

Teachers Daily Wellbeing Planner

MONDAY

Today I will boost my Wellbeing by:



TUESDAY

Today I will boost my Wellbeing by:



WEDNESDAY

Today I will boost my Wellbeing by:



THURSDAY

Today I will boost my Wellbeing by:



FRIDAY

Today I will boost my Wellbeing by:



SATURDAY

Today I will boost my Wellbeing by:



SUNDAY

Today I will boost my Wellbeing by:



TOP PRIORITIES THIS WEEK

Something that will bring me joy:

.....

I want to feel more of this, this month:

.....

What will I do to support that feeling:

.....



Micro moments focused on wellbeing are important because they create regular pauses that help **reset the mind and body** amidst daily demands. These brief moments—such as taking a deep breath, reflecting on something positive, or stepping away for a minute—can **lower stress, improve focus, and support emotional balance**. When practised consistently, they **build resilience** by preventing pressure from accumulating and reminding us to prioritise our own needs. Over time, these tiny acts of care add up, making the school day feel more manageable and helping us show up as our best selves for others.

Create your Micro-moment planning sheet each week and prioritise your own wellbeing with these small moments that reset your body and mind and add to your overall wellbeing.

