

# Terrific Teacher

I know today you work real hard  
and I just want to say...  
Thank you.

And let you know I see you.

I see you working hard even when you are tired  
I see the pile of papers you carry  
I see your smile and I see your tears  
I see you turning up to meetings  
I see you showing up every day  
I see you trying.

And I know you care.

Now...  
Please care for you  
Please rest and recharge  
Please connect with your friends and family  
Please prioritise you and your needs  
Please hold loving boundaries

Because you are absolutely worth it.

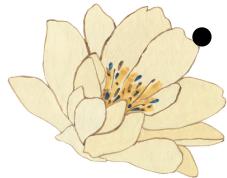
# Happy Healthy Holiday List

Ways I will move my body

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Foods I will eat to fuel me

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Things I will do that make my heart smile

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People I will connect with

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Self care must do's for me

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# Completing your happy healthy holiday list:

**Moving your body**- finding movement that is fun or fulfilling is more likely to be something we keep doing e.g. dancing, running, yoga, skipping, walking, a sport...

**Foods I will eat to fuel me**- what might you eat that will fill you up and give you energy... you might like to try something new?

**Things I will do that make me smile**- these might be hobbies, games to play, completing a jigsaw puzzle, a date night, movie night, go on a trip, challenge yourself, make music etc... it's what brings you joy that's important

**People I will connect with**- think about people that you enjoy being with, or people who might stretch you or challenge you, or those who bring joy to your life in some way.

**Self-care must do's**- this might be health appointments, eye checks, meeting with a personal trainer or coach, it might be reviewing your finances and budget, it may be tidying your space or preparing your vege garden for spring planting... these sorts of things are not very glamorous but important for self care

*Wa hoo! You have just created a list of healthful habits that you can start in the holidays... but it doesn't have to stop there, you can continue some these throughout the term.  
What a great gift you can give to yourself!*



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