

# Sanctuaries

NAAE Virtual Book Club 2021



## June

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
~~~~~READ i – iv: Why Is Self-Care Important for Teachers? ~~~~~				
7 *Have your copy of the book by this date* Assignment #1	8	9 Assignment #2	10	11
~~~~~READ "Sanctuaries," p. 1 – 22 ~~~~~				
14 Assignment #3	15	16 Assignment #4	17	18
~~~~~READ "Mindfulness and Meditation," p. 27 – 58 ~~~~~				
21 Assignment #5	22	23 Assignment #6	24	25
~~~~~READ "The Five S's," p. 63 – 86 ~~~~~				
28 Assignment #7	29	30 Assignment #8		
~~~~~READ "Self-Care," p. 89 - 128 ~~~~~				

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## July

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
~~~~~READ "Self-Care," p. 89 - 128 ~~~~~				
5 Assignment #9	6	7 Assignment #10	8	9
~~~~~READ "Self-Care," p. 129 - 148 ~~~~~				
12 Assignment #11	13	14 Assignment #12	15	16
~~~~~READ "Self-Care," p. 149 - 159 ~~~~~				
19 Assignment #13	20	21 Assignment #14	22	23
~~~~~READ "Resilience - End," p. 161 - 169 ~~~~~				

\* The final week of July (26th - 30th) is a catch-up week \*

This book club is self-paced, though it is suggested you keep up with the calendar as much as possible to get the full experience in real time and to finish in the two months allotted to receive your professional development credit. You do NOT have to slow your reading pace to match this calendar, or necessarily finish every page suggested each week; feel free to read at the pace you feel comfortable with.