# Staff Wellbeing Planner School Leader Resource

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| **Planning for well-being:** We have a long year ahead of us with many challenges that we cannot predict. Having a plan to manage your staff’s well-being will help ensure that your team stays healthy and motivated. Use this space to write down and things you would like to do to promote well-being within your team. Here are a few things you could consider. | | |
| **Ideas** | **Date/Person** | **Notes** |
| **Appreciate teachers and support staff** | | |
| Share examples and appreciate individuals during a staff meeting |  |  |
| Write a note thanking them for their hard work |  |  |
| Have a learner write a positive note for them |  |  |
| Have lunch with them and thank them for their hard work |  |  |
| Share positive messages over SMS or in person. For example, appreciating your teacher and saying things like *‘I really appreciate all your help with school reopening’, ‘Thank you for all your hard work during this difficult time for the school’, ‘I really appreciate your leadership - you have been a big support for me’.* |  |  |
| **Encourage mindfulness and meditation exercises** | | |
| Practice mindfulness and meditation exercises, together during the staff meeting. |  |  |
| Share mindfulness and meditation exercises (audio files – resource 1.4) |  |  |
| Do art with your teachers |  |  |
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| **Build community with teachers** | | |
| Plan a weekly sharing circle for teachers where they can share how they are feeling and what challenges they are facing. |  |  |
| Schedule group conversations with teachers based on teacher survey |  |  |
| Schedule 1:1 conversations with teachers based on teacher survey |  |  |
| Identify who needs additional support and make a plan for them |  |  |