

NATIONAL BOARD

for Professional Teaching Standards®

**February 18, 2021 WEBINAR FOLLOW-UP MATERIAL:
Self Care: Take a Breath for Success**

[Replay](#)

[Slides](#)

[Certificate of Attendance](#)

Webinar Resources:

- [“Body Scan,” a Calm Classroom technique \(Elementary and Middle\)](#)
- [“Feeling the Breath” \(High School\)](#)
- [“Sitting Peacefully” \(Kindergarten\)](#)

Other Resources:

- [Teachers Helping Teachers resources](#)
- [Component Specific Deep Dive webinars](#)
- [**Learn more about pursuing National Board certification.**](#)