

Self-Nurturing Idea Bank

How do I feel when I am starting to get drained?.

Add self-nurturing ideas here.



Other Thoughts or Ideas

- Physical activity
- Pacing/scheduling to allow for plenty of breaks
- MAGIC time!
- Looking outside and at things you love in your teaching space
- Moments of fun and play
- Ground into your body

Helpful affirmations

Some ideas from the chat

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