FolarraStudio

Teacher Self Care Journal

rest · refill · return

PRINTABLE · CHECK INS, BOUNDARIES & JOY

This Journal Belongs To

for teachers who give so much

TEACHER _____

SCHOOL _____

GRADE / SUBJECT _____

ROOM _____

SCHOOL YEAR _____

How to use this journal

- Print the whole planner once, then print extra copies of the pages you use most, such as the Check in and Boundaries pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Check in each week, protect one boundary and plan something just for you.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My self care word

Why I teach

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Weekly Check In

one week per page

WEEK OF

ENERGY 1-10

SLEEP

WATER

This week felt

What I need

One kind thing for me

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

My Boundaries

protect your time

I leave school by

Emails after hours

Weekends

Saying no to

Joy List

small things that refill me

1. Walk
2. Coffee with a friend
3. Read
4. Bath
5. Nature
6. Bake
7. Nap
8. Craft
9. Call family

Kind Words Received

read on hard days

DATE	FROM	WHAT THEY SAID

Gratitude Log

three good things

DATE	GOOD THING 1	GOOD THING 2	GOOD THING 3

Break Planner

rest on purpose

Next break

Plans

Rest

Ready to return

Notes



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Thank you!

Thank you for choosing FolarraStudio. I hope this journal makes everyday life a little calmer and more organized. If you enjoy it, tell a friend about folarrastudio.com.

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