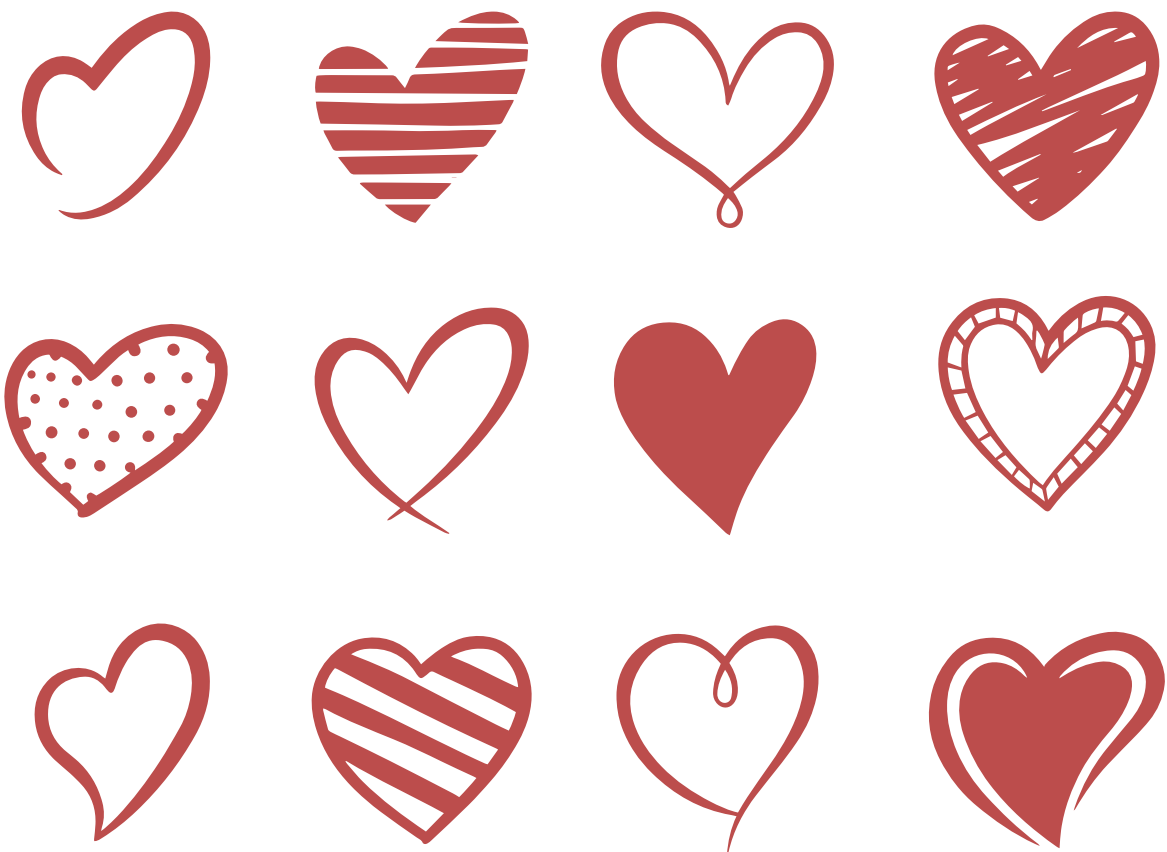


RESILIENCE: IT'S A MATTER OF HEART

*Rebuilding Teacher Resilience:
One Month at a Time*



JOSEPHINE HUNT

♥ Resilience: It's a Matter of Heart ♥

Rebuilding Teacher Resilience: One Month at a Time

September: *Together We're Better*

Focus: Belonging and clarity

Activities:

- Wellness Wednesday grounding reset
- “Why I Teach” reflection

Leadership Focus: Clarify priorities and protect planning time

October: *Feelings are Information*

Focus: Trust and normalization, acceptance

Activities:

- Peer Support Pods begin
- Five-minute reset in staff meetings

Leadership Focus: Adjust what isn't working, listen first, and listen to understand

November: *Why Our Work Matters*

Focus: Purpose and impact

Activities:

- Impact spotlights
- Gratitude notes and messages

Leadership Focus: Make teacher impact visible

December: *Protect Our Energy*

Focus: Boundaries and sustainability

Activities:

- Quiet Planning Wellness Wednesday
- Reduced or shortened meetings

Leadership Focus: No new initiatives, give back time

January: *Reset*

Focus: Recalibration

Activities:

- Midyear resilience pulse survey
- Reflection and adjustment conversations

Leadership Focus: Act on feedback

February: *Connection Is Protection*

Focus: Relationships

Activities:

- Mentorship check-ins
- Peer collaboration or observation

Leadership Focus: Strengthen relational trust

March: *We Share the Load*

Focus: Collective responsibility

Activities:

- Behavioral support refreshers
- Shared problem-solving forums

Leadership Focus: Reinforce MTSS and shared support

April: *Professional Trust Matters*

Focus: Autonomy and voice

Activities:

- Teacher-led strategy sharing
- Choice-based Wellness Wednesday

Leadership Focus: Reduce micromanagement

May: *Look How Far You've Come! Celebrate the Process*

Focus: Growth and recognition

Activities:

- Impact celebration
- Reflection on progress

Leadership Focus: Recognize effort and growth

June: *Finish with Care. Reflect and Refine Procedures*

Focus: Closure and reflection

Activities:

- Reflection and release activity
- Clear end-of-year communication

Leadership Focus: Honor emotional labor

Summer: *Rest, Refresh and Renew*

Focus: Renewal

Activities:

- Optional resources only
- No required meetings

Leadership Focus: Respect boundaries