



## Relax Teachers and Enjoy Your Spring Break

By Educator Barnes – March 24, 2019

Most school districts in Indiana are on spring break this week. Some school districts, like the one my sons attend, are out for one week, and other school districts, like the one I work for, are on spring break for two weeks. Unfortunately, many educators do not use this as a chance to rejuvenate and reset. Teaching is a taxing profession, and teachers need to take care of themselves. Check out some ways to enjoy your spring break.

**Go somewhere.**

This may sound obvious, but it does not have to be extreme. When I was a child, my family never left Indianapolis to go on a trip for spring break, but we still got out of the house. Maybe you can't go soak up the sun in Florida, but you can get out around in your city or another city close by in your state.

### **Pamper yourself.**

Self-care is super important. We all have different ways of pampering ourselves. That could be scheduling a massage, making an appointment at a salon, or shopping for new clothes. The school year is 75% over, and teachers deserve to pamper themselves to make it to the finish line.

### **Spend quality time with family.**

Our families have to share us with our schools. As much as we try to leave work at school, sometimes it is not possible. Instead of listening to our children's day, we are revising lesson plans or grading. School breaks are a good time to reconnect with our families to let them know we appreciate them and love them.

### **Try a new activity.**

Being a teacher can become predictable. Our lives are so scheduled. We need some spontaneity. We need to try something new. We all know it is hard for teachers to stop working when the school day ends, so that leaves little time for other activities especially new ones. Spring break is a good time to discover something new.

### **Stay at home.**

This point may seem like it conflicts with my first point, but hear me out. Many teachers are driving to work before the sun rises. We get up early every day. At least one day should be a day of lounging around at home doing absolutely nothing except lifting the remote and snacks to your mouth.

Teachers, what would you add to this list?

