

Build Your Resilience!

Rate Your Level of Teacher Burnout:

- Feeling Fireproof!
- A Little Smoke, But No Fire.
- I'm Feeling Sparks!
- Singed Around the Edges.
- I'm Burning – Slowly But Surely.
- Flames – I Need a Fire Extinguisher – PRONTO!
- I'm In Ashes (don't fret – you CAN recover!).



**Flip over and pick one or two resilience strategies.
It's time to become FIREPROOF!**

Strategies to Build Teacher Resilience

(all it takes is starting with one and committing to it!)

Collaboration:

- Get a Mentor.
- Join an Online Community.
- Eat Lunch with a Colleague.
- Vent – it's okay to let it out!
- Reach out to a cross-school colleague.
- Enlist Help: retirees, students, volunteers, parents, colleagues.
- Find ways to laugh more!

Community Building:

- Host a Curriculum Night or Student Showcase.
- Work with Administration to build community involvement:
 - Libraries (use resources)
 - Rotary Club (speakers)
 - Senior Center (joint activities)

Fluff Eradication:

- PURGE! Clean Your Desk.
- PURGE! Clean Your Work Bag.
- Give yourself an extra day (or two) to grade papers.
- Write a personal “NO” statement.
- Don't assign homework for a night (or two).

Plan and Organize:

- Start using a new tech tool - have you heard of TED-Ed, Planboard?
- Find a colleague and swap lesson plans.
- Create a checklist with 5 things to get done this week. ✓✓✓✓✓
- Enlist/Assign students to help clean your classroom.

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Self-Care:

- Disconnect from your cell phone for one night.
- Talk a long walk...even if it's cold (bundle up)!
- Buy or bring a good water bottle to school and hydrate often!
- Reconnect with an old friend.
- Start a Journal – what lifts you up? Best part of your day?