

Education Self-Care Grid during COVID-19

Maslow's Hierarchy of Needs	Challenges & Opportunities	Students	Families	Educators	Tips and Mindsets for Staying Healthy
Self-Actualization (desire to become the most one can be)	Challenges	Learning how to learn more independently than before and to do is successfully	Can I do it all by being a good parent, spouse and "teacher" while keeping family safe and healthy at the same time?	Distance instruction and other school functions are uncomfortable, ambiguous, and daunting	Utilize strengths, new learnings, and skills to contribute to a greater purpose
	Opportunities	Developing agency through student empowerment! Finding confidence to persevere through difficulties	Ensuring my needs and those of the family's are addressed successfully, despite hardships	Developing strength, self-growth and healthy mindsets can shine through, despite difficult times	
Esteem (respect, self-esteem, status, recognition, strength, freedom)	Challenges	I can't demonstrate what I know and can do like I used to (plays, performances, academics)	I'm a parent, not a teacher. It's challenging as a parent to help my child in ways s/he needs academically/socially	Confidence as a teacher is impacted while I navigate new ways of delivering instruction	Be kind to yourself, don't expect perfection, see as an opportunity to be creative and grow through challenges
	Opportunities	Finding other ways of tapping into my talents, improving, and demonstrating my skills	Finding creative ways to make things unique and special for my family, despite hardships. Celebrating success!	Improving creativity, energy, collaboration and the development of new teaching skills	
Love and Belonging (friendship, intimacy, connection)	Challenges	Boredom/loneliness can result from not seeing teachers, peers or participating in activities	Balancing changes in routine normalcy can strain and stress family relationships	Not seeing students, colleagues, and friends can create feelings of loneliness/isolation	Find creative ways to connect (virtual jogging club, virtual get togethers, etc.), connect with those who are physically present, express gratitude toward others
	Opportunities	Finding new and creative ways to connect with others	Spending more quality time together as a family, engaging in novel ways	Discovering creative ways of connecting with students and creating communities of learners	
Safety (physical and emotional)	Challenges	When routines are disrupted, students might feel sad, confused, worried, or anxious	Fear of income or health changes may result in increased agitation, impatience, or anxiety	A disruption of typical school plans and responsibilities lead to uncertainty or anxiety	Prioritize needs, focus on what you can control, set a routine, take on issues one day at a time
	Opportunities	Learning coping strategies and stress management	Modeling strength and problem-solving skills within the family	Using opportunities for learning about self and the importance of perseverance despite obstacles	
Physiological Needs (air, water, food, shelter, sleep, clothing)	Challenges	Basic needs potentially compromised	Unexpected loss of a job resulting in fears of not providing family's basic needs, such as food, utilities, etc.	The challenge of balancing one's own basic needs while keeping in mind the needs of my students	Seek help and resources, take care of yourself in order to care for others
	Opportunities	Establishing trust in adults to ensure basic needs are met	Understanding where to get help when needed, including district and community resources	Assuring healthy lifestyle, like proper rest and diet, in order to give back to the community (volunteerism)	