



Mental Health Planner

For Teachers



A Guide for Teachers

Teaching isn't an easy job, no matter what age group you're dealing with! There are hundreds of things that teachers need to do on a daily basis from lesson planning, to teaching, grading, assessing students, making photo copies, managing the classroom, and so much more. It can be overwhelming and exhausting and this is why a special tool has been created just for you!

The Mental Health Planner is an engaging weekly check-in for teachers to take care of themselves and stay motivated. This planner allows teachers to not only stay organized and be on top of all their tasks, but also allows them to have a space for self-reflection.

This planner includes journaling prompts, open-ended questions, planning and organization tools, goal setting sections, to-do lists, reminders, and more!

This planner aims to help teachers grow, learn about themselves, and be the best teachers that they can be. Most importantly this planner helps teachers put themselves first!

So, take a few minutes at the end of your week and transform your teaching experience!

DECEMBER

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------|-----------|----------|--------|----------|--------|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

PRIORITY

Weekly PLAN

Week: _____

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

| |
|--|
| |
| |
| |
| |
| |
| |
| |
| |

To do

- _____
- _____
- _____
- _____
- _____
- _____

Minimum 7 Hours of Sleep

| | | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> |
| S | M | T | W | T | F | S |

Things that Went Well

Things to Improve

Goals this Week

| Physical: | Mental: | Spiritual: | Financial: |
|-----------|---------|------------|------------|
| | | | |

Things to try:

- _____
- _____
- _____
- _____
- _____

Quote of the Week



Teacher Dashboard



CALLS TO MAKE



STUDENTS TO SEE



NOTES



PHOTO COPIES TO MAKE



TEACHING
IS A WORK OF
HEART



Weekly Reflection

WEEK: _____

♥ **MOST ENJOYABLE
MOMENT:**

♥ **MOST CHALLENGING
MOMENT:**



♥ **WHAT ARE YOU LOOKING FORWARD TO NEXT WEEK:**

Teaching Matters!

**WHY DID YOU BECOME A
TEACHER?**

**TAKE A MOMENT TO THINK
ABOUT TEACHERS THAT HAVE
INSPIRED YOU. HOW DID THEY
INSPIRE YOU?**

**REFLECT ON 3 OF THE
PROUDEST MOMENTS FROM
YOUR TEACHING CAREER SO
FAR.**

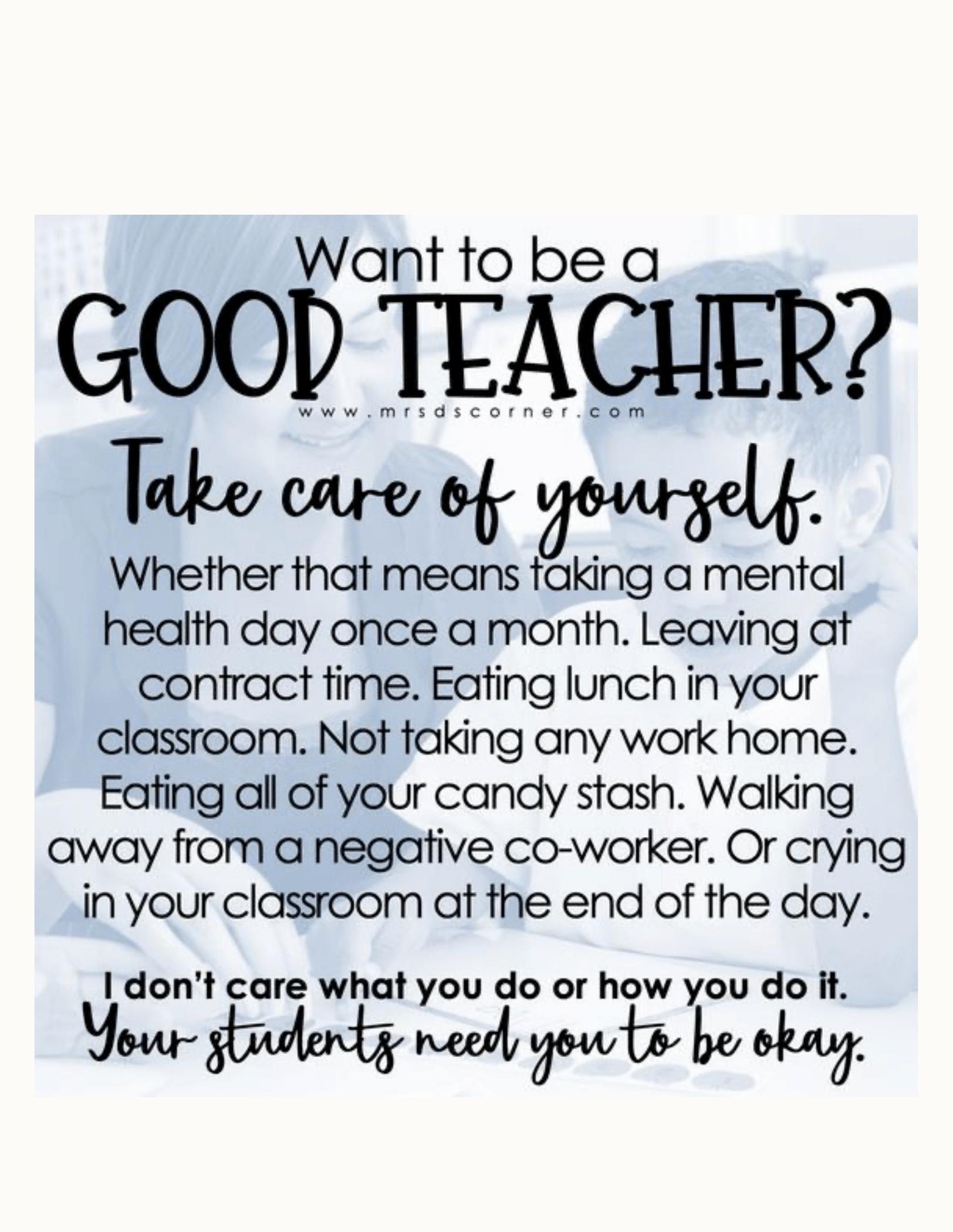


ME TIME!

HOW HAVE YOU SPENT YOUR
TIME THIS WEEK?

HOW DO YOU RECHARGE AFTER
A BUSY WEEK?

HOW WILL YOU MAKE TIME FOR
YOURSELF?



Want to be a
GOOD TEACHER?
www.mrdsdscorner.com

Take care of yourself.

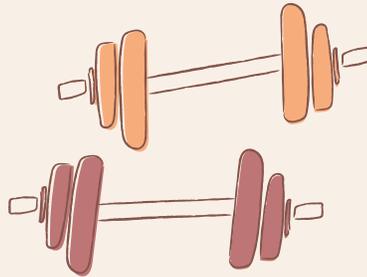
Whether that means taking a mental health day once a month. Leaving at contract time. Eating lunch in your classroom. Not taking any work home. Eating all of your candy stash. Walking away from a negative co-worker. Or crying in your classroom at the end of the day.

I don't care what you do or how you do it.
Your students need you to be okay.

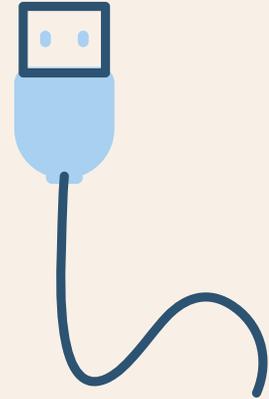
Take Care of Yourself! :)



Video call a friend/family member



Get moving



Unplug from social media



Get outside!



Do some yoga/stretching/breathing exercise



Do something fun or creative