



Week 17: 3/9 - 3/13

This Weeks Feature:

★ **Teacher Relaxation (Enjoy Spring Break)** ★

This is your time to recharge and get mentally ready for the big STAAR and EOC review push. I hope you find some of the following tips useful and truly take this time for you!

Here is a list of 21 things every teacher should do while on spring break:

1. Read a (whole) book.

You spend a lot of time encouraging your students to read, so now it's time to take your own advice. Start at the library, in the grown-up section, and browse for an hour to find something that really grabs you.

2. Plan nothing.

Imagine a day when you not only have no set plans or commitments, you also have no expectations. True, this is not the path to world domination, but it sure does feel nice every once in a while.

3. Sleep (or at least stay in bed) until noon.

Nineteen-year-olds are naturals at this, but you might have to put in some effort. If you do wake up earlier than you want, just grab a book and snuggle deeper into your pillow.

4. Buy something for your *other* rooms.

You're always buying stuff for your classroom (you're welcome, school district!), so challenge yourself to buy something for a room in your own house today. It doesn't even have to be educational or uplifting. It could just be gorgeous.

5. Bake a three-layer lemon cake.

Or, you know, bran muffins. Anything you and your friends or family will gobble up. An afternoon of baking is always good for the soul.

6. Road trip!

Pile your kids in the car or grab a friend, and then hit the road, Jack. You don't have to know where you're headed, because sometimes the thrill is in the unexpected.

7. Ask a non-school BFF on a date.

Really good friends keep us happy, grounded and sane. Reach out to one of yours and catch up over coffee or lunch.

21 Things a Teacher Should Do While on Spring Break Continued:

8. Scatter rose petals, blast heavy metal, dance in the streets or write your congress-woman.

Whether it's little or big, do something out of the ordinary, something that surprises the people around you.

9. Pretend it's the 18th Century. (Or even just 1980.)

We're all guilty of getting attached to social media and our phones. Turn off your access for the afternoon and focus on making, talking, singing, walking, whatever. Separating yourself from screens will really make you appreciate the world in a different way.

10. Field trip ... [in your own town!](#)

When's the last time you toured the local train museum or visited the courthouse? Make it a point to go to at least one interesting public place while you're on break.

11. Project runway.

Clothes make the man/woman, haven't you heard? [Go shopping already.](#) Bonus points if you can put together an outfit that works both for school and for a night out.

12. Shop for the [ultimate comfort shoe.](#)

It's not going to be easy, but it's a challenge worth taking. Grab your teacher BFF and hit the shoe store to find a shoe that is both comfortable and cute. We believe in you. It can be done!

13. Don't scream, eat ice cream.

Find one of those old-fashioned, hand-dipped ice cream parlors and treat yourself. It's like a vacation in a cone.

14. Go rustic.

Pack a picnic and take a long hike. Nature relaxes the soul and brightens the spirit. Bonus points: Bring a sketchbook and pencil to draw some of the birds or trees you encounter. Later in the semester, pulling out that sketchbook and looking at your drawings and notes will relax/delight you all over again.

15. Catch up on life.

We all have those things on our list that we just never seem to get to—putting together that photo book from last year's vacation or emailing your friends from college. Knock out a couple of items on your eternal to-do list, and then get back to relaxing.

16. Start planning (and fantasizing about) summer vacation.

We are of the belief that you should always be planning your next vacation. So while on this mini-break, start looking ahead to summer.

17. Throw a fake dinner party.

You definitely deserve a night off from planning and cooking dinner. Order take-out, serve it on the good china, and never let them see you sweat. ("My fried dumplings are quite tasty, aren't they?")

21 Things a Teacher Should Do While on Spring Break Continued:

18. Go for a massage.

You won't find a better way to relax than a 60-minute massage. Heck you might want to splurge and go for a full 90 minutes! Either way, this should be high on your priority list of things to "accomplish" during spring break.

19. Call your great-uncle Henry and your baby sister.

We all have family or friends who don't live close by, yet they are really important in our lives. Take time to call one or two of those people during your week off.

20. Organize yourself mentally.

The hustle and bustle of life can take over so easy, making it confusing about what's really important. Take some time to hit the reset button and get back to the things that really matter.

21. Be like a tree sloth.

During the work week, it feels like it's always go-go-go! So now is the time to slow way down, all the better to appreciate the little things, the big picture and your life.

All of this wonderful information on how to relax and recharge can be found at the following website:

<https://www.weareteachers.com/21-things-every-teacher-should-do-while-on-spring-break/>

Enjoy Your Break!!!