

30 Days of Notable November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Find out more at www.spectrumeducation.com</p> <p>Happy Healthy Teachers Matter 10-4 Challenge Online Course</p> 	<p>Sharing stories, strategies & wisdom to inspire your teaching & enhance your life</p> <p>Teachers Matter Podcast</p> <p>WITH KAREN TUI BOYES & MEGAN GALLAGHER</p> 	<p>1 Light an aromatherapy candle and enjoy the aroma</p>  <p>Colouring Club with Carrie</p>	<p>2 Write a thank-you note for a special person in your life</p> <p>Karen featured at Health, Wealth & Wisdom Summit 2pm</p> <p>Study Smart Webinar Exam Tips</p> <p>Teachers Matter BookClub</p>	<p>3 Buy yourself some flowers</p> 	<p>4 Fresh Fruit Friday -add an extra piece of fruit into your lunch</p> 	<p>5 Cook your favourite meal and enjoy with someone special in your life</p>
<p>6 Savour your favourite chocolate or sweet treat today</p> 	<p>7 Book a massage, manicure or pedicure this week</p> <p>Karen featured at the Putting Mama First Retreat & Beyond ADHD Summit</p>	<p>8 Buy a gift for yourself</p>  <p>Colouring Club with Carrie</p>	<p>9 Do something small that scares you today</p> <p>Teachers Matter BookClub</p>	<p>10 Buy, download or borrow an inspiring book to read</p>	<p>11 Fresh Fruit Friday -add an extra piece of fruit into your lunch</p> 	<p>12 Blow up some balloons and give them away to a child</p> 
<p>13 Sit in the sunshine and soak up the rays (and if not today as soon as you can)</p>	<p>14 Finish your day with focusing on your favourite things</p>	<p>15 Write a list of your great qualities</p>  <p>Colouring Club with Carrie</p>	<p>16 Donate some items that you no longer use or need</p> <p>Teachers Matter BookClub</p>	<p>17 Be encouraging to your colleagues and friends</p> 	<p>18 Fresh Fruit Friday -add an extra piece of fruit into your lunch</p> 	<p>19 Take a bubble bath or pampering shower</p> 
<p>20 Delete 3 apps off your phone that you don't need or are wasting your time!</p>	<p>21 Dance like no-one is watching</p> 	<p>22 Focus on what you are grateful for today</p>  <p>Colouring Club with Carrie</p>	<p>23 Ring, hug and/or spend time with the people you love</p> <p>Teachers Matter BookClub</p>	<p>24 Get some sunshine (or jump in puddles!)</p>	<p>25 Eat cake & enjoy</p> <p>It's Karen's birthday today!!!</p> 	<p>26 Watch a sunrise or sunset today</p> 
<p>27 Plan your week, including some pamper and downtime - just for you</p>	<p>28 Turn your devices and screens off by 8pm</p> 	<p>29 Write a list of all your achievements in your life</p>  <p>Colouring Club with Carrie</p>	<p>30 Go for a brisk walk in the fresh air</p> <p>Teachers Matter BookClub</p>		<p>Gratitude Inspirations</p> <p>This tiny book is packed with gratitude and love, to inspire and remind you there is good in every day! A wonderful personal daily reminder of gratitude or a thank you gift for someone you appreciate. Get your copy/s today...</p> <p>www.spectrumeducation.com</p> 	