

## TEACHER SELF-CARE CONNECTION

*This is all about connection through care.*

Find a colleague who has completed a one of the self-care activities below and have them initial that square. Take a moment to ask what that experience was like for them — what did they learn, notice, or enjoy most?

Try to have a different colleague sign each square.

|                                                        |                                                     |                                                       |                                                  |                                                   |
|--------------------------------------------------------|-----------------------------------------------------|-------------------------------------------------------|--------------------------------------------------|---------------------------------------------------|
| Took three slow breaths before responding to a student | Shared a moment of gratitude with a colleague       | Gave myself a positive affirmation in the mirror      | Took a mindful walk outside                      | Spent lunch away from my desk                     |
| Wrote down three things that went well today           | Used a positive tone with myself after a mistake    | Shared a favorite playlist or podcast with a coworker | Let myself leave a task unfinished without guilt | Started the day with intention instead of urgency |
| Complimented a student's effort rather than outcome    | Took five mindful breaths before entering a meeting | Shared a funny classroom story                        | Spent five minutes stretching or moving          | Used my planning time for rest, not work          |
| Reflected on one boundary I want to strengthen         | Shared something that brought me joy this week      | Practiced a brief gratitude meditation                | Took a short break from technology               | Allowed myself to ask for help                    |
| Ended the day by writing one positive note to myself   | Took time to organize one small space               | Checked in with how my body feels right now           | Encouraged a colleague to take a break           | Celebrated a small win—mine or someone else's     |