

5 Gentle prompts to help conclude your teaching-day with added clarity

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**Take a moment to pause, breathe, and reflect.
Every moment counts.**

Teaching days are bustling with activity, yet some moments warrant a closer look. These prompts are designed to encourage reflection with calmness, care and curiosity that's free from pressure. If you feel like it, try just one today or all five if time allows.

- **A Moment That Mattered**

What moment today made you pause, smile, or feel something profound?

- **Energy Check-In**

Where did you experience a boost in energy today, and where did it deplete?

- **Progress, Not Perfection**

What small sign of progress, either in yourself or someone else, deserves your attention?

- **The Balance Point**

When did you feel that things were “just right”, as in, a healthy challenge that kept you engaged and not overwhelmed?

- **Letting Go**

What can you leave behind tonight to avoid bringing it home with you?

"We do not learn from experience... we learn from reflecting on experience."

John Dewey

Add your voice to the 'One Moment Project'

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Moments add up