# 5 free wellness cards

For educators · Color · US Letter · Print at 100%

CARD 13 · AFFIRMATION



**“You are the heart behind the care. Your well-being matters just as much as theirs.”**

carveyteach.com

CARD 14 · AFFIRMATION



**“Calm is contagious. When I take a steady breath, the children feel safer.”**

carveyteach.com

CARD 15 · AFFIRMATION



**“My needs are not an inconvenience. Taking care of myself protects everyone.”**

carveyteach.com

Keep active supervision first. If exhaustion makes care unsafe, get qualified coverage and ask for support.

# Two small pauses, just for you

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CARD 1



## The Welcoming Exhale

Plant both feet before opening the door. Inhale fresh calm, exhale morning rush.

carveyteach.com

CARD 3



## Shoulder Drop & Jaw Release

Unclench teeth, drop shoulders away from ears, soften eyes while supervising.

carveyteach.com


## Want more moments for yourself?

**Explore the complete collection**

**103 activity cards + 9 dividers**

$9 USD per edition · Color or black and white

**carveyteach.com**

**Shop → Educator Wellness Activity Cards**


How to print: US Letter paper (8.5 × 11 inches), portrait orientation, Actual size / 100%. Each card measures 3½ × 4¼ inches. Cut around the outside edges. Print only the sheet you want to use.