



Meet. Share. Spark Innovation.

Dear Colleagues,

We offer the following resources to spark conversation and innovation in 15 minutes or less. These “sparks” can be used as food for thought or to encourage conversations among peers.

December's Topic: Mindfulness, Gratitude & Self-Care

During this busy time of the school year, don't forget to take care of and be good to yourself. Remember to say thank you, practice gratitude and take time to recharge.

Videos:



Clip #1: [What Oprah Knows About Gratitude](#)

(2:47 minutes)



Clip #2: [Remembering to Say Thank You](#)

(2:25 minutes)



Clip #3: [Teachers: How to Practice Mindfulness](#)

(4:00 minutes)



Clip #4: [Teachers: Increasing Awareness of Daily Tasks](#)

(3:17 minutes)



Clip #5: [How to Stay Patient in Three Easy Steps](#)

(2:55 minutes)

Articles:

- [8 Mindfulness Tips During the Holidays](#), *Psychology Today*
- [Guide to enjoying the holidays from Mindful](#)

We hope these resources provide sparks for conversation.

Regards,

The ISACS Professional Services Committee & the ISACS Professional Development Team

PAST SPARKS

Please visit www.isacs.org/ISACSSpark to view all previous ISACS Sparks.

This email has been sent to heads of school, division heads, assistant/associate heads, deans of faculty, deans of studies, directors of professional development, and ISACS teacher representatives.