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What's the Word, Big Bird?

Self-care for Well-being

Throughout your daily life, and especially during times of adversity and stress, taking small moments to practice self-care can improve your health and happiness. When you're at your best, you're better able to support the children in your care. Modeling self-care — like focusing on the positives and practicing healthy habits — can help children learn to manage tough times, too. This month, [Sesame Street in Communities \(SSIC\)](#) is sharing resources about the importance of caring for ourselves in ways that support the emotional well-being of children, families, and Head Start staff.

Featured Resources

Explore SSIC resources related to this month's topic, practicing habits for self-care.

[Meal Planning](#)

Eating healthy can be simple and fun, especially if you have a good plan. Watch this video as Elmo and Rosita learn all about meal planning!



[Daily Movement](#)

Getting even just a little bit of exercise can go a long way for your health and happiness ³/₄ and making it an activity with children is a great way to bring everyone together.

[What Went Well?](#)

Taking care of ourselves is an important first step in caring for others. Focusing on what goes well

each day can help us feel relaxed and grounded. Watch this video with children to remind them that even tough days might have a few bright spots!

What's New

Check out the latest resource from SSIC to support children and families in your program.

[Welcoming Others](#)

Join us for a new interactive course on practical, strength-based ways that staff and other caring community members can help support children and families affected by conflict, crisis, or other traumas.

[Register for an SSIC account](#) to save your favorite resources, complete activities, and participate in free professional development offerings, such as webinars, trainings, and courses. SSIC is a partner in the Office of Head Start's National Center on Health, Behavioral Health, and Safety. The Sesame Workshop [privacy policy](#) applies, as SSIC is not an HHS system.

Stay Connected!

Join [MyPeers](#) to connect with Head Start and early childhood colleagues around the country on this and other topics. Members of the **Health, Safety, and Wellness** community are currently networking, sharing, and learning from each other. Find it under "All Communities" and select the blue "Join" button.

Please share this message with colleagues who may be interested in this topic.

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We Want to Hear from You!

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