

Teacher's Wellbeing PD and Calendar

November 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Teacher? I prefer educational rockstar!						Wellbeing ideas. Time for some physical activities
2	3	4	5	6	7	8
Students in the centre. Invent a funny start-of-the-week routine with your groups	Do something different on the lessons: new game, different routine or rearrange the desks	Time for content learning. Watch a talk with your students "Why the pencil is perfect" 	CPD. Watch a webinar "How to use Coursebook Material to Assess Young Learners' Writing Skills"	Listen to and sing your favourite song with your students.	Spend one hour reading a book in a quiet place.	Time for a delicious dessert.
9	10	11	12	13	14	15
Wellbeing ideas. Have an hour walk after work.	Students in the centre. Find out about your students' best childhood memories.	CPD. Read an article "What if? Motivating students in all classrooms with critical incidents" 	Take a group photo with your students and ask them to create a capture.	Reflection time. What have you learnt from your students today?	Wellbeing ideas. Spend some time alone with your thoughts.	Watch a favourite movie.
16	17	18	19	20	21	22
Students in the centre. Plan a New Year Advent Calendar activities with your students	Reflection time. What activities are your students interested in?	Wellbeing ideas. On your way to work, notice 5 different sounds.	CPD. Take part in the webinar from NGL Ukraine "Use of English. Online and offline preparation" 	Meet your friends. Online or offline.	Take some photos of your daily routine. Discuss them with your students later.	Family time. Prepare a new dish for lunch.
23	24	25	26	27	28	29
Organise a meeting with your colleagues to exchange your experience.	Do this funny fill-in activity with your students 	Wellbeing ideas. Try a new sport activity.	Thanksgiving day in the USA. Watch this educational video from National Geographic	Notice 5 beautiful things around you.	Family time. Spend a day in the park.	Spend 2 hours for a creative project.
30	<p>PD. Reading and rhythm. Watch this video from TEDed</p> <p>*Visit our site to register to the webinars or read the articles https://linguist.ngl.com.ua/</p>					