A Calm December

The weeks before winter break are packed. Pick a few small breaks and check off the ones you treat yourself to.

- [ ] a cup of tea with no grading in sight
- [ ] a ten-minute walk in daylight
- [ ] an evening without school emails
- [ ] candle on, music on
- [ ] say no to one extra meeting
- [ ] buy cookies instead of baking
- [ ] a phone call with someone who lifts me up
- [ ] early to bed
- [ ] a chapter of a book that has nothing to do with school
- [ ] wake up without an alarm on the weekend
- [ ] cook something warm
- [ ] give myself some credit

My favorite break this December:

What I'm looking forward to over the break:

A kind word to myself:

You deserve something lovely too.

A Note for the Break

Write each student a kind note to carry into the break. Cut out, fold, hand out.

For _____

Enjoy your break!

For _____

Enjoy your break!

For _____

Enjoy your break!

For _____

Enjoy your break!

For _____

Enjoy your break!

For _____

Enjoy your break!

Words to carry through the break.