

A Pocket Of Positivity For...

Lisa

Dear Lisa ,

You picked up this book — maybe in a quiet moment between the chaos, maybe in the stillness after the children have gone home, maybe in the middle of a day that feels too heavy to carry. However you arrived here, I want you to know: this space was made for you.

You, who notices the child no one else sees.
You, who holds space for tears, tantrums, and
tiny triumphs.

You, who documents joy while juggling ratios,
regulations, and rosters.

You, who shows up—even when the system doesn't.

This book won't fix the broken parts of the sector. But it will remind you that you are not broken. You are brilliant. You are brave. You are building futures in ways that may never be measured—but will always matter.

Inside these pages, you'll find reminders of your impact, and reflections to restore your spirit. Let them be your pause, your permission, your pocket of peace.

You are not alone.

You are deeply valued.

You are enough — exactly as you are.

Quiet Reminders for Loud Days

These quotes are gentle companions—here to steady your breath, soften your thoughts, and remind you why you show up.

Morning Mantras

"Today, I choose presence over perfection."

"I am the calm in the chaos, the anchor in the storm."

"Every moment with a child is a chance to shape the future."

"I greet this day with curiosity and compassion."

"My energy sets the tone. I choose warmth."

End Of Day Exhales

"I did enough. I was enough. I am enough."

"Let the day go. Keep only the moments that mattered."

"I offered safety, laughter, and love — that is legacy."

"Rest is not quitting. It's preparing to rise again."

"I am proud of the invisible work I did today."



Growth and Transformation

“Education is not the filling of a pail, but the lighting of a fire.” — William Butler Yeats

“Change is the end result of all true learning.” .
— Leo Buscaglia

“Growth is never by mere chance; it is the result of forces working together.” — James Cash Penney

Hope and Possibility

“To teach is to believe in tomorrow.” — Anonymous

“Every child you teach is a seed you plant in a garden you may never see.”

“Even the smallest act of kindness can grow roots deeper than you’ll ever know.”

Courage & Change Making

“If you want to go fast, go alone. If you want to go far, go together.” — African Proverb

“The most powerful leadership tool you have is your own example.” — John Wooden

“Educators don’t just adapt to change — they initiate it.”

Self Compassion & Worth

“You are not behind. You are on your own path, at your own pace.”

“You are allowed to be both a masterpiece and a work in progress.”
— Sophia Bush

“You are not lazy. You are exhausted from caring deeply.”

Rest and Renewal

“Rest is not a luxury. It’s a strategy.”

“Taking a break is not giving up. It’s gearing up.”

“You cannot heal in the same environment that made you tired.”

“Even the sun sets to rise again.”

Invisible Labour & Emotional Load

“You hold space for others. Let this space hold you.”

“The work you do is often unseen — but never insignificant.”

“You carry stories, tears, triumphs. That’s weight worth resting.”

“You are not just managing tasks. You are managing hearts.”

Permission To Pause

“You don’t have to earn rest. You are already worthy of it.”

“Pause is a pedagogy. Silence is a strategy.”

“Let yourself be still. The world will wait.”

“Refilling your cup is not selfish. It’s sacred.”

You Are Enough

“I am enough, even on the days I feel scattered.”

“I create safety, joy, and belonging—even when no one sees it.”

“I trust my instincts. I know what children need.”

“I am part of a movement that matters.”

Why We Show Up

“I am not just an educator. I am a builder of futures.”

“My voice matters. My presence changes lives.”

“Connection over compliance is not a slogan—it’s a revolution.”

“I show up, even when the system doesn’t.”

Letters To You, Lisa

A series of heartfelt messages for when your heart is heavy, your spirit is tired, or the purpose feels distant.

When You Feel Burnt Out

Dear Lisa,

You are not broken. You are tired from holding too much for too long. The weight you carry – the stories, the tears, the laughter, the paperwork, the ratios – it's real. And it's heavy.

Please know this: rest is not weakness. It's wisdom. You are allowed to pause. You are allowed to refill your cup. The world you nurture needs you whole, not heroic.

You are not alone. You are deeply valued. And you deserve the same care you give so freely to others.

With gentleness,
A fellow believer in your worth



When You Feel Invisible

Dear Lisa ,

I see you.

I see the way you notice the child who's always overlooked. I see the way you stay late to finish documentation no one reads.

I see the way you soften your voice when a child is dysregulated, even when your own heart is racing.

You are not invisible. You are the thread holding the tapestry together.

Even when the system forgets to thank you, even when the world doesn't notice—your impact echoes.

You matter. You always have.

With deep respect,
Someone who sees the magic in your quiet work



When You Feel Overwhelmed

Dear Lisa ,

It's okay to feel like you're drowning in expectations.
The ratios, the regulations, the rosters—they pile up.

But you are not failing. You are navigating a system that
asks too much and gives too little.

Breathe.

You are doing enough. You are enough.

Let go of the myth of perfection. Hold onto the truth of
presence.

You are not alone in this storm. You are part of a
movement that matters.

With solidarity,
A voice beside yours



When You're Questioning Your Impact

Dear Lisa ,

You may not see the seeds you've planted—but they are growing.

In the way a child reaches for your hand. In the way a parent quotes your words. In the way a colleague feels braver because of your presence.

Your impact is not always loud. Sometimes it's quiet, like roots deepening beneath the surface.

Trust that you are shaping futures, even when the results are invisible.

With admiration,
A witness to your quiet revolution



When You Need a Reminder of Your Why

Dear _____ Lisa _____,

You didn't choose this path for the paperwork. You chose it for the moments—the giggles, the breakthroughs, the sticky fingers, and the wide-eyed wonder.

You chose it because you believe in children. And that belief is radical.

You are not just teaching. You are transforming.

Hold onto your why. Let it guide you through the noise.

With love,
A fellow keeper of the flame



The Pause That Protects You

A pause. A breath. A return to self.

Sit or stand still. Feel your feet on the floor.
Notice one thing you can see, one thing you can hear, one
thing you can feel.

Say silently: "I am here. I am safe. I am enough."

Breathe

Inhale slowly for 4 counts.

Hold for 4.

Exhale for 6.

Repeat 3 times.

Let your shoulders drop. Let your jaw soften.

Choose one mantra to carry forward:

"I am the calm in the chaos."

"My presence is my power."

"I choose connection over perfection."

"I am doing sacred work."

Sip water slowly.

Rub a calming essential oil on your wrist.



Sound Sanctuary

*A quiet corner of your day where music becomes medicine
– let these curated sounds soothe your nervous system,
restore your rhythm, and remind you that you deserve
peace too.*

For Morning Clarity



Begin your day with light, uplifting tones that ground your purpose and energize your presence.

When Overwhelm Rises



Let this sound hold you while you breathe.

When You Need To Slow Down



Permission to pause.

For Emotional Resilience



Reconnect with your strength, your softness, your spark.

When You Need to Regulate



Let the rhythm guide your breath, soften your edges, and bring you gently back to center.

When You Feel Drained But Still Show Up



Let this gentle sound remind you that showing up — even tired — is an act of courage.

This Book Doesn't End Here

Dear Lisa,

You've made it to the final page—but this isn't the end. It's a pause. A breath. A reminder that you are never alone in this work.

This isn't a book you finish. It's a book that finishes you — gently, lovingly, and then begins again.

Flip back to the quote that held you. Revisit the letter that saw you. Scan the sound that steadied you.

Carry these words with you. Let them echo in the quiet moments, the chaotic ones, and the ones where you forget your own brilliance.

You are the heartbeat of change. The keeper of joy. The quiet revolution.

Rest well. Rise gently. Return when you need to.



This book was created by **Aussie Childcare Network** to honour the hands, hearts, and voices of educators.

It's a quiet companion for the loud days, a gentle reminder of your worth, and a space to refill when the system forgets to.

We believe that educator well-being is not optional — it's foundational.

This resource is our way of saying: we see you, we value you, and we're walking beside you.

