



Educator Self-Care Checklist - Quarantine Version

Self-Care During School Hours

- Write a thank you note (student, colleague, parent, family member)
- Do a yoga pose (mountain, tree, eagle) or stretch to get your blood moving
- Do a superhero pose (in the mirror if possible)
- Take a walk around the block - Don't forget social distancing
- Eat lunch virtually with a colleague (don't talk about work)
- Take a mindful minute and pay attention to your breathing
- Close your eyes and visualize one thing you are grateful for and why
- Put your earbuds in and listen to a favorite song
- Make a positive call to parents
- Share a project or idea with fellow colleague
- Share something you've been successful in recently
- Pause, take a deep breath while counting to 5, then smile
- Name 3 things that you are grateful for today
- Hydrate! Drink some H2O
- Share your best and brightest smile with someone
- _____

Self-Care Outside of School Hours

- Get enough rest. Plan for an extra 1-2 hrs of sleep during the week
- Practice mind games when you are forced to wait. Ex. Count the ceiling tiles; make mental lists of things to do; review the words of a familiar song
- Look for something beautiful around you and take note. Sit with the beauty for an extra moment or two
- Take up a new hobby and put aside a fixed amount of time for it weekly or monthly
- Plan an activity to do outdoors
- Read a book for fun
- Take a bath
- Try a new recipe
- _____

- _____

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My Goals for:

Today _____

This week _____

This month _____