Teachers: How to Cope with Your First Day Back: The Checklist.



- [ ] 1. Be prepared - lessons planned, clothes ready, hair brushed, and the list goes on.
- [ ] 2. Have a long, hot, bubbly bath.
- [ ] 3. Have a positive mental attitude (it'll be half term in about 38 days, 5 hours and 31 minutes)
- [ ] 4. Stock up on paper clips for when you need help holding things together.
- [ ] 5. Don't forget your umbrella for lunchtime duty in January, maybe bring your hat, scarf and gloves too...
- [ ] 6. Have your focus education books at the ready to guide you through the year!
- [ ] 7. Decorate your bulletin board with fun things to look forwards too.
- [ ] 8. Make a start on those student name tags.
- [ ] 9. Stock a box of tissues to wipe away any tears...yours and theirs.
- [ ] 10. Purchase a notebook to write down all the funny things children say.
- [ ] 11. Decorate your classroom, to make life a little more cheerful.
- [ ] 12. Have the class room rules ready for the New year.
- [ ] 13. And lastly, pretend it is not happening. This is all just a bad dream!

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