

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 deep breaths before starting class.	Gave another teacher a genuine compliment	Shared a self-care tip or quote with a colleague	Spoke kindly to myself when I made a mistake	Took a short walk during planning or lunch
Went to bed before 10 p.m.	Wrote in my journal for 10 minutes	Laughed with a student or colleague	Drank water instead of a soda or coffee	Identified one small thing I can release control over
Called or texted a loved one just to say hi	Did something creative just for me	Practiced saying “no” without guilt	Shared a positive classroom moment with someone	Left work on time
Didn’t check work email after hours	Packed a healthy lunch or snack	Took time to pause before responding to a stressful email	Spent five minutes in silence or meditation	Listened to music that made me feel good
Stretched between classes	Gave myself permission to rest	Updated my classroom or desk to make it more calming	Set an intention for the week	Replaced a negative thought with gratitude