

If you're feeling tired right now, you're not the only one!

# The Teacher Easter Recovery Plan

## The Four Steps

1

### Start the break by switching off

Many teachers move straight into life admin or school work when the holidays begin. Instead, allow the first couple of days to be a decompression period. Rest more than usual, spend time outdoors, and step away from school where possible. Your mind and body need time to slow down after a busy term.



2

### Let go of the pressure to be productive

It is easy to feel that the break should be used to catch up on planning or organise everything for the next term. Some preparation is fine, but doing too much school work can prevent real recovery. If something can wait until the final day or two of the holidays, let it wait.



3

### Make time for things that restore your energy

Teaching asks a lot of emotional and mental energy. Use the break to spend time doing things that help refill your tank. This might include being outdoors, spending time with people who help you relax, reading, listening to something you enjoy, or simply having slower days.



4

### Ease yourself back in before returning

The evening before returning to school can sometimes bring a sense of pressure or anticipation. A small routine can help. Prepare what you need for the first day and plan one simple lesson or activity. The first day back does not need to be perfect.



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