



EDUCATOR'S SELF-CARE *checklist*

DAY	TASK	DONE
01	Try a new mindfulness or meditation app for 5 minutes a day.	<input type="checkbox"/>
02	Practice deep breathing exercises throughout the day.	<input type="checkbox"/>
03	Schedule at least 30 minutes of physical activity.	<input type="checkbox"/>
04	Set boundaries around work emails and notifications.	<input type="checkbox"/>
05	Write in a gratitude journal daily.	<input type="checkbox"/>
06	Get enough sleep! Aim for 7-8 hours of restful sleep per night.	<input type="checkbox"/>
07	Enjoy healthy meals and snacks.	<input type="checkbox"/>
08	Spend quality time with loved ones.	<input type="checkbox"/>
09	Create a relaxing bedtime routine.	<input type="checkbox"/>
10	Rediscover your hobbies.	<input type="checkbox"/>
11	Declutter your living space.	<input type="checkbox"/>
12	Explore your local area! Visit museums, parks, or historical sites.	<input type="checkbox"/>
13	Learn a new skill! Take a cooking class or learn a new language.	<input type="checkbox"/>
14	Spend time in nature. Walk barefoot in the grass or enjoy the air.	<input type="checkbox"/>
15	Read a book for pleasure.	<input type="checkbox"/>
16	Volunteer in your community.	<input type="checkbox"/>
17	Reflect on the successes you had last school year.	<input type="checkbox"/>
18	Listen to a podcast or inspirational talk.	<input type="checkbox"/>
19	Set some goals for the upcoming year.	<input type="checkbox"/>
20	Practice positive self-talk.	<input type="checkbox"/>