



Primary PROJECT

From the Playroom



Mid-Year Activities for Primary Project Teams

Hooray for being halfway through the school year! Mid-year can be a busy time for Primary Project programs. It's at this point in the school year that teams typically... [Read the blog](#)

Moving from Compassion Fatigue to Resilience

Regardless of your role at your school, it is likely that you chose the profession you did because of a desire to help support young children. Being in education – whether you are a teacher, school-based mental health professional, paraprofessional, or administrator – working with young learners at the elementary level can be both physically and mentally exhausting. [Read the blog](#)

Empathy is a finite resource.
You can run out.
As a normal, psychological response, you cannot give of yourself again and again and again without replenishing.

Emmett Fitzgerald,
Contemplative-Based Resilience Project

Children's Institute Welcomes Lindsay Dryden

We are thrilled that Lindsay Dryden has joined our Primary Project team! Over the last few months, Lindsay has been lending support and managing many Primary Project functions including application for funding, research, training, national certification, and consultation efforts. Read on to learn what Lindsay is passionate about and some fun facts about her. [Read the blog](#)

