

The Twelve Days of Teacher Wellness Challenge Tracker

DRAWING INSPIRATION FROM THE CLASSIC HOLIDAY CAROL "THE TWELVE DAYS OF CHRISTMAS," THIS WELLNESS CHALLENGE OFFERS A STRUCTURED YET FLEXIBLE APPROACH TO SELF-CARE. EACH DAY INTRODUCES INTENTIONAL ACTIVITIES DESIGNED TO HELP TEACHERS DECOMPRESS, RESTORE THEIR ENERGY, AND NURTURE THEIR PHYSICAL AND EMOTIONAL WELL-BEING DURING THIS PRECIOUS TIME AWAY FROM THE CLASSROOM.

DAY	ACTIVITY	✓
1	A FULL NIGHT OF RESTORATIVE SLEEP	<input type="checkbox"/>
2	TWO HOURS IN NATURE	<input type="checkbox"/>
3	THREE DIGITAL DETOX PERIODS	<input type="checkbox"/>
4	FOUR CREATIVE ACTIVITIES	<input type="checkbox"/>
5	FIVE MINUTES OF MEDITATION	<input type="checkbox"/>
6	SIX PAGES OF READING	<input type="checkbox"/>
7	SEVEN ACTS OF SELF-CARE	<input type="checkbox"/>
8	EIGHT GLASSES OF WATER	<input type="checkbox"/>
9	NINE MINUTES OF STRETCHING	<input type="checkbox"/>
10	TEN GRATITUDE NOTES	<input type="checkbox"/>
11	ELEVEN SONGS FOR DANCING	<input type="checkbox"/>
12	TWELVE BOUNDARY-SETTING AFFIRMATIONS	<input type="checkbox"/>

Use this table to track your daily accomplishments. Enjoy your well-deserved winter break and return to teaching refreshed and rejuvenated!

