

# HOW TO BE A HAPPIER TEACHER

## A MANIFESTO

**YOU ARE A TEACHER** \* THE PROFESSION THAT CREATES ALL OTHERS \* TEACHERS LEAVE AN INDELIBLE MARK ON PEOPLE'S LIVES \* YOU HAVE THAT POWER, SO USE IT WISELY \* **ALWAYS KEEP AT THE FRONT OF YOUR MIND WHY YOU TEACH** \* MAINTAIN YOUR VALUES AND STAY TRUE TO YOURSELF \* ACCEPT THAT YOU'LL NEVER HAVE TIME TO DO IT ALL \* AVOID PERFECTIONISM \* **STRIVE TO BE GOOD ENOUGH** \* EMBRACE WET PLAY \* MAINTAIN PERSPECTIVE \* ASK YOURSELF 'DOES THIS REALLY MATTER?' \* **SOMETIMES YOU NEED TO BREAK THE RULES IN SERVICE OF YOUR STUDENTS** \* BE PART OF THE SOLUTION, RATHER THAN THE PROBLEM \* PRACTISE YOUR TEACHER STARE \* PROTECT YOUR VOICE \* CREATE A CLASSROOM WHERE EVERYONE FEELS SAFE, ABLE TO TAKE RISKS AND BE THEMSELVES \* **DO THE RIGHT THING EVEN WHEN IT'S HARD** \* USE COMIC SANS SPARINGLY \* LEAD YOUR LIFE IN A WAY YOU'D BE HAPPY FOR YOUR STUDENTS TO FOLLOW \* DO SMALL THINGS EACH DAY THAT NOURISH YOU \* SEE FRIENDS AND FAMILY OFTEN - A HIGH CHALLENGE CAREER NEEDS A HIGH LEVEL OF SUPPORT \* KEEP IT SIMPLE \* **TEACH CHILDREN STUFF, HAVE FUN AND SHOW THEM HOW TO BE GOOD PEOPLE** \* ALL THE REST IS NOISE \* YOU WILL NOT BE A TEACHER FOREVER - SO SAVOUR IT \* LIFE IS SHORT \* CUT YOURSELF SOME SLACK \*  
\* **TEACH WHAT MATTERS AND ENJOY THE RIDE** \*

