



When You Are Tired: A Guide for Teachers



As the January Blues descend upon us, teachers need to fight back. Teaching is demanding, and there will be days when exhaustion hits hard. Here's how to navigate those moments while still providing a meaningful learning experience for your students.

1. Set Realistic Goals for the Day

When energy is low, simplify your lesson plans. Focus on key objectives and avoid overcomplicating activities. It's okay to adjust expectations and prioritize engagement over perfection.

2. Use Student-Led Activities

- Use hands-on independent practice centers.
- Assign independent or project-based learning.
- Give students leadership roles to encourage participation while giving yourself a mental break.



3. Rely on Daily Routines and Structure

You spent all Fall setting class routines and building classroom community. Having clear classroom routines reduces the need for constant management. When tired, let established procedures do the heavy lifting.

4. Use Low-Energy Teaching Strategies

- **Think-Pair-Share:** Encourages discussion while reducing direct instruction.
- **Silent Reading or Journaling:** Provides a quiet, focused time for students.
- **Multimedia Integration:** Show educational videos or use interactive online tools.

5. Manage Your Energy Wisely

- Take deep breaths between lessons.
- Sit, when possible, instead of constantly standing.
- Stay hydrated and have a healthy snack to maintain energy levels.



6. Give Yourself Grace

Not every lesson will be high-energy, and that's okay. A tired day doesn't define your effectiveness as a teacher. Focus on what you *can* do rather than what you *wish* you could do.

7. Plan for Future Tired Days



- Create emergency sub plans you can use when needed.
- Have a "go-to" list of low-prep, high-engagement activities.
- Have students join in a Yoga break or some breathing exercises.
- Build a classroom culture where students understand and respect your needs as well as their own.

By implementing these strategies, you can navigate exhaustion while still fostering a positive and productive learning environment.

If your tired days turn into tired months or you just aren't coping how you would hope to, please reach out for help. As teachers we have many tools available to us for our physical and mental health. If you are struggling, please don't do it alone. You can reach out to me or Kii for help.

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what's wrong with me 





TEACHERS' RETIREMENT ALLOWANCES FUND

Johnston Terminal, 330 – 25 Forks Market Road
Winnipeg, MB R3C 4S8
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and
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