

Teacher's Wellbeing Workbook

A guide to visualise your feelings, calm your emotions and reassure that whatever you are doing is great!

Because we, teachers want to continue to thrive!

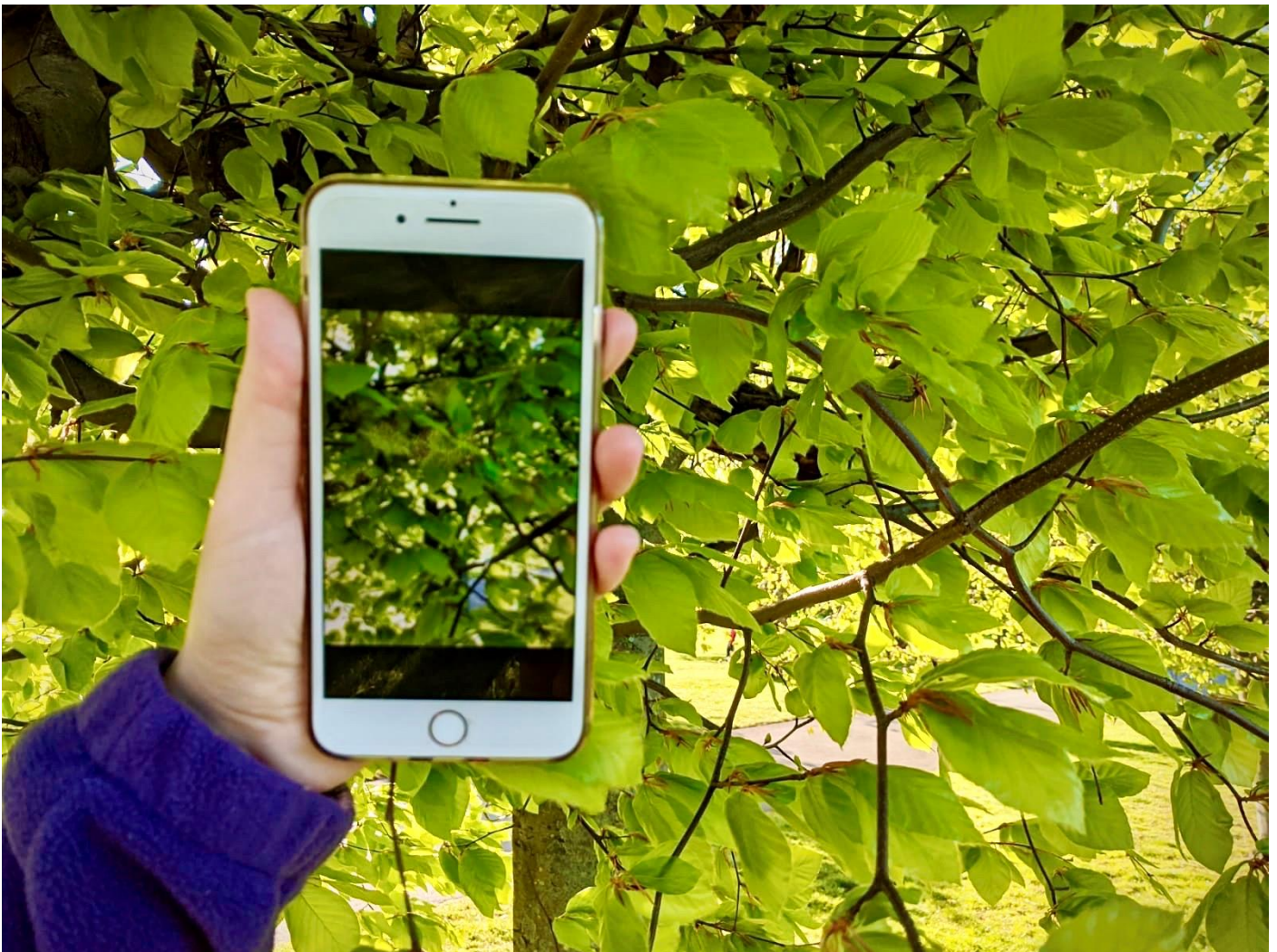


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Hello Teacher [*enter your name here*]!

Nice to meet you! How are you?

Blimey. Everything is so intense right now, we are juggling many responsibilities and uncertainties at once and have had to move into the online world to teach, so suddenly!

A lot of resources have been recently published about teaching online and about online tools, but I believe teachers, who are managing all that, also need something that will guide them through taking their wellbeing into account. We – teachers need to make this whole delivery manageable and meaningful. We need to ensure we have strong basics and we need to be ready for this incredibly complex challenge.

How many of us have recently felt lost and overwhelmed? I hear you! Will we be able to be productive and efficient when teaching? I believe that our journey should start at a point when we get to understand our inner-selves first.

Since I haven't seen many resources designed for teachers, I have decided to share some ideas that work for me and put this workbook together as I understand how important our wellbeing is, especially these days, amid Covid-19 outbreak.

Let's begin this work-life balance journey together!

Thank you,

Joanna Davidson-Hajto

I am passing this workbook to you and I am sure you will make the most out of it!

When you are using it, please remember that:

- this workbook is NOT only for us – teachers, feel free to amend the tasks and share them with your students,
- print it out if you need to or just copy the ideas to your personal notebook (to save paper and energy),
- pick'n'choose, mix'n'match, use whatever is relevant for you, there is no prescriptive way to approach this workbook, it's aim is just to start you off, you amend and adapt it as you go,
- if you find it useful, by all means share it with your friends and colleagues,
- this notebook is not only relevant for teaching online; some of its parts may be used in your classroom successfully, when we get back to face-to-face teaching,
- to add some visual effect and to make you feel better, use colour pens when completing the tasks,

Have any of these ideas inspired you? I really look forward to receiving your feedback, please leave your thoughts and comments on:



@teachlearnrelax



Teach Learn Relax



Joanna Davidson-Hajto @teachlearnrelax



Joanna Davidson-Hajto

I would also like to introduce some tips, yup, to keep us all sane:

- Your health is your priority. If you feel it is too much, have a break.
- You don't need to complete each template to the dot, choose your own way how you wish to use it.
- Introduce new ideas in stages and collaborate with others.
- Build your own bank of useful tools.
- Network with other professionals and share your thoughts & ideas or ask questions.

I imagine many of us look like the teachers in the pictures below, I hope this workbook will change the way you feel! Over to you, off you go!

Your warm-up is to make a promise to yourself in relation to your work-life balance.



My promise to myself



1. First things first.

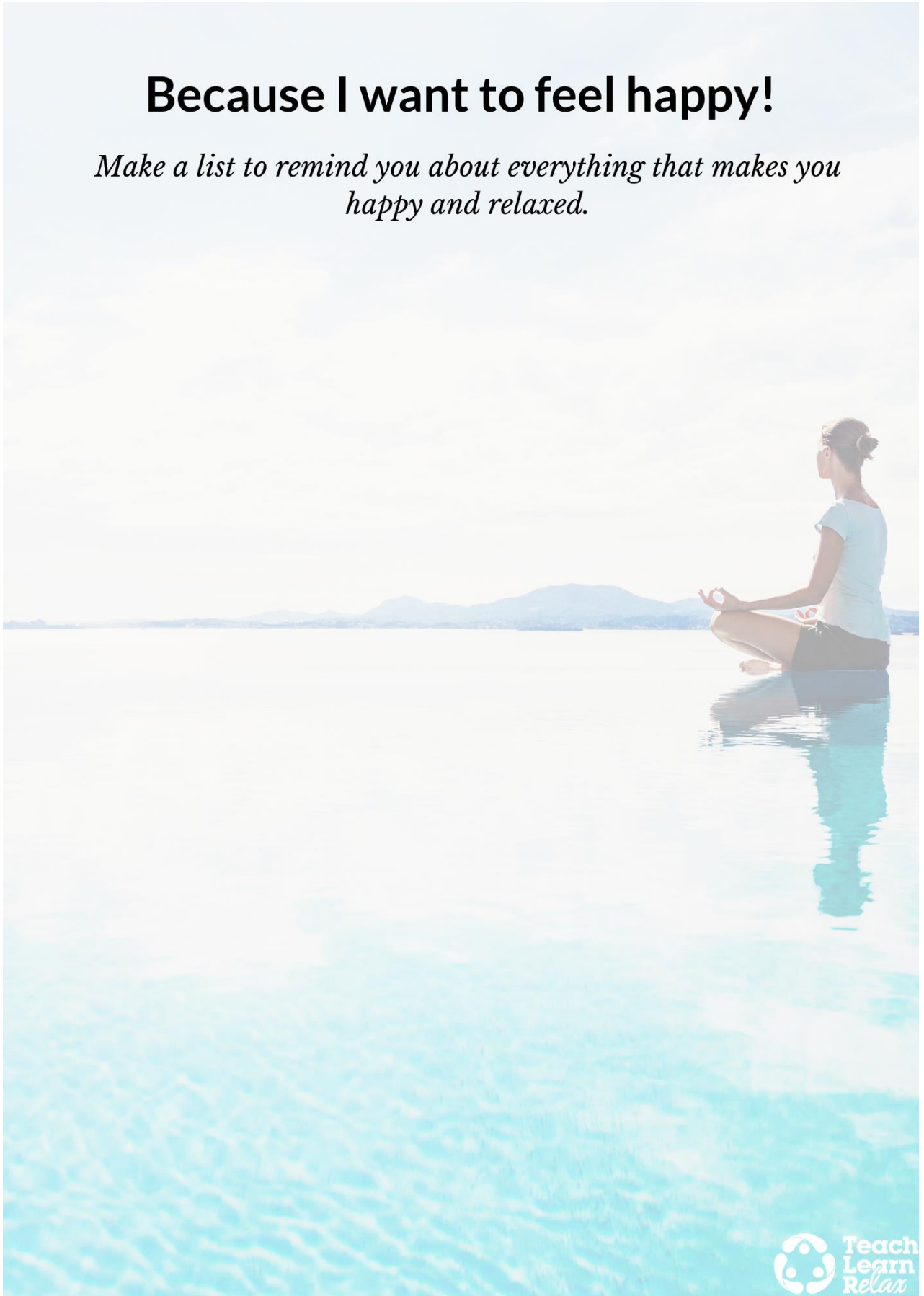
My wellbeing ground rules



2. Where does happiness come from?

Because I want to feel happy!

Make a list to remind you about everything that makes you happy and relaxed.



3. What do my students think about me?

Feedback art

What do your students like that you've done so far?

Which tasks did they enjoy?

Use all the positive quotes you have got from your students to create your own personal feedback art that will show how

IMPORTANT you are in your students' lives.

If you like painting or you would like to learn to paint, it is an excellent moment to start your own piece of art. Who knows? It may feature in one of the future exhibitions at Tate Modern!



4. Who am I?

I'm an expert and I know it!

What do I already know about teaching online? What am I already using? Which of my skills can I transfer to the online world to make the most out of them?



5. What are my fears and inhibitions in relation to teaching online?

My fears and inhibitions in relation to teaching online



And how I am going to tackle them:



6. How am I feeling?

My weekly mood tracker

Colour one leaf in the morning, in the afternoon and in the evening.

I feel great!

I'm so-so.

I'm not well.

W/C _____

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



Does this look like *spring* or *autumn*?

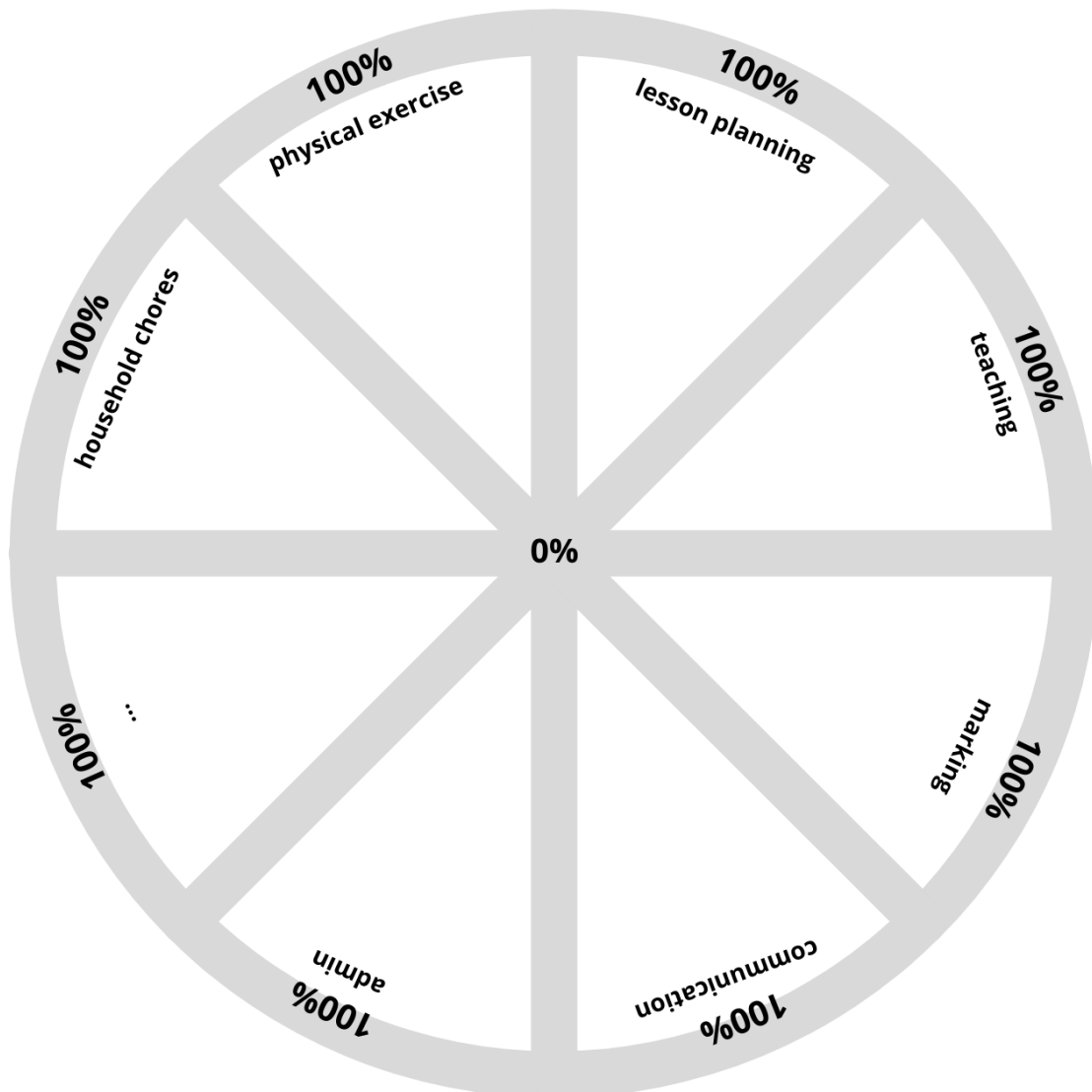
What will nurture your wellbeing?

7. Is it all balanced?

My energy & motivation audit wheel

Start in the middle of the wheel and colour as much of each section to visualise your energy & motivation levels in relation to the tasks.

Is your wheel balanced?



80-100%: you are full of energy. How will you ensure it is maintained?

50-70%: you may want to start checking what demotivates you and what takes up a lot of your energy. What do you need to change in your daily routines?

10-40%: start looking for approaches to make you feel better. What will energise you? What motivates you? What support can you get?



8. How are my colleagues? Relations do matter.

I have many wonderful colleagues!
My kindness meadow



Now, simply grab your phone and let them know why you value them or what they taught you; call them, text them, email them, whichever channel you will pick, they will definitely appreciate this.



9. Time to say goodbye...

Leave your comfort zone...



and enter your opportunity zone:

Write all your possible opportunities or wishes relating to the near future.



10. The world around me.

My chance to change:



Every cloud has a silver lining and there is always room for improvement they say, right?

This may be the right moment to focus on the things that we CAN control. Embrace any new opportunities and transform your chance into change!

Chances:

Ideas:

Opportunities:

To learn:

To develop:

To change:

11. What inspires me?

Sources of my inspiration:

Add any books, articles, websites, images, songs, situations, quotes, flavours, names, discoveries, research, works of art and whatever else has inspired you recently.



12. Happy planning!

It always helps to visualise your plans and goals. I am sure you will choose a pattern that will make you feel better and hope it will be useful for your planning.

LET'S GET THINGS DONE TODAY!

DATE:

MEALS:

BREAKFAST

LUNCH

DINNER

WORDS TO LIVE BY

I'M GRATEFUL FOR

PRIORITIES

APPOINTMENTS

TO DO

WATER

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

EXERCISE LOG

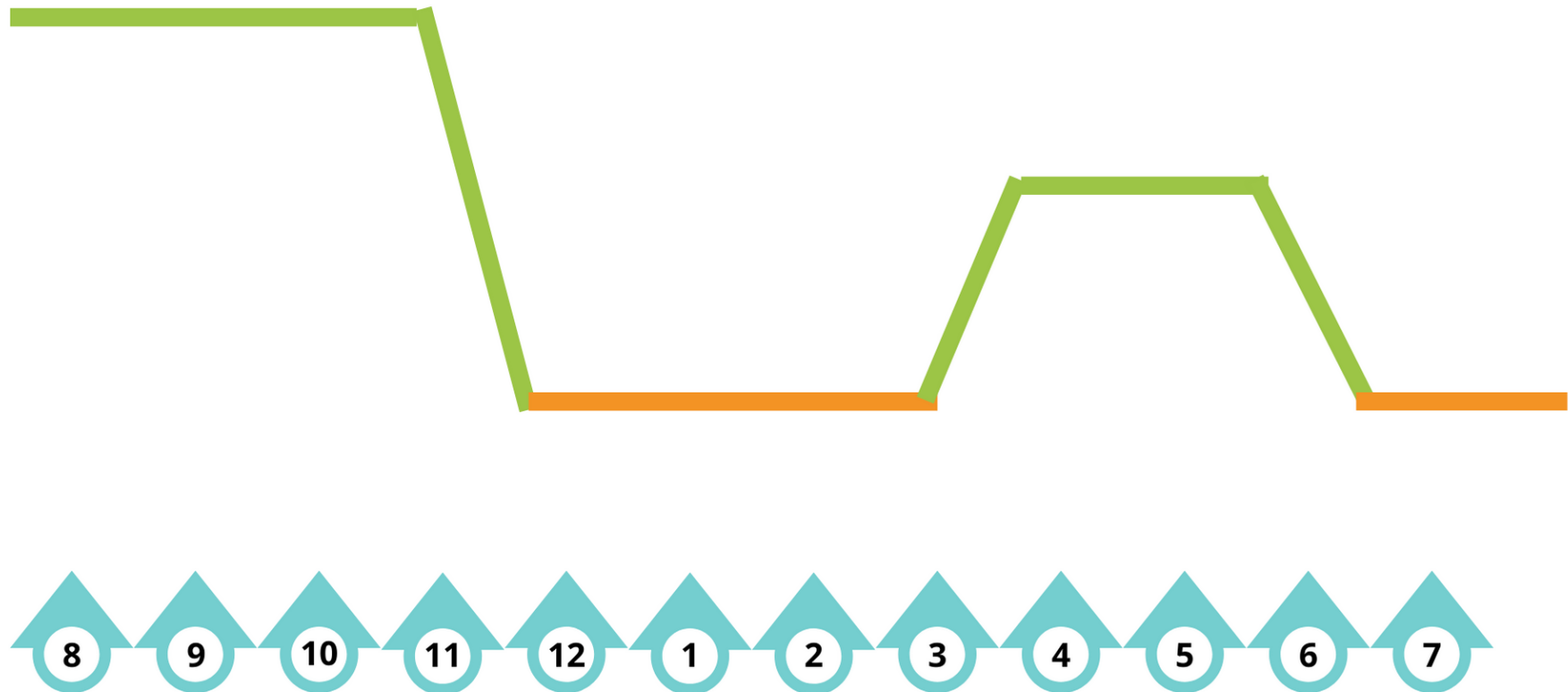
REMINDER TO SELF

NOTES AND RANDOM IDEAS



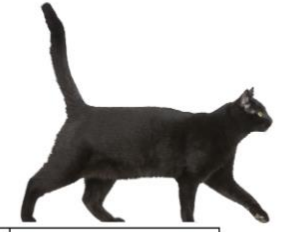
Productivity-based daily planner

According to "When: Scientific Secrets of Perfect Timing" by Daniel Pink, our brain productivity peaks between 8:30am and 12pm, then, there is another peak from about 4pm. Plan your most cognitively demanding work then, so it is easier to focus or ignore any distractions.

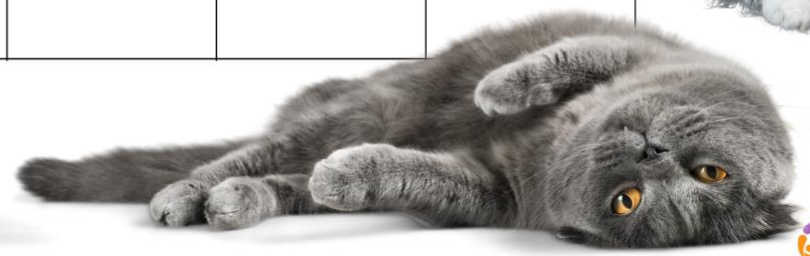
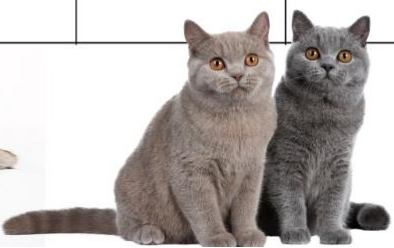


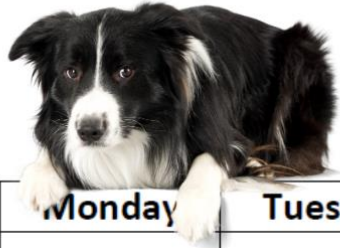


Month:



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday





Month:



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

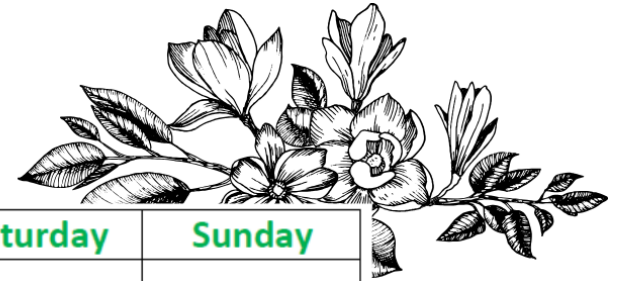
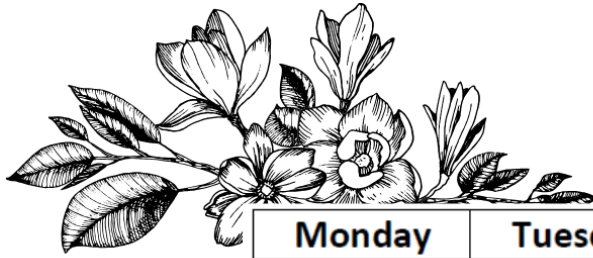




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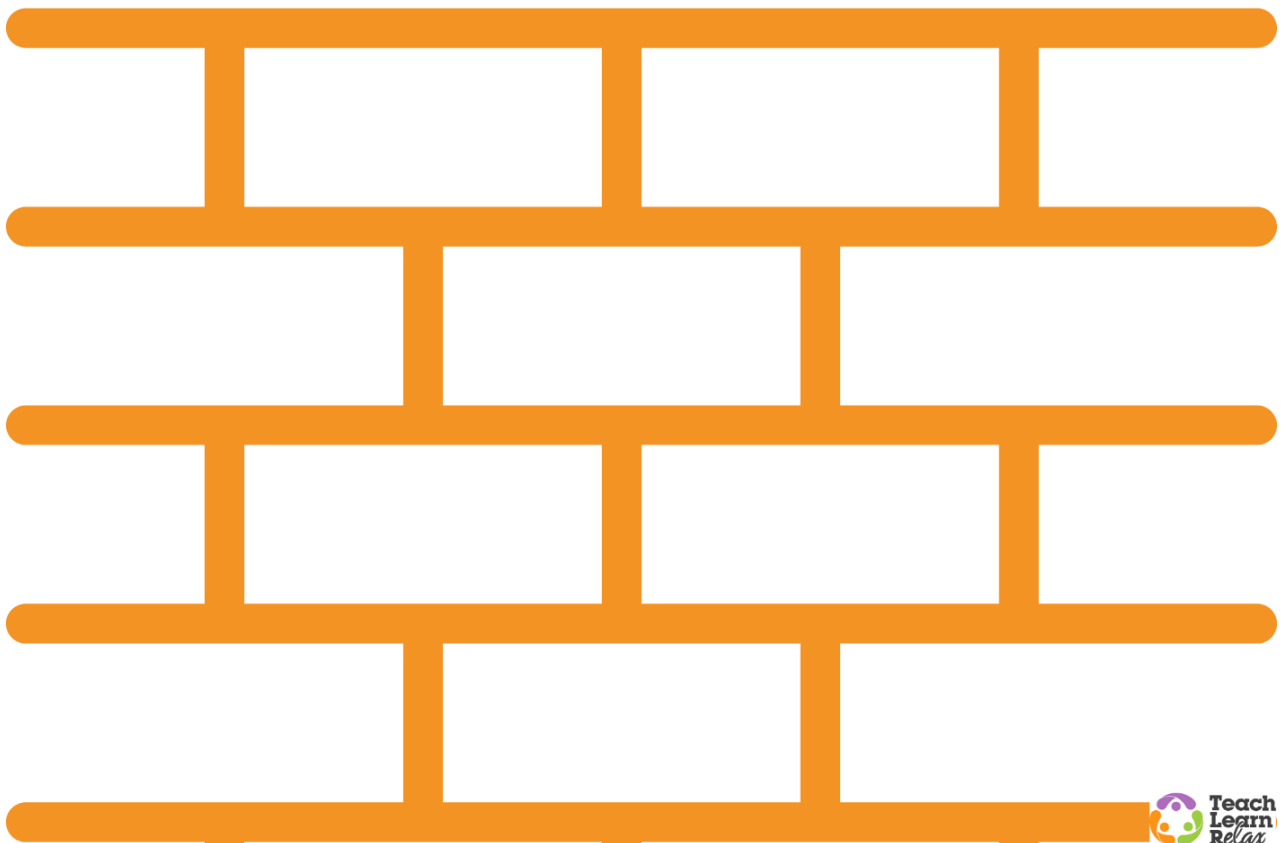
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

13. I'm doing it!

Visualising my my progress and achievement

Record everything you learn. Start from the bottom of the page and keep adding the bricks. You will see how you develop within time.

You might want to use this grid to plan your actions and then colour each achieved stage. Or to start a few trackers like this, each for a separate learning project.

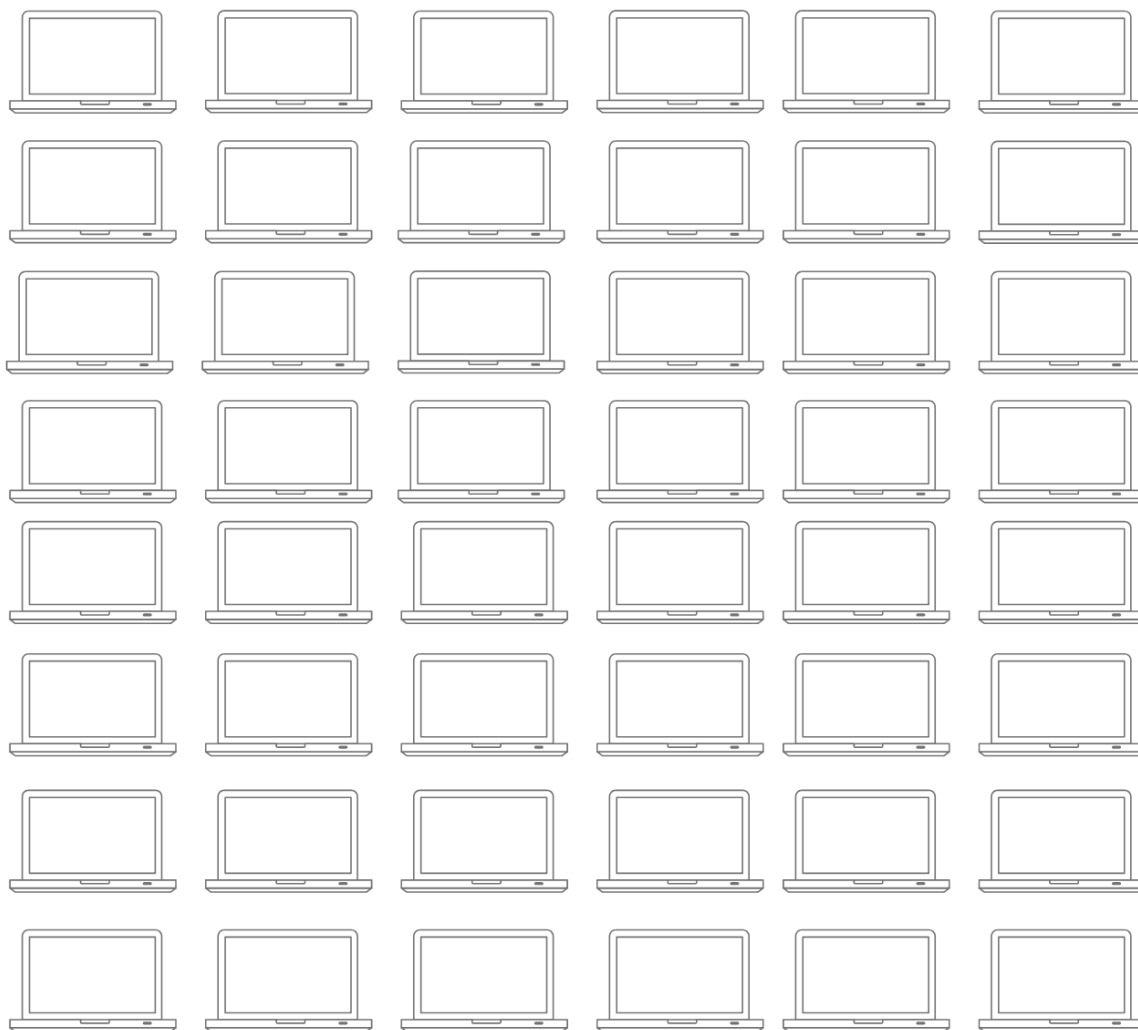


14. But wait... does it feel like too much?

Do I spend too much time online?

Colour one screen *blue* for each 30 minutes spent online.

Date: _____



Result: __ / 24h

Are you happy with the result? How do you usually feel when spending a lot of time online? Are you going to reduce this time? How? Make some offline arrangements.



15. It's break time!

My favourite exercises:



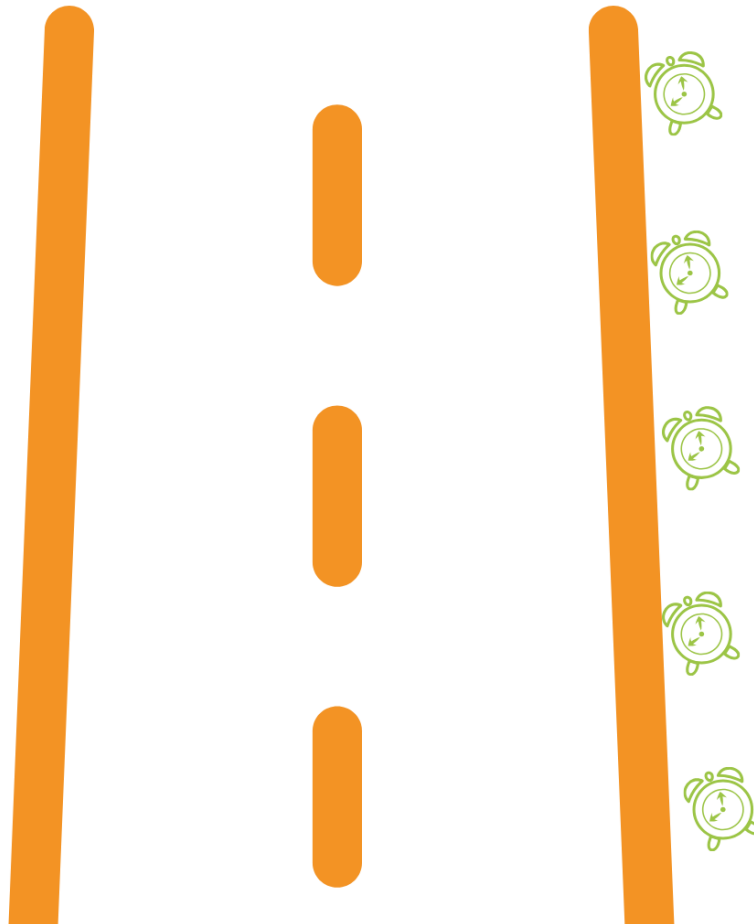
16. Sharpening my focus.

My focus highway

*Choose your aim. Write all the actions you need to take. Plan your **breaks**. Keep it handy and every so often, check if you are on the task and you are doing what you are supposed to be doing.*

No exits please!

Aim:



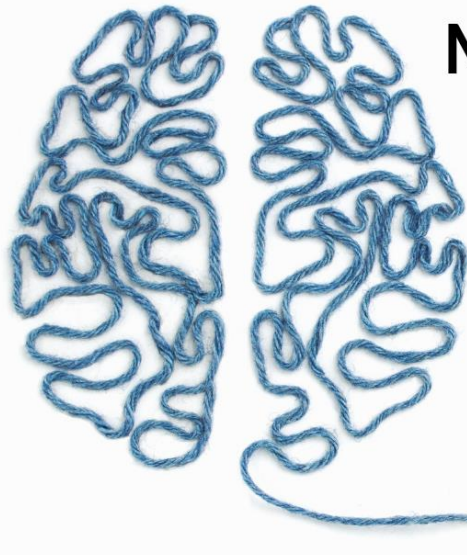
17. Reward time!

My secret list of treats aka Daily dose of motivation

*Yes, we all have to stay motivated!
Visualise and list your little high-dopamine rewards for
every time you have stayed focused and have achieved
something :-)*



18. Because a happy teacher makes their students happy.



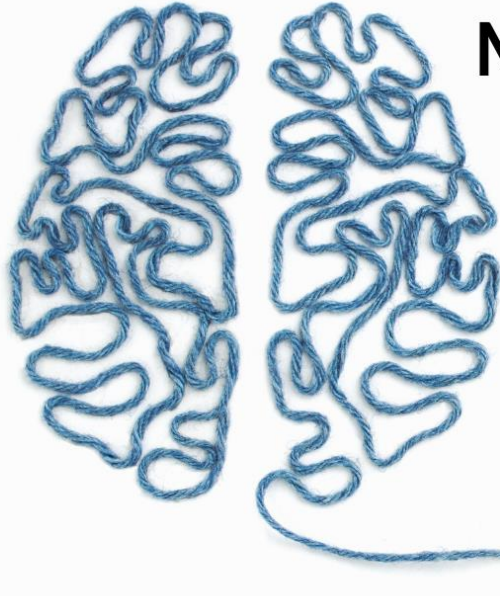
My bank of emotionally intelligent warmers:



1. *Play a **feel-good song or a video** (you may even encourage your students to dance, dance, dance! Let students decide if they want their cameras on or off).*
2. *Keep playing the **Smiling Game**. Research shows that smiling, even when faked, can actually make us feel happier. Be kind and say something that will make us smile.*
3. ***Count your smile wrinkles challenge!** Did you know that smiling causes smile wrinkles? Keep smiling to increase their number.*
4. ***Images full of emotions** - show or describe some positive images and ask students to say how they are feeling when seeing them.*
5. ***Draw how you are** today. Ask your students to draw a face or a weather symbol showing their current emotions as well as a battery to show how much energy they have left. Compare the answers with the answers given at the end of the class.*
6. ***Give a compliment** to your classmate.*
7. ***Group wellness poster**. Ask each student to start making an A4 poster. Each time a student presents a new word to be added, all students add that one word to their posters. You may agree that some of the words may be given in the students' native language.*



Teachers take part in these tasks too!
Keep adding more tasks to this list.



My bank of emotionally intelligent warmers:

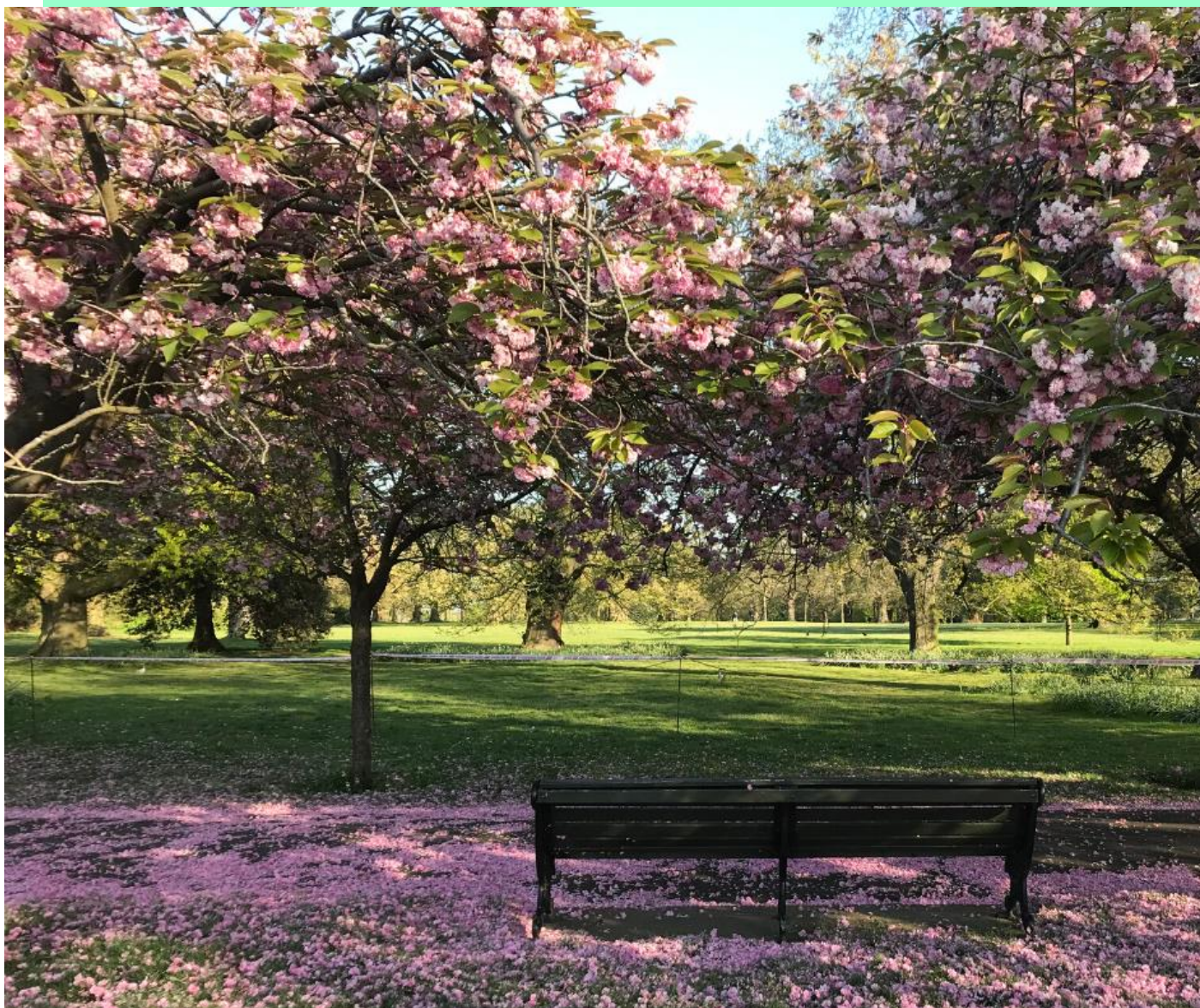


- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

19. My notes and doodles.



20. Time for reflection!



How are you feeling now? I hope you are feeling relaxed, better. Time to reflect on your practice. What has worked for you? What hasn't? How did the tasks make you feel better? Please share your thoughts and opinions with your colleagues and with me.

Published in April 2020.

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This workbook is an outcome of Covid-19 period of lockdown and creativity. It is for your personal use only. Please contact me if you wish to discuss any commercial activities. Thanks, take care and it's time to colour the parrot! 😊

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Joanna Davidson-Hajto

Colour me

