



Ready to Learn Webinar:

Evidence-based approaches
that work in your classroom

April 28 from 12-1 PM

Telehealth ROCKS
Rural Outreach for the Children of Kansas

Ready to Learn Webinar

April 28, 2022

Resource Links

- 15 second check in: <https://insighttimer.com/blog/daily-mindful-check-in/>
- Make a list: <https://www.youtube.com/watch?v=fjjKuoeyP5A>
- Meal Planning: <https://www.myplate.gov/myplate-plan>
- There's More to Flourishing Than Individual Tips:
[https://greatergood.berkeley.edu/article/item/theres more to flourishing than individual tips?utm_source=Greater+Good+Science+Center&utm_campaign=ad8efa3b9d-EMAIL_CAMPAIGN_GG_Newsletter_April_21_2022&utm_medium=email&utm_term=0_5ae73e326e-ad8efa3b9d-74777108](https://greatergood.berkeley.edu/article/item/theres-more-to-flourishing-than-individual-tips?utm_source=Greater+Good+Science+Center&utm_campaign=ad8efa3b9d-EMAIL_CAMPAIGN_GG_Newsletter_April_21_2022&utm_medium=email&utm_term=0_5ae73e326e-ad8efa3b9d-74777108)
- Calm, Clear, and Kind: What Students Want From Their Teachers:
[https://greatergood.berkeley.edu/article/item/calm clear and kind what students want from their teachers?utm_source=Greater+Good+Science+Center&utm_campaign=ad8efa3b9d-EMAIL_CAMPAIGN_GG_Newsletter_April_21_2022&utm_medium=email&utm_term=0_5ae73e326e-ad8efa3b9d-74777108](https://greatergood.berkeley.edu/article/item/calm-clear-and-kind-what-students-want-from-their-teachers?utm_source=Greater+Good+Science+Center&utm_campaign=ad8efa3b9d-EMAIL_CAMPAIGN_GG_Newsletter_April_21_2022&utm_medium=email&utm_term=0_5ae73e326e-ad8efa3b9d-74777108)
- Pause-Reset-Nourish to Promote Well-Being: <https://www.nctsn.org/resources/prn-to-promote-wellbeing-as-needed-to-care-for-your-wellness>
- UCLA Mindful App: <https://www.uclahealth.org/marc/ucla-mindful-app>