

STAFF WELLBEING TOOLKIT

The Teacher Renewal Kit

A collection of simple challenges and reflection activities designed to help educators unwind, reflect, recharge, and reconnect with themselves.



**A little space to come back
to yourself.**

Use the kit at your own pace. Choose what feels useful.
Skip what does not.

WELCOME

A Kit for Renewal

Welcome to "The Teacher Renewal Kit," a specially designed resource to help you unwind, reflect, and recharge. In this kit, you'll find a collection of thoughtfully curated challenges and activities tailored to celebrate and support your journey as an educator. Each component of this kit aims to nurture your well-being, inspire positivity, and spark moments of joy.

Here's what's inside

30-Day Gratitude Challenge

01

Every day, take a moment to recognize and write down one thing you are grateful for about yourself. This challenge is designed to enhance your self-esteem and foster an attitude of gratitude towards your own efforts and achievements.

30-Day Self-Care Challenge

02

We've compiled 30 different self-care activities, one for each day, to encourage you to take time for yourself. These activities range from simple pleasures like reading a favorite book to engaging in a relaxing yoga session.

12-Day Joy Challenge

03

Compete with peers or go solo in ensuring that each day includes at least one joyful activity of your choosing. Whether it's enjoying a hobby or simply taking a leisurely walk, find what brings you happiness and embrace it.

Reflection Prompts

04

Engage with thoughtful prompts designed to help you reflect on your experiences, your growth, and your aspirations as an educator. Use these to look back at your achievements and set intentions for the future.

This kit is more than just a set of activities; it's an invitation to prioritize yourself and rediscover the joy in teaching and in everyday life. Embrace each challenge as an opportunity to renew your spirit, celebrate your dedication, and prepare for what lies ahead with renewed energy and optimism. Here's to finding appreciation, care, and joy in your daily life - because you truly deserve it!

Jennifer Ulie, Ph.D.



30-DAY CHALLENGE

Gratitude for You

For the next 30 days, write down at least one thing you are grateful for about yourself. Notice your effort, growth, boundaries, courage, choices, and the ways you show up.

Examples: "I'm brilliant." "I went above and beyond today for my team." "I am proud of myself for not working last night." "I am grateful for taking an extra long walk today."

DAY 1		DAY 16	
DAY 2		DAY 17	
DAY 3		DAY 18	
DAY 4		DAY 19	
DAY 5		DAY 20	
DAY 6		DAY 21	
DAY 7		DAY 22	
DAY 8		DAY 23	
DAY 9		DAY 24	
DAY 10		DAY 25	
DAY 11		DAY 26	
DAY 12		DAY 27	
DAY 13		DAY 28	
DAY 14		DAY 29	
DAY 15		DAY 30	

30-DAY CHALLENGE

Self-Care Challenge

Choose one activity each day. The goal is not perfection or another task to complete - it is making small, intentional space for yourself.

1 Take a 10-minute mindful walk	2 Write down 3 things you are grateful for	3 Cook a healthy meal for yourself	4 Spend 20 minutes meditating	5 Write a letter to your future self
6 Practice deep breathing for 10 minutes	7 Call or meet a friend for a heart-to-heart talk	8 Take a break from your mobile phone for the entire day	9 Try a new yoga pose	10 Take a long, relaxing bath
11 Visit a park or natural reserve	12 Listen to your favorite music	13 Spend time with a pet	14 Do a random act of kindness	15 Say "No" to a commitment you're not excited about
16 Write about a happy memory	17 Try a new hobby or revisit an old one	18 Watch your favorite movie	19 Go to bed half an hour earlier	20 Do something spontaneous
21 Buy yourself a small gift	22 Read a chapter of a book	23 Try a new tea or coffee flavor	24 Spend time in the sun	25 Write down 3 things you love about yourself
26 Practice mindfulness while doing a daily task	27 Take the day off chores and errands	28 Practice self-massage	29 Do something creative	30 Reflect on the progress you've made this month



12-DAY CHALLENGE

Joy Challenge

Compete with your colleagues or go solo. Choose at least one thing each day that brings you joy. Maybe it's gardening, painting, going to a museum, calling an old friend - you get to pick.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

REFLECTION

Reflecting on Your Year

Take your time. These prompts are not a scorecard - they are space to notice what mattered, what was difficult, and what you may want to carry forward.

01 WHAT ARE SOME OF YOUR FAVORITE MEMORIES THIS YEAR?

02 WHAT WERE THE HARDEST PARTS OF THIS YEAR?

03 WHAT MADE YOU FEEL SEEN AND HEARD THIS YEAR?

04 WHAT ARE YOU ADMIRING AND COMPLIMENTED FOR THE MOST?

REFLECTION

Reflecting on Your Year

Take your time. These prompts are not a scorecard - they are space to notice what mattered, what was difficult, and what you may want to carry forward.

05 WHAT ADVICE WOULD YOU GIVE TO YOUR YOUNGER SELF?

06 WHAT DO YOU THINK YOU ARE MISSING RIGHT AT THIS MOMENT?

07 WHAT DO YOU LOVE THE MOST ABOUT YOURSELF?

08 DEFINE YOUR BOUNDARIES.

09 WHAT DO YOU LOOK FOR WHEN YOU ARE STRUGGLING?

REFLECTION

Reflecting on Your Year

Take your time. These prompts are not a scorecard - they are space to notice what mattered, what was difficult, and what you may want to carry forward.

10 WHAT DOES SUCCESS IN LIFE MEAN TO YOU? ARE YOU SUCCESSFUL?

11 WHAT DO YOU NEED THE MOST RIGHT NOW?

12 HOW ARE YOU GOING TO TAKE CARE OF YOURSELF THIS SUMMER?

13 WHAT MAKES YOU FEEL THE SAFEST AND MOST SECURE?

14 WHAT DO YOU WISH OTHERS KNEW ABOUT YOU THAT YOU DON'T TELL OTHERS?



CONTINUE THE WORK

When Self Care Isn't Enough

Our most popular course

Are you ready to focus on yourself?

When Self Care Isn't Enough is a transformative course designed specifically for educators. It's time to move beyond conventional self-care and explore deep, sustainable practices that truly nurture your well-being.

ONLINE COURSE | SELF PACED | CERTIFICATE

"This course was unbelievable! It was the most relevant professional development that I have ever taken part in."

"I wish there were more classes like this. During the pandemic, wellness has definitely taken a turn for the worse."

"What an amazing class to focus on ME!! So amazing to get things in place to enhance my life!"

"Absolutely LOVED this course! It was incredibly insightful and guided me in my own discovery of self to help me on my path to recovery. THANK YOU!"

"This class was SO amazing!! It was VERY well organized and there were TONS of great resources!!!"



You deserve the best. We are here for you.

Return to these pages whenever you need a little space to pause, notice, and begin again.



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