The Periodic Table of Teaching

ESSENTIAL ELEMENTS FOR A MORE STABLE SCHOOL DAY.

- CAFFEINE AND FUEL
- BEHAVIOUR AND RELATIONSHIPS
- WELLBEING AND SANITY
- CLASSROOM ESSENTIALS
- ADMIN AND MEETINGS
- THE UNPREDICTABLES

Keystage

POWERED BY quinn.

1 **Cf** Coffee												2 **Te** Tea
3 **En** Energy (briefly)	4 **Ib** Inbox	5 **Pl** Planning	6 **Ls** Lesson Slides	7 **Mr** Marking	8 **Pb** Parents	9 **St** Students	10 **Cc** Classroom Chaos	11 **Rs** Resilience	12 **Pa** Patience	13 **Hu** Humour	14 **Ev** Everyday Victories	15 **Ch** Chocolate (essential)
16 **Cp** Cover Plans	17 **Mt** Meetings	18 **Ds** Data	19 **Ob** Observations	20 **Se** SEN	21 **Sa** Safeguarding	22 **Be** Behaviour	23 **Bo** Boundaries	24 **Em** Empathy	25 **Cm** Calm (try)	26 **Lt** Late Arrivals	27 **Ht** Home Time (ish)	28 **Wi** Wine (eventually)
29 **Ct** Class Trips	30 **Cv** Cover Requests	31 **Re** Resources	32 **Eq** Equipment	33 **Gc** Good Colleagues	34 **Su** Supply Legends	35 **Sm** Small Wins	36 **Pr** Progress	37 **In** Inclusion	38 **Di** Differentiation	39 **Cn** Consequences	40 **Gr** Growth Mindset	41 **Sl** Sleep (rare)
42 **Wr** Workload	43 **Ra** Reply All	44 **Ph** Phone Calls	45 **Fo** Follow Ups	46 **Rc** Report Cards	47 **Py** Policies	48 **Of** Ofsted (uh oh)	49 **Fl** Fire Drills	50 **Sp** Support	51 **Tw** Teamwork	52 **Ap** Appreciation	53 **Jo** Job Satisfaction (still here!)	54 **Wd** Weekend (recharge)

KEY REACTIONS:

Cf + Te
= Functioning adult (temporarily)

Gc + Su
= Better days

Sm + Jo
= Why we do it

Rs + Sp
= Stronger schools

Sl + Wd
= Essential recovery time

Pl + En
= Ready for round two

CAUTION:

Prolonged exposure to Mt, Ds and Ob may cause increased caffeine dependency, sarcasm and a strong desire for Wi.