



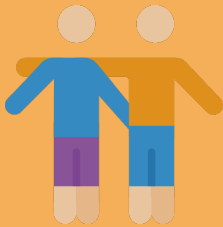
Take a moment to think about today.



Acknowledge one thing that was difficult: let it go.



Consider three things that went well today.



Check in with your friends: are they ok?



Are you ok? Your teachers are here to listen and support you.



Now, switch your attention to home: **REST** and **RECHARGE**.

End of Shift Checklist for Learners

THANK
YOU

Adapted by [@terSonya](#) from the NHS Going Home Checklist
Icons by [Smashicon](#) from [Elaticon](#)



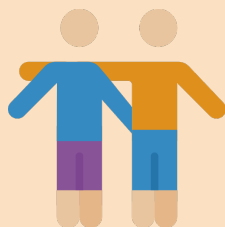
Take a moment to think about today.



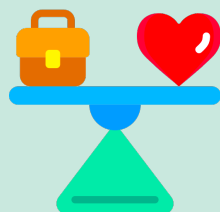
Acknowledge one thing that was difficult: let it go.



Consider three things that went well today.



Check in with your friends and neighbors: are they ok?



Are you ok? Your team is here to listen and support you.



Now, switch your attention to home: **REST** and **RECHARGE**.

End of Shift Checklist for Educators

THANK
YOU

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