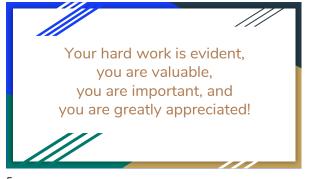
Self-Care = Critical Priority! Take this time as a chance to reset our perspective Stretch, move, take a walk, dance Engage in meaningful occupations Remember workplace ergonomics Drink water and eat healthy Take deep breaths Rest and relax Be mindful, not mind full (focus on "what is" Tarther than "what if") Give yourself grace Enjoy the little moments Get outside, plus little moments Get outside, plus Laugh with friends, family, colleagues, students, and families Self-Care Resources 7. Tymes of self-care Plan Persources 9. Five Steps to Mindfulness Persources 9. Five Steps to Mindfulness Self-Care Plan Self



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The Big Picture...

Virtual related services should be educationally relevant and support appropriate and reasonable educational/instructional efforts

Adhere to discipline specific professional standards of practice & ethical guidelines

Comply with LEA, district, state and federal regulation, policy and directives

Problem-solve and collaborate within your LEA/district

Be thoughtful and deliberate; employ your best clinical reasoning

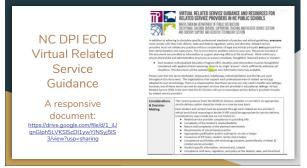
o Do the 'MOST GOOD'

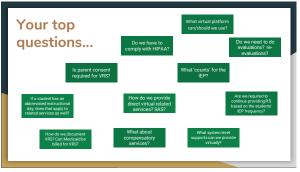
Each student, Individualized Education Program (IEP), situation and intervention must be thoughtfully considered

No single 'answer' can address all situations

Act in the best interest of the student(s)

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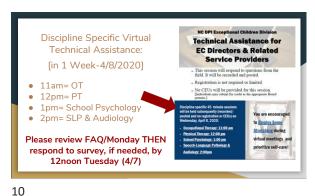


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VRS TA webinar 2

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VRS TA webinar 3