

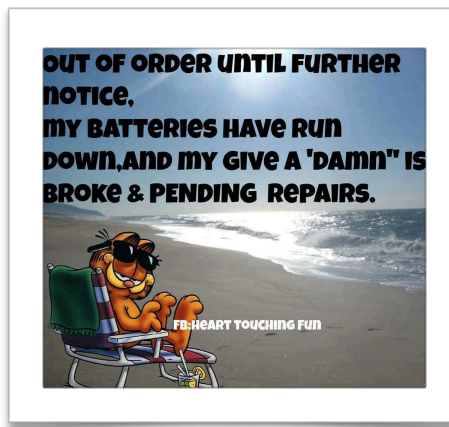


## Topic: And the Countdown Begins

After all it is 4 weeks until spring break.

Funny, I was in a meeting this past week and someone started rattling off all these statements, "I can't do one more thing! I've had it! No, my plate is too full! Don't you know it's March 1st, only 4 more weeks until spring break."

She was joking but it made me think....the countdown for our next break has begun.



The cartoon may or may not apply to you right now but to some it is a real thing. The students start to act up with anticipation of the break (the students who have rough/unstable home lives start to act up about 4 weeks before the break).

How can we preserve our batteries?

Give to yourself-Think of something you like to do that charges your battery, then mark on your calendar every Wednesday until break a reminder to do it. Kinda like a date night with yourself.

Right Brain Days-The students start to fade and their brains can't retain "new information" as easily. Try incorporating reviewing things they have already learned in a different way by using more projects, hands on learning, creating.

Exercise-Make sure you are exercising on a regular basis. Bring your tennis shoes to work and walk around the building before going home. This will create a separation from work to home thus creating a more relaxing evening.

Our last idea is to Stay Away from the Battery Zapping People-You know who they are, The Negative Nellys. They pull people into their negativity and soon you are feeling, "out of order until further notice...."just like Garfield in this cartoon.