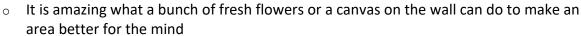


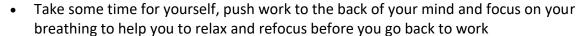
## **Staff Calm Cave**

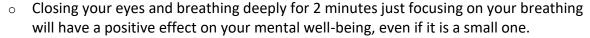
Working in early years is hard work, we don't get much downtime so when we do it is important to get some head-space and relax.

Lunchtime is likely to be the only time during the day you will have any time out from the children, so make the most of it!

- Having a quiet calm area is not always possible in a busy nursery but it is important to make the most of the space you do have
- Try to keep the staff area uncluttered and add some finishing touches to make it welcoming







Remember, mental well-being is important whatever age you are; take some time for yourself and this will help you cope with the pressure of the fast-paced early years' day.

