

The Mindful Educator Manifesto

www.themindfuleducator.weebly.com

- Start each day with an *intention*
- *Breathe* through challenges
- Allow yourself to *feel* emotions
- Identify three things you are *grateful* for each day
- Acknowledge the *positives* in your classroom
 - Let yourself *laugh*
- Show your students you *love* them every day
 - Take a *real* lunch break
 - Allow yourself to say ‘*no*’
- Plan ‘*me-time*’ into your weekly or daily schedule
 - *Listen* more than you talk
- Let your students teach *you* something each day
- Do something that makes you *happy* every day
 - Tune out *negativity*
 - *Unplug* from school at home
- Make *mistakes* and forgive yourself