

# Union Pulse

Colorado Springs Education Association  
May 7, 2020

## Teacher Appreciation Week

**You deliver every day!** CSEA President Joe Schott expresses his appreciation for you [here](#).

“Shout out to all of the amazing teachers doing everything they can to continue teaching during the quarantine. **You are heroes.**” (Ellen DeGeneres) Read what other [celebrities have to say](#) about the amazing superheroes you are!

When schools abruptly closed due to Covid-19, teachers figured out how to make remote learning work. This week, as the nation expresses its gratitude, Edutopia recaps the emotional journey in [“A Teacher Appreciation Week For The Ages.”](#)

## Teaching And Academic Resources

*Not So Wimpy Teacher* has ideas for [interactive games and activities](#) for distance learning. There are tips on how you can play charades, Simon Says, Dance and Freeze and other games with your students online.

## Lesson in Gratitude

During the height of the Potato Famine in Ireland, the Choctaw Nation sent the \$170, which is equivalent to \$5,000 in today’s dollars to help the Irish people. Now, the Irish are joining with others and [giving generously](#) to help the Navajo and Hopi Nations that have been devastated by the pandemic.

## For Your Pleasure And Health

Uncertainty about the future and disinformation can lead us to increased anxiety. [PBS](#) has an interesting article on four ways to take care of your mental health during the coronavirus pandemic.

It’s hard enough to read the tongue-twisting *Fox in Sox*, let alone rap it! That’s exactly what Wes Tank does [here](#) over Dr. Dre’s beat. It will bring a smile to your face.

[www.cseateacher.org](http://www.cseateacher.org)  
[csea@coloradoea.org](mailto:csea@coloradoea.org)



This correspondence is intended for members of CSEA, ESPA, CEA, and their families. It is not intended for public distribution.