

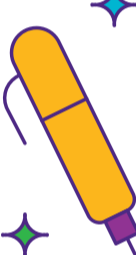
A strong teacher




Inspires and motivates




Also rests and recovers




Helps students to prioritise




Sets boundaries for themselves



Is a lifelong learner



Also needs time and space to upskill



Provides meaningful feedback



Also values recognition



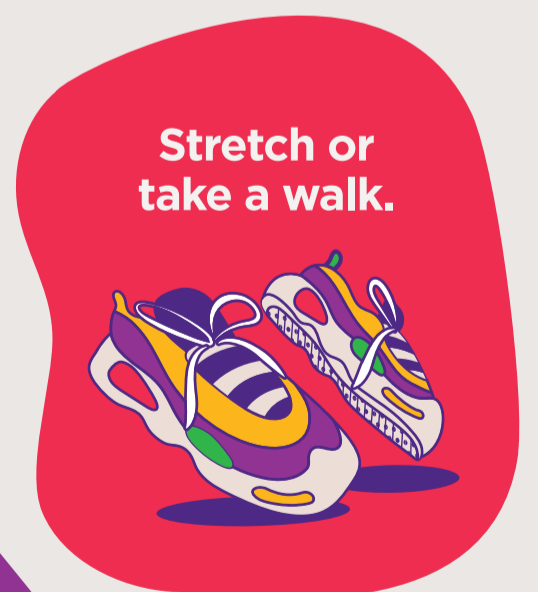
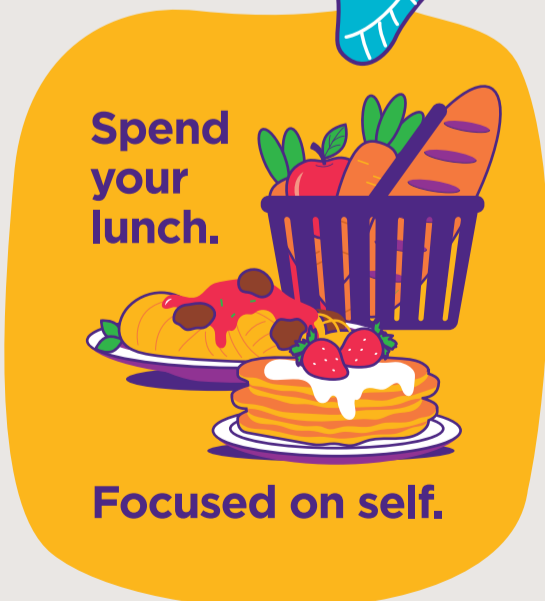
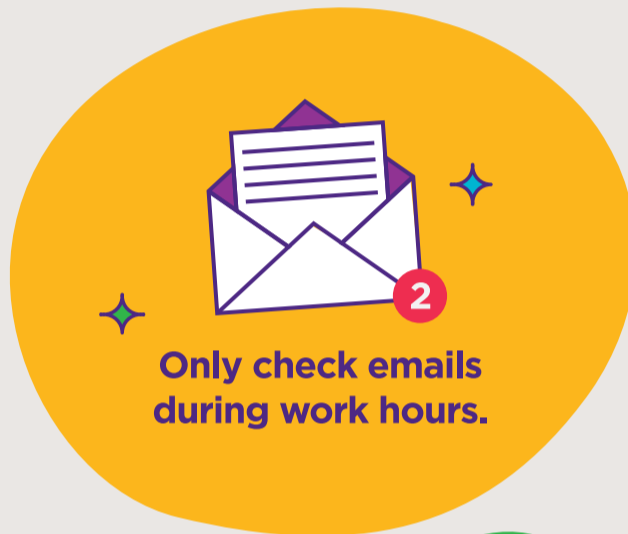
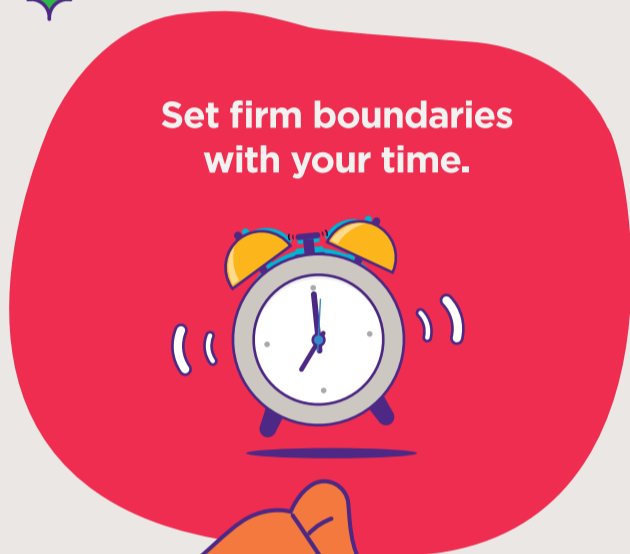
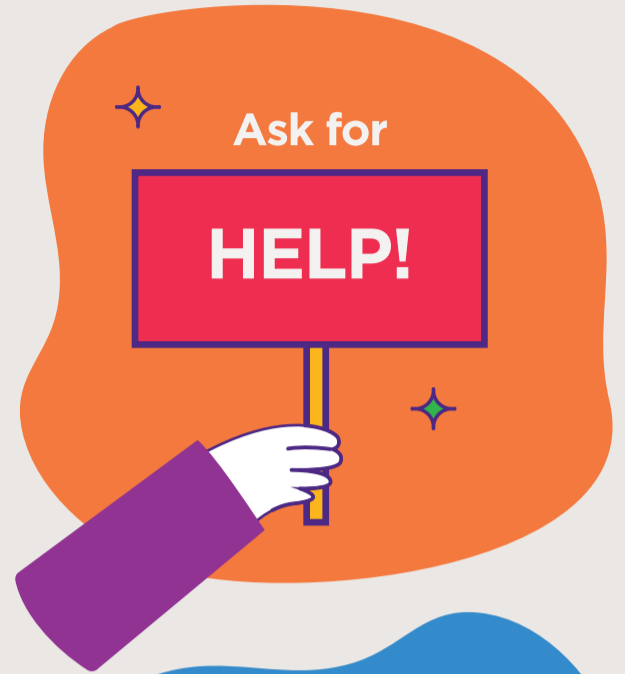
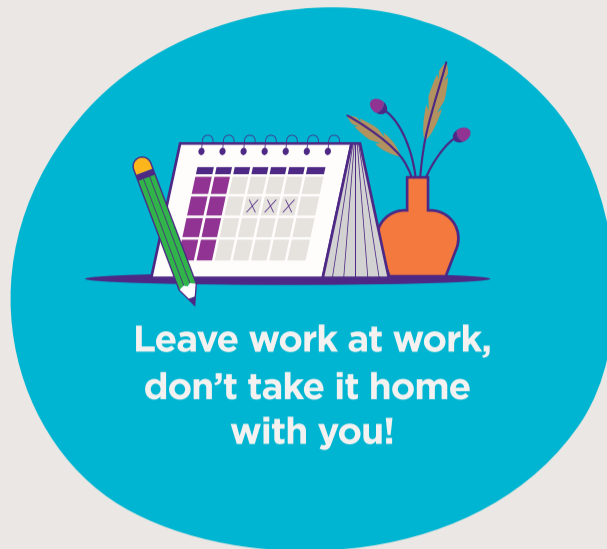
Listens



Also feels heard

Your self-care checklist

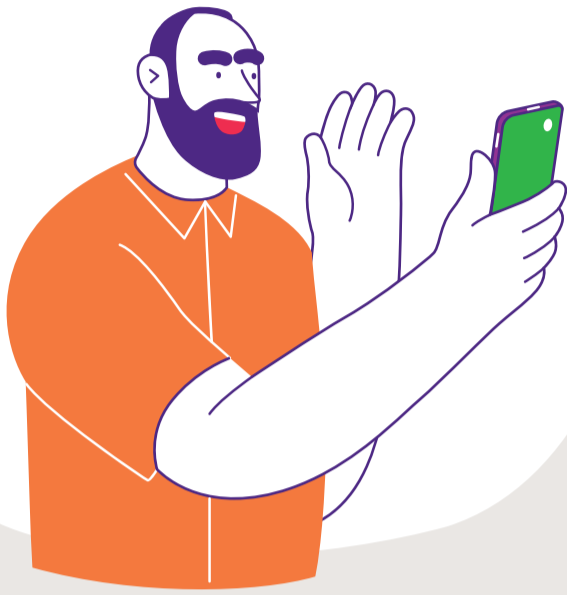
It's ok to...



Recharge rituals

Reconnect

Chat with a colleague



Release

Breathe and stretch



Refuel

Sit down, eat and rehydrate



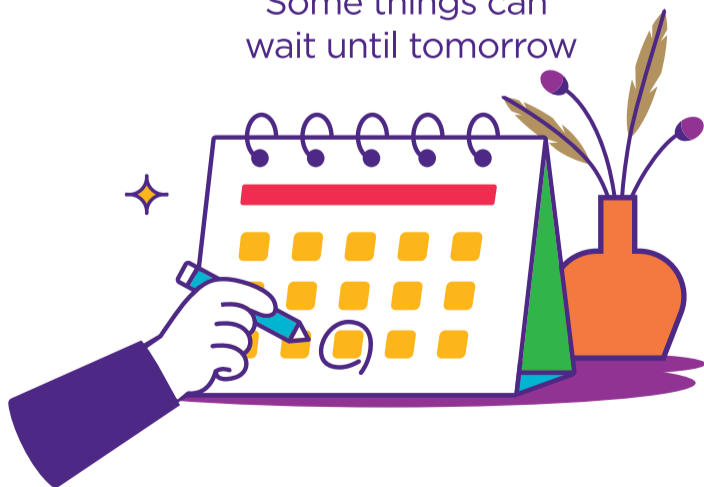
Restore

Seek positives, remind yourself of why you teach



Rebalance

Some things can wait until tomorrow



Reinvigorate

Indulge, play your favourite song, kick a football

