

GOING HOME CHECKLIST

Before Going Home...

- ✓ Take a moment to think about today.
- ✓ Acknowledge one thing you found difficult and then let it go.
- ✓ Think of three things that went well and hold on to the good.
- ✓ Check on your co-workers before you leave – are they ok?
- ✓ Are you ok? Your needs are valid too.
- ✓ Now switch your attention to home so you can rest, recharge and focus on what is important to you.

**THANK YOU FOR EVERYTHING YOU DID
TODAY TO SUPPORT CHILDREN, THEIR
FAMILIES AND EACH OTHER.**



An Roinn Leanaí, Comhionannais,
Míchumais, Lánpháirtíochta agus Oige
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