Teacher Self-Care Check-In

CAMS for Early Childhood • Set Kids Up for Success

A short check-in designed to help early childhood educators notice what they need before stress becomes overwhelming.

How Am I Today?

• ■ Energized ■ Okay ■ Tired ■ Overwhelmed ■ Disconnected ■ Frustrated

What Is Taking the Most From Me?

• The classroom

• Workload

• Communication

• Team dynamics

• Family conversations

• My own stress outside work

• Something else

What Do I Need?

• A real break

• Someone to listen

• Encouragement

• Clearer expectations

• Help with a task

• Quiet time

• Connection

• Time away from work

One Small Act of Self-Care

Choose something realistic: drink water, step outside, ask for help, take your full break, stretch, write down what is bothering you, or make a plan for after work.

Remember

Self-care is not a reward for finishing everything. It is part of being able to keep showing up well.

> **“You cannot pour from an empty cup.”**

Notes