



The Happy Educator

Wellness Tips for Childcare Professionals

As early childhood educators, you bring joy, creativity, and care to little learners every day.

But who's filling your cup?

In childcare, wellness isn't just about feeling good, but also about being able to respond calmly, connect meaningfully, and model emotional regulation for children.

Young minds are shaped by the emotional climate around them, and educators play a central role in creating that climate. When educators are modelling holistic wellness, children feel

safe, secure and ready to learn.

The Happy Educator Project reminds us that educator wellbeing is not a luxury - it's essential.

When educators feel supported, safe, and valued, they create emotionally healthy environments where children thrive.

This resource is a visual prompt that aligns with the series encouraging educators to take ownership of their workplace culture, lead with positivity, and reconnect with the passion required to be an attuned educators.

Hot Tips to Manage Stress & Boost Wellness

Pause for Presence



Take 2-5 minutes each day to breathe deeply, stretch, or simply sit in silence during break times. Mindfulness helps reset your nervous system.

01

Move to Music



Play your favourite song & have a mini dance break with the children or solo! Movement lifts mood & energy. Dancing has positive effects for up to 8 years!

02

Snack Smart



Keep nourishing snacks on hand such as bananas that are full of the happy hormone serotonin - think nuts or fruits. Balanced blood sugar = balanced mood.

03

Talk It Out



Check in with a colleague. A quick chat can ease tension and build connection. Remember, we all smile in the same language!

04

Celebrate Small Wins



Notice and name the good moments - whether it's a child's smile or a task ticked off. Positivity is contagious!

05

Set Gentle Boundaries



It's okay to say no. Protect your time and energy so you can show up fully when it matters most. Take a collaborative approach and share the load.

06

Reignite Your Spark



Revisit what brought you into this work. Watch an episode from The Happy Educator Project to reconnect with your capacity to have fun and experience joy in the workplace.

07

Know Your Window of Tolerance



Recognise when you're nearing feelings of being overwhelmed. Tap out for a quick reset - step outside, breathe or take a short walk. Self-awareness is key to resilience.

08

Be Kind & Celebrate Strengths



A kind word goes a long way. Acknowledge each other's strengths and contributions - it builds trust, morale and a stronger team.

09

Laugh Often

10



And don't forget the power of laughter! As the series reminds us, laughter builds connection, relieves stress, and brings joy back into the everyday. It's a simple yet powerful way to recharge and reconnect with your team and the children in your care.

