

# EDUCATOR SELF-CARE FRAMEWORK

Choose a theme or virtue or principle that your school or classroom needs support with to personalize this practice.

Theme:

2 min

Collective Breath: 3 breaths, connect each inhale and exhale with theme.

1-2 min

Check-in: Mood Meter, one-two word check-in, color, weather, etc.

1 min

Define Theme:

3 min

Discussion:  
How will this theme benefit my school community?

Why is it important?

3 min

Application: What's next? Action steps:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

2-3 min

Reflection: Restate theme, offer space to share, etc.

1-2 min

Closing: Collective breaths, affirmations, power pose, etc.