

# Healthy Teachers, Happy Classrooms

Twelve Brain-Based Principles to Avoid Burnout, Increase  
Optimism, and Support Physical Well-Being

**Principle 1: Calming Surroundings**

**Principle 2: Music**



**Points to Remember:**

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**Action Plan:** \_\_\_\_\_

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**Principle 3: Nutrition**

**Principle 4: Movement**

**Principle 5: Sleep**



**Points to Remember:**

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**Action Plan:** \_\_\_\_\_

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**Principle 6: Laughter**

**Principle 7: Optimism**

**Principle 8: Games**

**Points to Remember:**

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**Action Plan:** \_\_\_\_\_

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**Principle 9: Purpose**

**Principle 10: Passion for Purpose**

**Principle 11: Spirituality**

**Principle 12: Close Personal Relationships**



**Points to Remember:**

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**Action Plan:** \_\_\_\_\_

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