



DIGESTIBLES FOR DISTANCE LEARNING

Small Ideas for a Big Job!

Digestible #19

Friday Feelings....

It's Friday. We hear over and over, "This is exhausting; I'm working harder than ever before." And we agree, we're all forging into the unknown. In doing so, we can remember those who went before us and also remember that we have chosen to carry forward this work. **Today our tips are for nurturing ourselves.** One tip is for self-care, one for fun, one for reflection, now that our week is done.

Alecia at AIMS



Tips to Avoid Burnout

"The risk is substantial. **The lines between work and non-work are blurring in new and unusual ways, and many employees who are working remotely for the first time are likely to struggle to preserve healthy boundaries between their professional and personal lives.** To signal their loyalty, devotion, and productivity, they may feel they have to work all the time. Afternoons will blend with evenings; weekdays will blend with weekends; and little sense of time off will remain. It's possible that some employees may be asked to continue working remotely for several months." Read the linked article for three tips from the *Harvard Business Review* to avoid the pitfalls.

[Learn More](#)

Create Indoor Optical Illusions



Yesterday, we posted about the [Getty Museum's challenge](#) to recreate great works of art with household items. Today we're sharing about another community-building challenge popularized on the interwebs through the hashtag **#OurGreatIndoors**. This time, the goal is to **create realistic landscape scenes with figurines** like Lego minifigures or similar. The results are stunning. Can your students and staff recreate an element of your campus, for example? Check out some more epic posts below.

[Learn More](#)

Gratitude To Old Teachers:

When we stride or stroll across the frozen lake,
We place our feet where they have never been.
We walk upon the unwalked. But we are uneasy.
Who is down there but our old teachers?
Water that once could take no human weight -
We were students then - holds up our feet,
And goes on ahead of us for a mile.
Beneath us the teachers, and around us the stillness.

It's National Poetry Month. This one is for you. If you feel like this [Robert Bly poem](#) captures a moment for you, you can check out a poem for every day of the year on the [Poetry Foundation's Web site](#).