



WEEK 1 · AWARENESS · EDUCATOR MENTAL HEALTH AWARENESS MONTH

Thought Bubble Cards

fill one in, cut it out, and display it with pride

I deserve...

EDUCATOR MENTAL HEALTH AWARENESS
MONTH

**I give myself permission
to...**

EDUCATOR MENTAL HEALTH AWARENESS
MONTH

**This month, I'm
choosing...**

EDUCATOR MENTAL HEALTH AWARENESS
MONTH

**My favorite way to reset
is...**

EDUCATOR MENTAL HEALTH AWARENESS
MONTH

I'm proud of myself for...

EDUCATOR MENTAL HEALTH AWARENESS
MONTH

**This month means to
me...**

EDUCATOR MENTAL HEALTH AWARENESS
MONTH



WEEK 2 · ADVOCACY · EDUCATOR MENTAL HEALTH AWARENESS MONTH

Reset Idea Cards

small ideas, shared voices

Fill out a card, cut it out, and drop it in your school's idea box. Every idea helps shape a workplace where everyone has room to pause and reset.

IDEA CARD

One idea that would help our team pause during the day...

Name (optional) _____

IDEA CARD

A space in our building that could become a reset spot...

Name (optional) _____

IDEA CARD

Something that helps me reset at work that others might enjoy...

Name (optional) _____

IDEA CARD

One small moment of calm I'd love to see in our week...

Name (optional) _____



My Reset Menu

keep it on your desk for the days you need it

One Minute Resets

for example, three slow breaths

- _____
- _____
- _____

Five Minute Resets

for example, a short walk outside

- _____
- _____
- _____

When I Have More Time

for example, a favorite playlist and a cup of tea

- _____
- _____
- _____

MY GO TO RESET THIS WEEK



EDUCATOR MENTAL HEALTH AWARENESS MONTH

Calling All Work Besties

because resets are better together

Teachers, custodians, cafeteria teams, front office, bus drivers, and everyone in between. Everyone deserves a work bestie. This November, find yours and take a reset together.

♥ ALL ABOUT MY WORK BESTIE

My work bestie is _____

They always make me smile when _____

We could talk for hours about _____

Our favorite way to reset together _____

Bestie Reset Passes *cut one out and gift it to your person*

BESTIE RESET PASS

Good for one
walk and talk

To _____ From _____

BESTIE RESET PASS

Good for one
coffee or tea break together

To _____ From _____

BESTIE RESET PASS

Good for one
five minute laugh break

To _____ From _____

BESTIE RESET PASS

Good for one
lunch together, no shop talk

To _____ From _____



Facilitator Cards

quick guides to open any meeting

WEEK 1 • AWARENESS

Thought Bubble Cards

5 to 10 min

HOW TO USE IT

Print enough sheets so everyone gets one card, and cut them apart ahead of time. Invite each person to fill one in, then post the cards on a shared wall or door.

OPENER SCRIPT

This month, Georgia is recognizing Educator Mental Health Awareness Month, a time for all of us to pause, reflect, and reset. Before we jump into today's agenda, take a card and finish the thought in your own words. There's no right answer. When you're done, add yours to our wall.

WEEK 2 • ADVOCACY

Reset Idea Cards

5 min

HOW TO USE IT

Print and cut the cards ahead of time, and set out an idea box or envelope. Let everyone know names are optional. Afterward, review the ideas and share back one you plan to try.

OPENER SCRIPT

As we continue recognizing Educator Mental Health Awareness Month, we want to hear from you. Take a few minutes to share one idea that could help our team pause or reset during the day. Big or small, every idea is welcome. Drop your card in the box on your way out.

WEEK 3 • ACTION

My Reset Menu

10 min

HOW TO USE IT

Print one menu per person. Give everyone about five minutes to add a few resets to each section, then invite anyone who'd like to share a favorite aloud. Encourage staff to keep their menu somewhere they'll see it.

OPENER SCRIPT

As we head toward Thanksgiving break, let's make our resets practical. Take a few minutes to build your own reset menu, with quick resets for one minute, five minutes, and when you have more time. Then, if you're willing, share one favorite with the group.



EDUCATOR MENTAL HEALTH AWARENESS MONTH • NOVEMBER 2026

Daily Reset Calendar

MON

TUE

WED

THU

FRI

SAT

SUN



Start here

One small thing a day. Try it, enjoy it, and give yourself grace on the days you don't.

1

Set one gentle intention for the month.



WEEK 1

Pause

2

Take three slow breaths before your day begins.

3

Step outside for one minute of fresh air.

4

Eat lunch away from your desk today.

5

Listen to a favorite song between tasks.

6

Notice one thing that made you smile.

7

Rest without guilt today.

8

Enjoy a slow cup of coffee or tea.



WEEK 2

Reflect

9

Jot down one thing you're proud of.

10

Think of a colleague who brightens your day.

11

Remember why you chose this work.

12

Notice what gives you energy today.

13

Write down one win from this week.

14

Spend time on a hobby you love.

15

Think about what you'd like more of next week.



WEEK 3

Reset

16

Say hello to someone you haven't talked to lately.

17

Drink a full glass of water before lunch.

18

Stretch for two minutes between tasks.

19

Share a kind word with a coworker.

20

Leave work on time today.

21

Move your body in a way that feels good.

22

Plan something to look forward to over break.



Thanksgiving Week

23

Give yourself permission to slow down.

24

Read something just for enjoyment.

25

Take a walk and enjoy the outdoors.

26 **THANKSGIVING**

Share one thing you're grateful for.

27

Do something just for fun.

28

Reach out to a friend or family member.

29

Ease gently into the week ahead.

30

Pause. *Reflect.* Reset.

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