

Keep Yourself Healthy - Create Your Plan

Self-Care Worksheet - De-Stress Your School Day

Complete the worksheet by including activities you can do for yourself before, during and after work to de-stress your school day.

- Take a walk around the block.
- Have cut up fruit ready for a quick snack.
- Take a stretch break.
- Sit down at lunch and check in with a colleague.

Before School:

During School:

In Class: _____

During Recess: _____

At Lunch: _____

After work:
