CARVEYTEACH

FREE RESOURCE · OCTOBER 2026

My wellness pause

5 minutes to care for myself

Your wellbeing matters, too. Take this pause when you can maintain safe supervision of the children.

01

One minute to pause

Feel your feet on the floor and relax your shoulders.
Breathe at your own pace, without forcing or holding it.

02

One minute to notice

Look around. Name three things you can see.
Ask yourself: how do I feel and what do I need?

03

One minute to care for my body

Take a sip of water if you would like.
Gently stretch your hands and shoulders.

04

One minute to offer myself kindness

Tell yourself: “I can take one step at a time”.
Notice one small thing you did well today.

05

One minute to choose

Choose a doable action: ask for support, simplify a task, or plan a break with another adult covering supervision.

Today I need: _____

My next step: _____

© 2026 Carmina Veytia · Carveyteach · www.carveyteach.com

For personal use and your child care program. Not for resale.