



SELF-CARE FOR TEACHERS

JOURNAL

10 DAYS TO BETTER SELF-CARE

PROJECT STELLA RESOURCES



Self-Care Pre-Assessment

Read the statements below and circle the way you feel about each one.

I feel guilty about taking time for myself.

- 1 - I always feel this way
- 2 - I sometimes feel this way
- 3 - I rarely feel this way

I don't know what to do for self-care.

- 1 - I always feel this way
- 2 - I sometimes feel this way
- 3 - I rarely feel this way

I don't have time to do anything just for myself.

- 1 - I always feel this way
- 2 - I sometimes feel this way
- 3 - I rarely feel this way

I want to pursue a hobby but I am too tired.

- 1 - I always feel this way
- 2 - I sometimes feel this way
- 3 - I rarely feel this way

Score _____

What is your goal for the next 10 days?

Self-Care Activities

5 Minute Ideas

Spend 5 minutes in the car with a favorite song before walking into the school

Hand Scrub/Mask followed by lotion

Grab an ice cream cone or an ice coffee

Take pictures of things you think are cool

Clean out a bag or purse

Quick & Easy

Put on some lip gloss, look in the mirror and smile

Put phone on silent

Color or Doodle

Hula Hoop, Jump Rope, or a child-like physical activity

Time for Yourself

Have an outing just for you. Massage, Manicure, Pedicure

Bubble bath

Listen to a podcast or an audiobook on your way to work

Sit on a park bench with sunglasses and earbuds

Go to a nice restaurant with a good book

Hang out by a pool or at a beach in a chair. Don't worry about the bathing suit. Just enjoy the water.

Walk through a bookstore, pick out a book, and sit in a quiet corner to read

Celebrate with Gratitude

Sit at your desk and right now 10 things you are thankful for

Bake a sweet treat and share

Do a craft project and give it as a thank you gift

Pray, Meditate, Reflect on your day

Pull out old thank you cards and yearbooks and read the messages

BONUS

Go to the Dollar Store and pick out 21 items.

Wrap up each item and open one a day.

Let's
RADIATE
OUTRAGEOUS
COMPASSION &
KINDNESS ♥

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Self-Care Post-Assessment

Read the statements below and circle the way you feel about each one.

I feel guilty about taking time for myself.

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Score _____

Did you accomplish the goal you set at the beginning of the 10 days?



Want to take it to the next level?

The **Schools that R.O.C.K.**

2019-2020 Program provides you with printables for your whole year!

Enrolling in the program provides you with OVER 100 resources to use in your classroom.

Monthly Parent Newsletters

Ready to print out or send digitally to parents (worth

Monthly Planning Pages

Includes theme for the month and provides space to write who needs to be recognized, celebrated, or sent kudos

Read Aloud Book Recommendations

Picture books and chapter books that go with the month's theme + a fun classroom activity

School Assembly Program

Slide show to play while classes arrive and a script for class skit to perform

Bulletin Board Sets

Show off your class's efforts with an activity you can post on your Bulletin Board.

Classroom Management Strategies & Incentives

Reinforce positive behavior with these easy to implement tips and printables.

Printable Posters

Keep the monthly theme front and center by posting these quotes on your board or by the door.

Morning Work Journals

Start the day in a positive way with no fuss, no prep journals.

AND SO MUCH MORE...

ENROLL NOW