🧠 Mental Health Fuels Equity: A Reflective Tool for Empowered Educators

✨ Section 1: Quick Emotional Check-In

Instructions: Circle or highlight the word(s) that best describe how you feel today.

- Energized
- Overwhelmed
- Hopeful
- Anxious
- Focused
- Disconnected
- Curious
- Tired
- Grounded
- Inspired

Prompt:

What's one thing contributing to this feeling?

🎯 Section 2: Equity & Wellness Alignment

Instructions: Reflect on how your classroom practices support both mental health and equity.

Practice or Ritual	Supports Mental Health	Supports Equity	Needs Adjustment
Morning meetings or check-ins	☐	☐	☐
Flexible deadlines or pacing	☐	☐	☐

Inclusive language and materials	☐	☐	☐
Movement or mindfulness breaks	☐	☐	☐
Student voice in decision-making	☐	☐	☐

Prompt:

Choose one practice to revise this week. What small shift could make it more inclusive or wellness-centered?

💬 Section 3: Discussion Starters

Use these prompts with students or colleagues to spark meaningful dialogue.

- "What helps you feel safe and ready to learn?"
- "How do we show care for each other in this space?"
- "What does equity look like when someone's having a hard day?"

🖊️ Section 4: Personal Reflection

Prompt:

Describe a moment when you felt empowered as an educator because you prioritized a student's well-being. What did you learn?

🌱 Section 5: Action Commitment

Instructions: Write one action you'll take this week to center mental health in your equity work.

This week, I will...