

Seven Days of Caring

Teacher Sketch Book

to Inspire REFLECTION · CONNECTION · AFFIRMATION

A visual journal
is a window into
the mind.

— Rashawnda Carey



Education

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Appreciating YOU

Embrace the beauty and impact of what you and other educators do to inspire greatness in each student. It is your observations and insights that create an education legacy and leave indelible marks of joy, wisdom, and compassion on those whose lives you touch.

The creativity, kindness, and courage you show every day truly changes lives and paves paths to a successful future.

Dear Educators,

Sometimes the best gift we can receive is an opportunity to reflect on the impact we make in the world and to draw strength from our creativity. The simple prompts in this **Teacher Appreciation Sketchbook** were designed to help you tap into your inner thoughts and feelings and affirm the joy and power found in the amazing teaching profession.



Teacher Appreciation Week is a time to pause and notice the many ways you are valued and how much your care for others circles back to you, making the world a place filled with gratitude and kindness.

The two themes in this sketchbook, **Self-Care** and **Caring Communities**, focus on affirming that you are a special person with unique gifts and strengths, and that when individuals comfort and support each other, the sense of communal care is transformative. Reflecting and sketching are great ways to celebrate you and your learning community!

There is insight and joy in making your thinking visible and opening the doors to self-expression. Use this sketchbook in any way that suits you. Complete the pages in any order that speaks to you. And contemplate ways you could share some of your deepest reflections with others. We would love to see how these prompts spark your sketches. Please share photos of your creations with us on social using **#CrayolaThanks**.

Colorfully Yours,
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Visualize What Sustains Your Energy and Motivates You

Teachers are givers. We are constantly pouring our hearts out into the world. As givers, we sometimes forget to give back to ourselves – to fill our cups up – and we find ourselves with an empty cup.

Fill your cup.

Sketch symbols, images, and words that are important for restoring your energy, revitalizing your creativity, and rekindling your motivation.

Relax

The more that we uplift ourselves into the world, the more we can allow our light to shine and uplift others.
– Ella Dufrene

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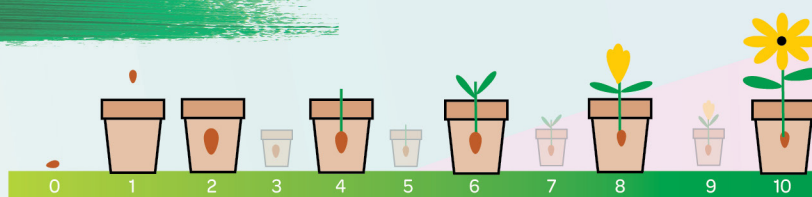
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Recognize Your Creativity

Help your creative confidence grow.

Circle a number on this scale of 1-10 that shows your **Creative Confidence**, where 10 means you're a creative genius and 1 means your seeds of creativity are planted and have a lot of potential. Sketch yourself in ways that show some of your creative superpowers, perhaps as a first-class fashionista, gardening guru, musical maven, culinary champion, or creative genius who enjoys many experiences.



**You can't use up creativity.
The more you use, the
more you have.**

– Maya Angelou

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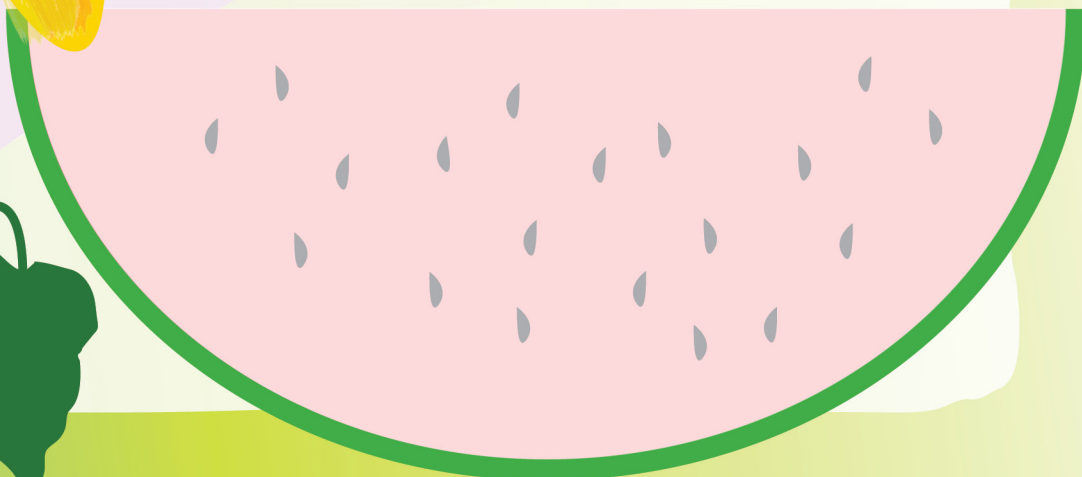
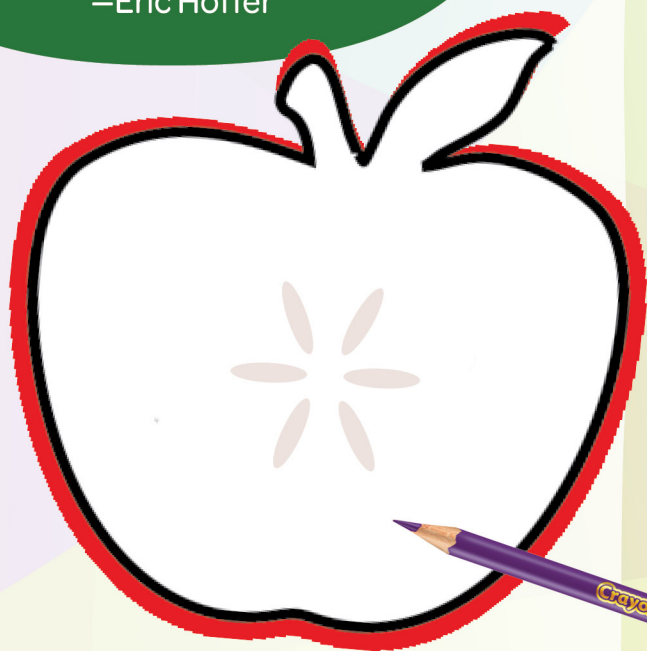
Celebrate Gratitude and Kindness

Scatter seeds of caring.

Sketch some ways you share your gifts with others, whether through generous hugs, heartfelt coaching, warm support, or positive affirmation that helps them feel appreciated. Gratitude and kindness are contagious. How do you scatter seeds of caring?



**Kindness can become its own motive.
We are made kind by being kind.**
—Eric Hoffer



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Reflect Upon How Your Past Shapes You

Honor those who helped shape us.

Your cultural identity, passed down from past generations, shapes your passions, values, and relationships. Use this quilt outline to sketch special people, places, and events that have contributed to the identity you've inherited and value.

Tell stories about
your family and
your culture.
Tell about the
hardships and
the triumphs.

—David Isay

Sketch
Visual
Stories

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Feel Nature's Restorative Powers

Let nature calm, soothe, and inspire.

Sketch an aspect of nature that is personally meaningful to you. Notice the details in natural beauty. Sketch as if you had a magnifying glass and are zooming in on a memory. Celebrate the details of this scene.



**The clearest way into
the Universe is through
a forest wilderness.**

—John Muir

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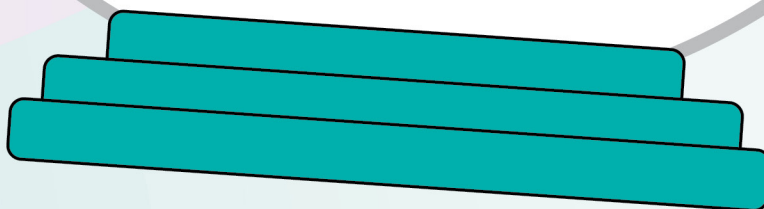
Teachers Build the FUTURE

Look inside the crystal ball.

Sketch a scene that shows you or a colleague 10 years from now with an older version of today's students. Show the impact of today's work on students and communities of the future.



It is a marvel
unique to
the teaching
profession
the ways that
educators shape
the future!
—Anonymous



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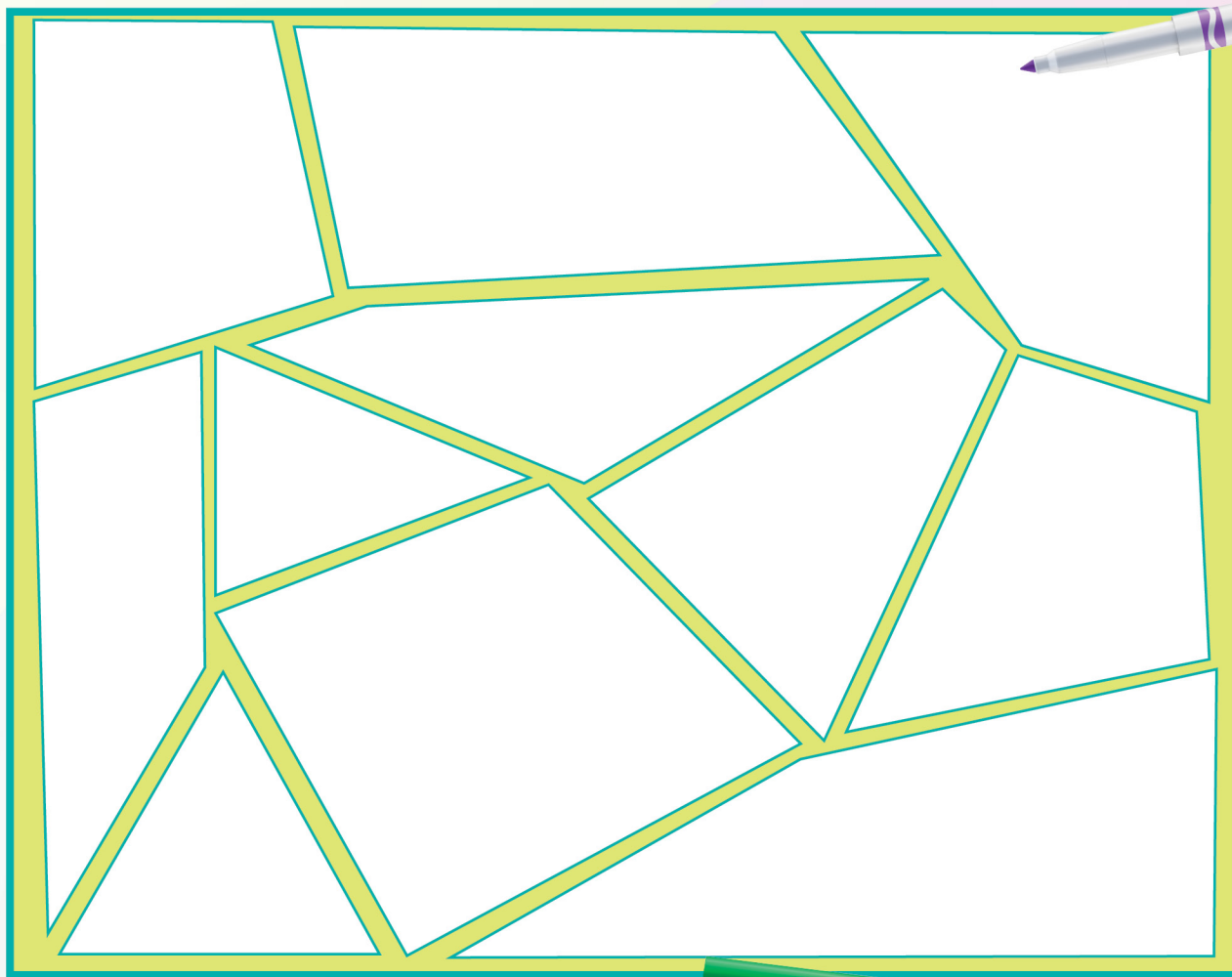
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Visualize the Mosaic of Your Community's Support

Explore the mosaic of appreciation.

We can appreciate what we hear, see, feel, experience, remember, and imagine. Sketching images of how your community supports educators deepens feelings of connection and affirmation. Whom and what do you appreciate? Who appreciates you and how do you know? Create a mosaic of images and words that come to mind when you reflect on the appreciation that flows between you and your community.



Never believe that a few
caring people can't change the
world. For, indeed, that's all
who ever have.

—Margaret Mead

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Celebrate the Teaching Profession

One week is not enough time to fully express appreciation for teachers. Let's keep it going! You and your colleagues are engaged in this important work every day of every week. Share the gratitude by creating a note for a colleague or sending supportive words to yourself.

Design a commemorative stamp that honors the teaching profession. Write a supportive message that extends teacher appreciation beyond this week, reminding the recipient of the impact every teacher has!

A large rectangular area with a dashed border, intended for a note or stamp. It features a large blank space on the left and a rectangular box on the right for a stamp. Below the box are three horizontal lines for writing.

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

– Leo Buscaglia

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