

FROM FRAZZLED TO FLOURISHING

15 Practical Strategies to Support
Your Students—and Yourself

By Lianne and Lisa



FREE GUIDE

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Hi amazing teacher!

So, you've found yourself standing at the front of the classroom, holding the weight of student behaviour, curriculum demands & emotional exhaustion—wondering how you're meant to keep giving when you're already running on empty. First of all: We see you. We've been there too.

Here's the truth we hope you carry with you: you matter more than you know. The way you show up and the energy you bring—it all ripples outward, your wellbeing is the foundation that makes it all possible.

We're so glad you're here and taking this step for yourself. Over the years, we've supported hundreds of teachers who felt burnt out—not broken, just overwhelmed by constant pressure and lack of support.

That's why we created Blooming Classrooms—a practical, compassionate program to help teachers reconnect with their purpose, manage stress, and create calmer, more thriving classrooms. This short guide offers a glimpse of what's possible when we move from just surviving the day to actually enjoying it. The strategies are simple, effective, and drawn directly from our program.

And in case we haven't met yet—hi, we're Lisa & Lianne—an educator and a psychologist with decades of experience, here to help you feel like yourself again with grounded, research-backed tools.

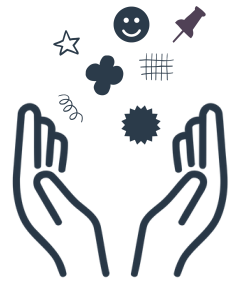
Let's dive in. You deserve this.

With warmth and admiration,

Lisa & Lianne xx



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If you're reading this, you're likely a teacher doing your absolute best in a system that can feel relentless. The weight of student behaviour, curriculum demands, and the emotional labour of caring deeply can leave even the most passionate educators feeling drained. But here's the truth: you're not alone—and change is possible.

That's why we created this cheat sheet of practical easy to implement strategies to help you support students with varying learning needs.

- ✦ Regain control of your classroom
- ✦ Feel more confident and in charge
- ✦ Build better relationships with your students
- ✦ Take small steps toward sustainable teaching

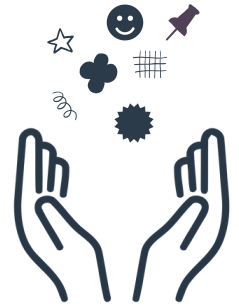
WHY THESE STRATEGIES WORK

Most behaviour management advice is:

- Too theoretical
- Based on ideal conditions
- Built for “textbook students” — not your real class
- Hard to implement and takes hours to prepare

This cheat sheet was designed by an educator and psychologist who get what today's classrooms are really like. It's grounded in brain science, teacher wellbeing, and practical experience across both primary and secondary settings. Print it and stick it up for easy reference.

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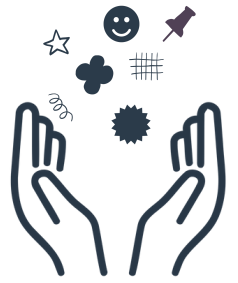


15 things you can do to support varied needs in the classroom while taking care of yourself

Movement helps some kids (and adults!) to regulate & access their executive functioning skills.

1. Allow students to play with a quiet **fidget** (blutak is the best fidget)! Fidgets can be for adults too- don't underestimate how helpful it can be to keep a ball of blutak on hand to play with yourself when you're feeling a bit frazzled
2. Give students who need movement an **active role** in the classroom - **be sure not to turn this into a punishment nor a reward**. For example, they can hand out the resources.
3. Give designated movement breaks. Be sure to **make expectations clear**, for example 'You have 3 minutes, there is a timer on the board. In this time you may move around and stretch. When the bell rings, be sure to be back in your best position, ready to learn. Use this time as an opportunity to move your body and have a stretch to reset yourself as well!

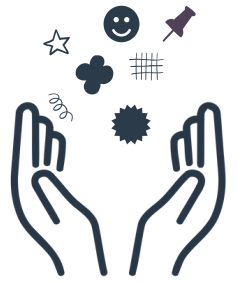
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Support Memory:

4. **Break things down** so that kids who have weaker working memory don't have to hold lots of information in their head
5. **Limit the time** students have to sit and listen to frontal teaching
6. **Chunk activities:** 'First do step 1 which involves... let me know when that's done and we'll move onto step 2'. This reduces overwhelm and helps some kids who **struggle to get started**.
7. Give **regular check ins** to help students stay on track and redirect when needed.
8. **Give information both verbally and in writing.** Even simple instructions like 'Please open to page 37 in the text book and answer the first questions' can be written in dot points on the board.
9. Create predictable routines: this **lessens the executive functioning load** for students who struggle with EF and frees up their energy for learning. It also makes planning and running lessons less effortful for you!
10. Have **visual timers** in the classroom so students can monitor their use of time on a task (you can get this on google, don't spend \$).

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Notice the good:

11. Give your students the opportunity to showcase their strengths. This is particularly important for the **students who struggle** to meet behavioural and/or academic expectations in the classroom. Trust us, we know it feels hard, but try it! Also notice when you do things well. Even on tough days it can really help to slow down and notice one or two things that went well for you.

When things go wrong (because sometimes they will):

12. No shaming. **Ever.**

Making others feel bad does not help them do better. It doesn't work for students and it doesn't work for ourselves either. Notice when your inner critic is loud and meet it with self compassion.

13. Recognise when your student has lost access to reason and logic and **adjust expectations** accordingly.

14. Similarly, recognise when you're feeling overwhelmed. Allow yourself space and permission to **take care of yourself**, and keep your expectations realistic when things don't go according to plan.

15. Use language to **model regulation** 'That was an intense 15 minutes, I need a few minutes to regulate, please do x and we'll regroup in 5 minutes'. Everyone has times when it gets too much- how to recognise and respond when this happens is some of the most valuable teaching you can do.

THE BLOOMING CLASSROOMS COURSE STARTS SOON

Join us!

You've just explored fifteen practical strategies to help reduce stress and create a calmer, more connected classroom. These aren't magic fixes, but when used consistently, they can transform how your classroom operates as students with weaker executive functioning skills and higher demands feel seen and supported.



Ready to take this further?

If you found this guide helpful, you'll love our full Blooming Classrooms course. It's designed specifically for teachers like you—who care deeply but feel overwhelmed and want to regain their sense of purpose, confidence, and wellbeing.

Join us inside Blooming Classrooms:

Visit [elevatededucators.com.au/bloomingclassrooms](https://www.elevatededucators.com.au/bloomingclassrooms)

Take the next step toward a flourishing classroom



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