

# WEEKLY WELLBEING WRAP UP

Week Ending: 03-Oct-2025

## Things I Learned This Week

- Children thrive when given space to lead their own narratives—one quiet moment turned into a powerful story circle.
- Clear boundaries aren't barriers, they're bridges to emotional safety.
- My creativity flows best when I allow pauses, not just productivity.

## Things I Would Do Differently

- I'd speak up sooner in team discussions instead of waiting for the "right moment."
- I'd take my break outside rather than at my desk—it makes a difference.
- I'd ask for help earlier, before the overwhelm sets in.

How balanced did I feel emotionally?



Calm



Slightly Uneasy



Overwhelmed

How productive was I this week?



Accomplished



Average



Unproductive

## This Weeks Wins

- Co-designed a new child voice documentation tool that sparked joy and engagement.
- Supported a colleague through a tough moment with

## Challenges Faced

- Navigating conflicting priorities between compliance and creativity.
- Managing fatigue midweek—needed more restorative moments.

## MY GOALS

- Pilot the new documentation tool with two age groups and gather feedback.
- Schedule one creative block for uninterrupted prototyping.
- Protect my lunch break as sacred—no meetings, no multitasking.

- I'm learning to honour my emotional rhythms without guilt.
- I'm becoming more confident in blending advocacy with artistry.

Goals for Next Week

Personal Growth