

## Union Pulse

Colorado Springs Education Association  
April 14, 2020

### Managing Work Load And Time

Teaching remotely is new to all of us, and we are all learning and developing it together. Teachers' experiences are an authoritative, primary resource. What you do and how you approach this challenge is unique to you, and we must all do what works best for us.

Here are some tips that you might find useful:

- Establish your own expectations for yourself.
- Define the period and boundaries of your workday and set a schedule for yourself. This should include a ritual for both beginning and ending your work, so that you have bookended the time you are working apart from your personal life.
- Define the parameters and period around responding to emails, etc. You do not need to return every email in real time.
- You do not have to ask for permission to not work 24/7. Keep your sanity. Remember, do the best you can and know that it will be good enough.

Here are some resources on working from that you might find helpful:

This [article](#) talks about establishing boundaries while working from home.

This [article](#) talks about defining your workspace and building transitions into your workday.

This [article](#) talks about taking breaks and asking for what you need.

### AR Elections

On Monday members received an email about nominating themselves to serve as an Association Representative. Please note that anyone (even current ARs) interested in serving as an AR next year should please let us know by April 27 at 5:00 p.m. by sending an email to [CSEA](#).

### Teaching And Academic Resources

[Mystery Science](#) is offering free lesson plans for kindergarten through fifth grade with no login or account needed.

### For Your Pleasure And Health

[Indian Police Force Tourists Violating Lockdown To Write 'I Am Very Sorry' 500 Times Emotional Well-Being And Coping During COVID-19](#)

### Caring For Each Other

**Elmo's Playdate**, with Anne Hathaway, Lin-Manuel Miranda and the entire Sesame Street gang will be shown tonight (on HBO, TNT, TBS, Cartoon Network, Boomerang, TruTV and PBSKids. [Here's](#) a preview of the fun and games. It is being aired at 7 p..m. EST. Check your TV guide for local viewing time.

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