

## **EIR K Action Plan**

Teacher	'S	Self-Care	Routine
Cohort		S	AP

Tea	cher ID: _	Coach ID:	Goal number:	Date written:	_ Date mo	oved to maintenance:	
I will focus on caring for myself by implementing a self-care routine on a weekly basis and use positive						Expected teacher outcomes: Take a break and ask for help	
descriptive affirmations and calming techniques to help me with feeling positive about taking care of myself.					when needed. Say no when you are not able to help a colleague.		
			Action Steps			Materials/Resources	Timeline
Planning	I	ofessional and/or personal a. self (e.g., taking a description of the self (e.g., taking a description of the self (e.g., taking a description of the self of the	al life: (select 2-3 to start) luty-free lunch, setting limeria workers to help stude during lunch break or help, having an accouteam member to hold mations I've given myself; least one adult during the gnated space for lunch, no, treats/incentives). Put otions when students are at can students do to light	untability partner): e accountable (e.g., asking letting me know when I look e month physical and/or verbal signa a do not disturb sign on doo not present. hten teacher's responsibilities	me what a stressed als for or when I	Quiet/Working Sign for door  Job Chart for	Begin Oct. 23 <sup>rd</sup>
	2. Go	ist i. Let students e. home (e.g., create volunteer for a favo	take on more responsibil schedule for family, work rite organization) rorite TV show at least one	on a hobby times per week		students	by Oct. 27 <sup>th</sup>
	3. Plo		m I will implement and sh	are the appropriate parts of	the action	Ask reliable co- worker/family member for assistance	By Oct. 30 <sup>th</sup>



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Implementation

- 1. Begin implementing self-care routine by completing one of the components listed above within the next 7 days.
- 2. Share and/or celebrate your implementation with at least one person within 24-48 hours of completing the activity
  - a. Tell a co-worker, family member or friend.
  - b. Treat yourself (e.g., having a treat., watching a favorite show, giving yourself a pat on the back.