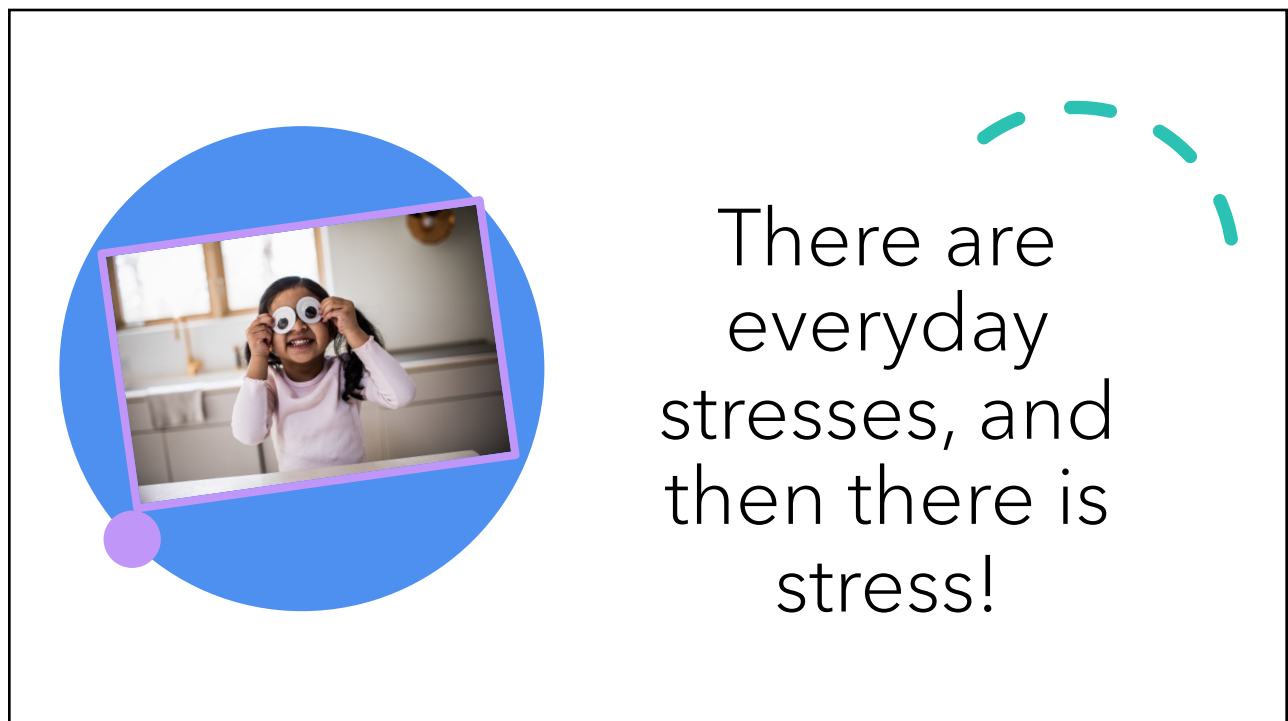
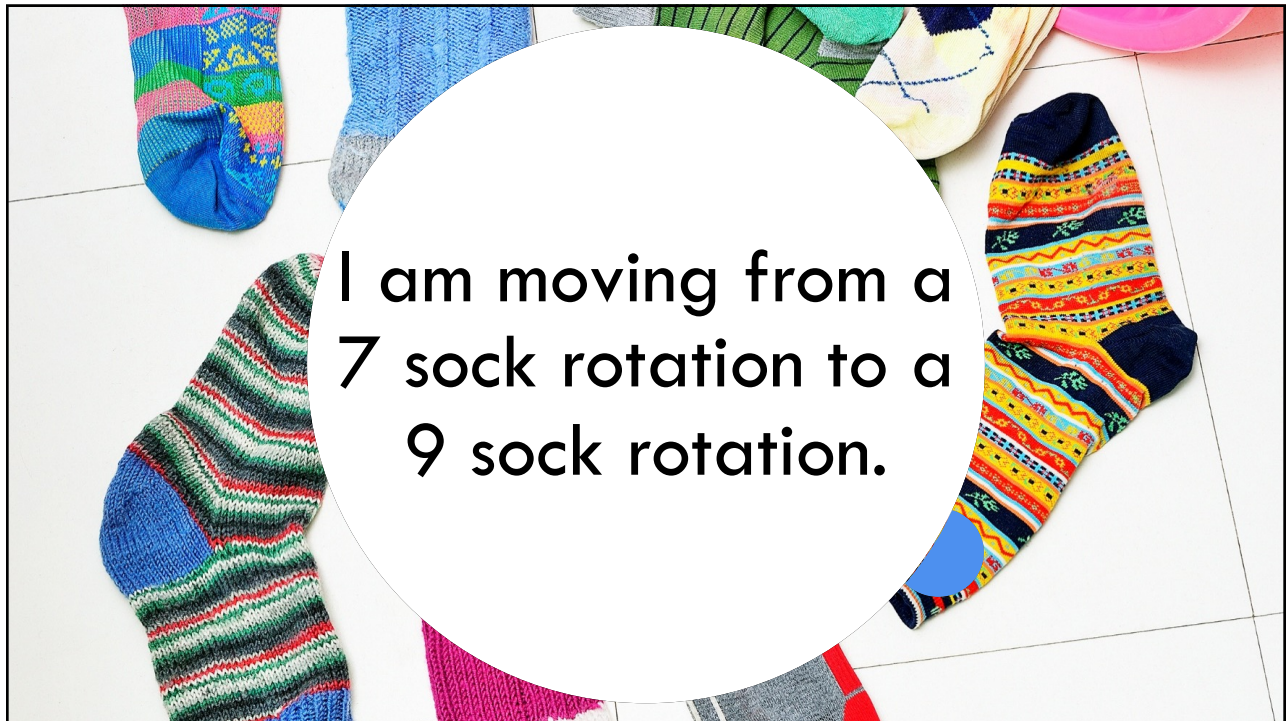




1



2



3



4



5



6

That friend that  
just knows a bit  
more than you  
do...



7

What did I just hit?



8



Doing things with  
others can feel  
complicated.



9



## The Laughing Oath

I do solemnly swear from this day forward to grease my giggling gears each day and to wear a grin on my face for no reason at all! I promise to tap my funny bone often, with children, family, friends, colleagues, and clients, and to laugh at least fifteen times per day. I believe that frequent belly laughter cures terminal tightness, cerebral stiffness, and hardening of the attitudes, and that HA HA often leads to AHA!


10

Um, what?



11

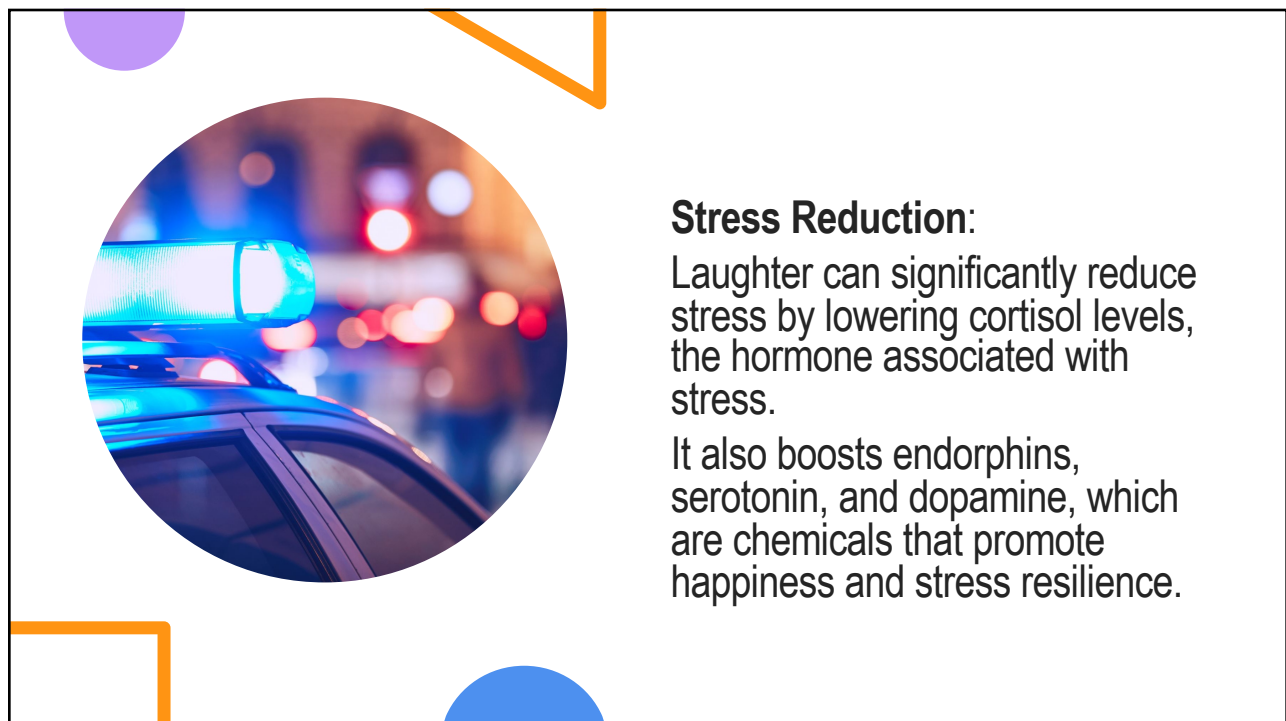
They just can't let go of a topic.



12



13



14



### **Mental Health:**

Regular laughter increases activity in the left frontal region of the brain, which is associated with healthy cognitive function.

It can also help regulate neurotransmitter levels in the brain, much like antidepressants do.

15



### **Physical Health:**

Laughter enhances oxygen intake, stimulates the heart, lungs, and muscles, and increases the release of endorphins by the brain.

It also improves vascular blood flow, benefiting heart health.

16





### Social Bonds:

Evolutionarily, laughter has played a crucial role in creating social bonds that enhance individual and group survival. It strengthens friendships, enhances teamwork, and reduces conflict.

17

**Longevity:** A study in Norway found that individuals with a strong sense of humor lived longer than those who didn't laugh as much.

**Never stop looking for the humor in situations.**

**Why is everyone at the station why I am stationary**

**I'm going downhill dude, mind your own business.**

18



**Stress can have real implications.**

19



### **Recognize the struggle.**

Teaching, particularly teaching young children, is demanding in physical, emotional, and intellectual ways that are often overlooked and inadequately supported.

Early childhood educators must be prepared to respond, often independently, to numerous different scenarios throughout the day, and the resulting fatigue can lead to burnout.

20

**When I'm feeling down & someone says 'Suck It Up' I get the urge to break their legs and say 'Walk It Off'.**

## **Recognize when other early childhood educators are at their breaking point.**

Many of the symptoms of burnout or unhealthy stress may not be immediately apparent to others, but signs such as fatigue, difficulty concentrating or attending to tasks, edginess, irritability, sadness, detachment, and isolation could indicate that a teacher is struggling.

Frequent, unexplained, or illness-related absences can be a definite sign that something is amiss.

Disengagement from the teaching community or in the classroom can also be a sign that it's time to check-in.

21




## **Find Community. NOW.**

Social networks and relationships play a crucial role in preventing or addressing stress.

Teachers who have access to a community of support have a go-to system for affirmation, reflection, and solidarity.

They have someone or a group of people they can talk to after a stressful day, and in talking, they might get ideas about how to respond next time or simply some positive acknowledgment that things will be okay.

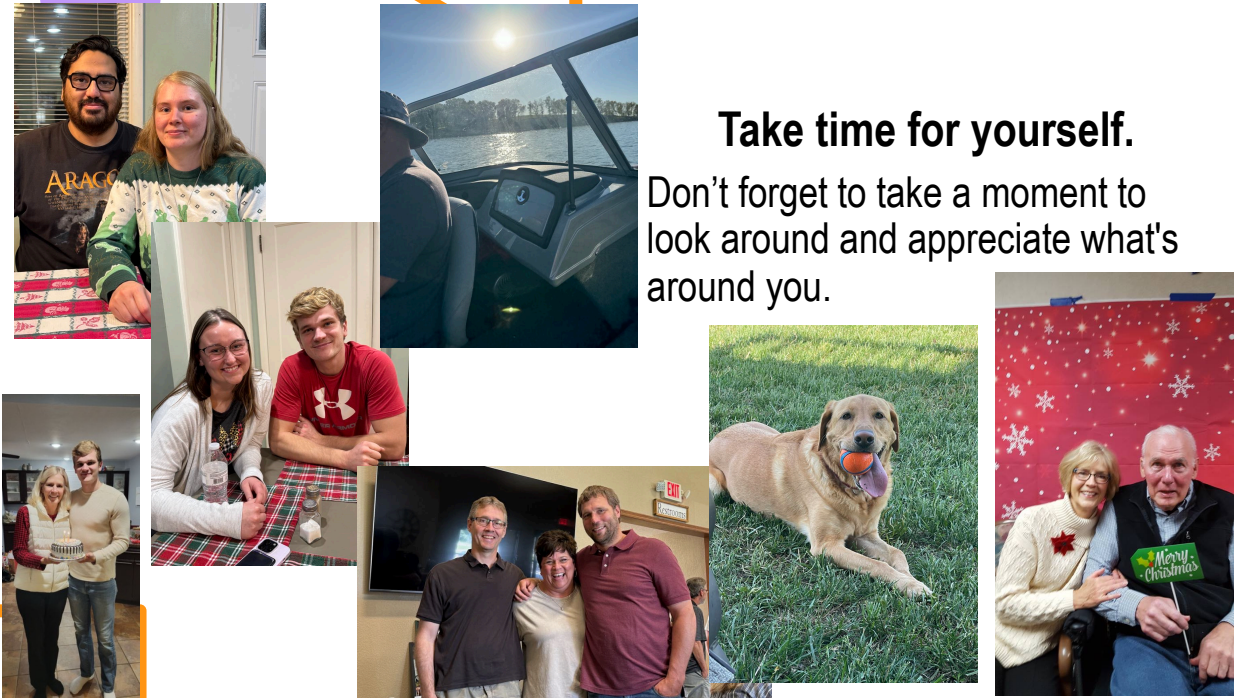
22



**Take time for yourself.**

It's essential to establish a daily self-care practice or habits that bring calmness between inevitably stressful moments.

23



**Take time for yourself.**

Don't forget to take a moment to look around and appreciate what's around you.

24

Be sure to take  
the time to see  
other people's  
perspectives.



25

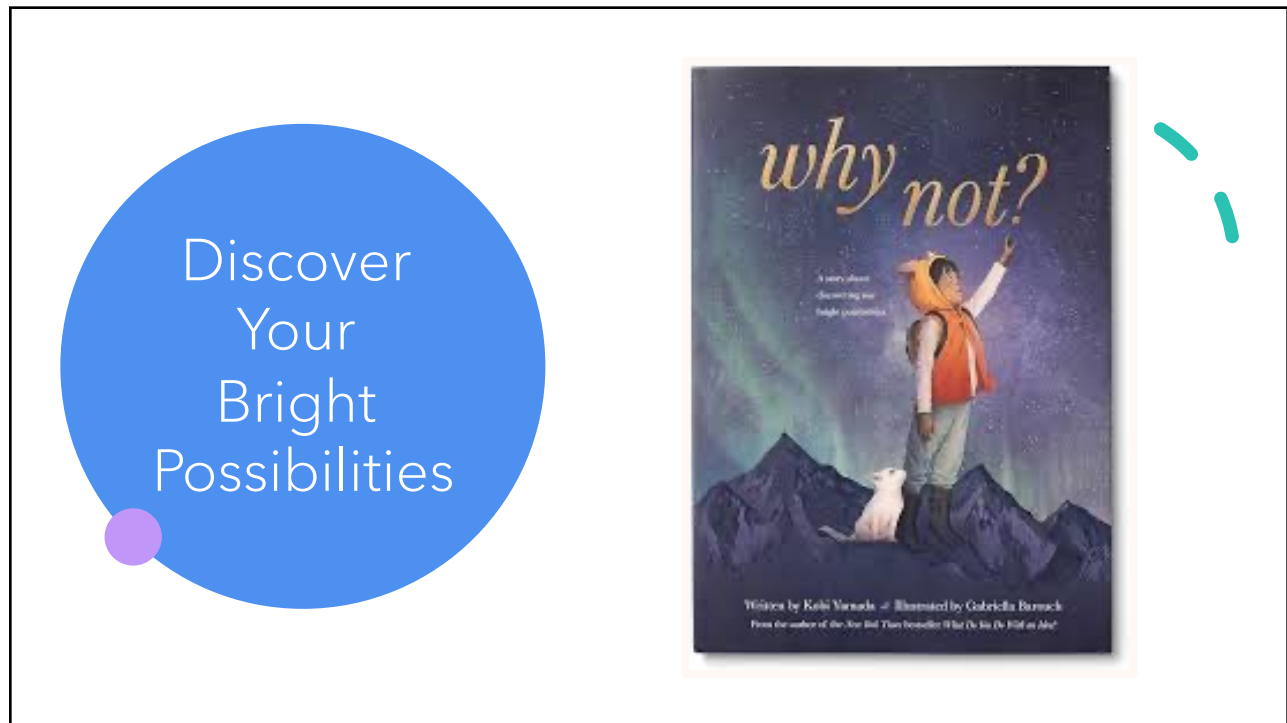


“ I’ve come to a frightening conclusion that I am the decisive element in the classroom. It’s my personal approach that creates the climate. It’s my daily mood that makes the weather. As a teacher, I possess a tremendous power to make a child’s life miserable or joyous. I can be a tool of torture or an instrument of inspiration. I can humiliate or humor, hurt or heal. In all situations, it is my response that decides whether a crisis will be escalated or de-escalated and a child humanized or de-humanized.”

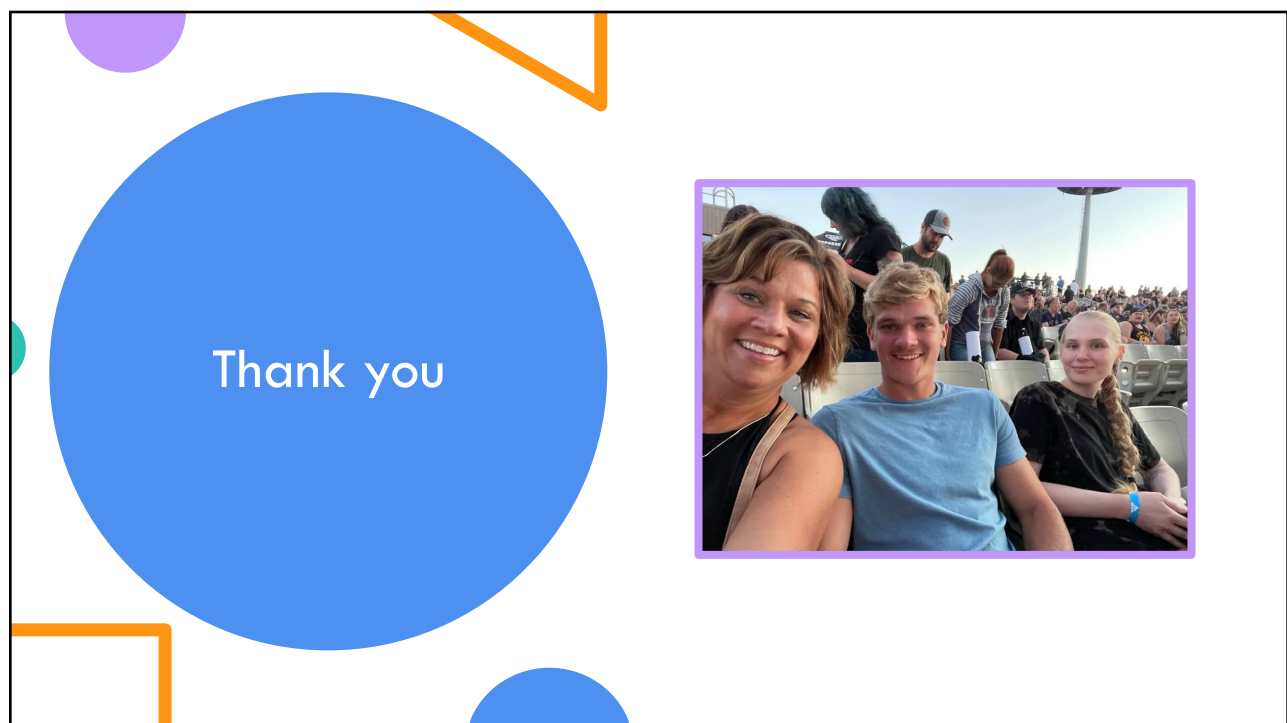
Haim Ginott

26





27



28