TEACHER WELLBEING & TOOLS

Staffroom Break Cards

Print on card, cut out and laminate. Keep a set by the kettle.

Keep by the kettle

- Pick one card at break.
- Two minutes is enough.
- Pass one to a colleague who needs it.
- Skip any that don't suit you.

02



Breathe out for longer than you breathe in. Five times.

03



Drink a full glass of water before the tea.

04



Step outside. Look at the sky for one minute.

05



Lift your shoulders to your ears. Drop them. Three times.

06



Name three things that went OK this morning.

07



Text someone who always makes you laugh.

08



Eat your lunch sitting down, away from the laptop.

09



Tell a colleague one thing they did well.

10



Write tomorrow's top three. Then close the book.

11



Leave one job until tomorrow. On purpose.

12



Share the worst joke you know.

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Friday Reflection

About five minutes, before you go home on a Friday.

Week of _____

1 This week's win

2 My energy this week Circle one.



3 Someone who helped me

4 I'm letting go of...

5 One thing for next week

6 This weekend I will...

- ☐ Rest
- ☐ See people I like
- ☐ Do something fun
- ☐ Leave the schoolbag in the car

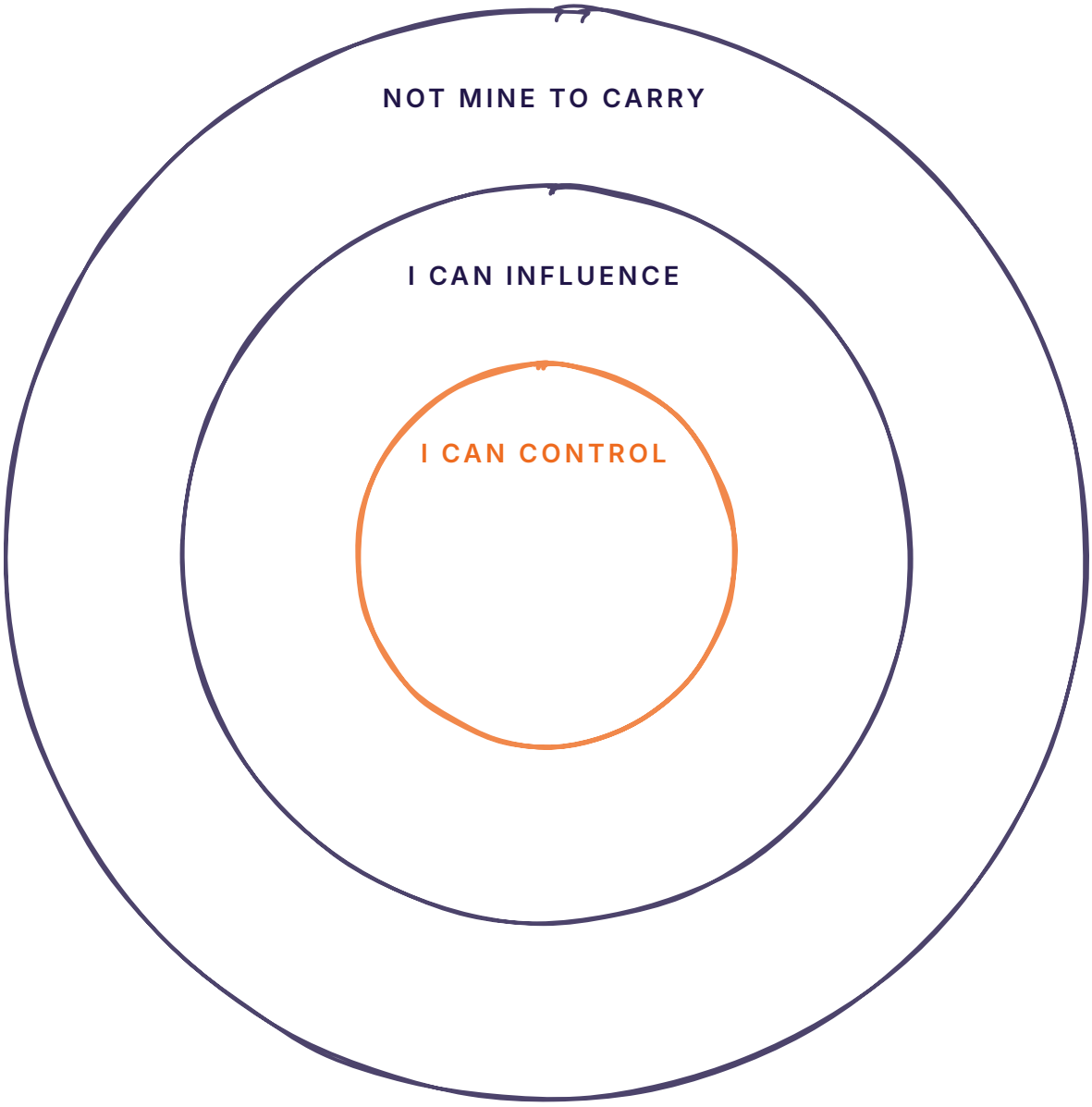


Finding things hard? Your free, confidential Employee Assistance Service is there for all school staff. **Freephone 1800 411 057.**

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Circle of Control

For a week when everything feels like your job.



I can control

- When I stop working tonight
- How I speak to myself
- What I say yes to



I can influence

- How a parent meeting goes
- The staff meeting agenda
- Class routines



Not mine to carry

- New circulars
- The weather on sports day
- Another adult's mood



Try this: Write what's on your mind in the right ring. Choose one thing you can control that might help this week.

TEACHER WELLBEING & TOOLS

Getting to Christmas

An end-of-term checklist. Tick what helps and skip the rest.

In the classroom

- [ ] Return library books
- [ ] Send home art and copies
- [ ] Clear the art press and tables
- [ ] Take down what won't last until January
- [ ] Plan a calm last day: a film, games, cards

Admin

- [ ] Cuntas míosúil up to date
- [ ] Attendance up to date
- [ ] Add to SSP notes while they're fresh
- [ ] Refresh your sub folder for January
- [ ] Write down the first job for day one back

For you

- [ ] Book one nice thing for the holidays
- [ ] Leave the laptop in school one evening
- [ ] Set an email out-of-office, if your school does
- [ ] Say thanks to one colleague
- [ ] No planning over Christmas. Rest is part of the job.

The last day

- [ ] Pack your bag the night before
- [ ] Have a wet-break plan ready
- [ ] Thank the SNA, secretary and caretaker
- [ ] Leave your desk clear for January
- [ ] Lock the press and go home on time

Over the break

- [ ] Turn off school email notifications
- [ ] See people who fill you up
- [ ] Do one thing that's just for you
- [ ] Sleep in at least once
- [ ] Give yourself permission to switch off over Christmas



A note to January me

What do you want to remember when you walk back in?