



ADAC

We listen.
We care.
We customize.

QUICK
START GUIDE

Summer Edition: *Recharge, Reflect, and Prepare for Your Best Year Yet* Teacher Toolkit



Practical tools and resources to help you reflect on the past year, recharge over the summer, and prepare for a successful start to the year ahead.

WHAT'S INCLUDED



Reflect &
Recharge Toolkit



Wellbeing & Wins
Guide



Goal-Setting
Framework



Curriculum
Planning Toolkit



Classroom
Setup Checklist



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Created for Educators,
Backed by Research



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How to Use This Toolkit

Follow these simple steps to support middle school learners and bring these strategies to life in your classroom.



1

Reflect

Use the Reflect & Recharge Toolkit to celebrate successes, capture key insights, and identify lessons learned from the past year.



2

Recharge

Explore the Wellbeing & Wins Guide to build habits that support your wellbeing and restore your energy.



3

Set Goals

Use the Goal-Setting Framework to identify priorities for your professional practice, wellbeing, relationships, and personal growth.



4

Plan Ahead

Use the Curriculum Planning Toolkit to organize key learning goals, map units, and create a strong instructional foundation for the year ahead.



5

Prepare for Success

Use the Classroom Setup Checklist to create systems, routines, and learning environments that support a confident start to the school year.



Tip: You don't need to complete everything at once. Start with the resource that feels most valuable right now and return to the others throughout the summer.

Toolkit Resources

Scan the QR code or visit the link to access each resource.



Reflect & Recharge Toolkit

Celebrate successes, capture meaningful moments, and reflect on lessons learned from the past school year.



[Click to Download](#)



Wellbeing & Wins Guide

Practical tools to recognize your successes, manage stress, and restore your energy.



[Click to Download](#)



Goal-Setting Framework

Set meaningful goals for your professional practice, wellbeing, relationships, and personal growth.



[Click to Download](#)



Curriculum Planning Toolkit

Map priorities, organize units, and create a clear instructional roadmap before the school year begins.



[Click to Download](#)



Classroom Setup Checklist

Prepare classroom systems, routines, and learning environments that support a confident start to the year.



[Click to Download](#)

Next Steps & Support

Start small. Stay consistent. Trust the process.

- **Start with one tool:** Pick the tool that resonated most and spend 20 minutes with it before the others.
- **Share with a colleague:** Reflection is more powerful in community. Share your goals or wins with someone you trust.
- **Revisit in January:** Schedule a mid-year check-in now. You'll notice something different when you return to these pages.

We're Here to Help

ADAC is committed to supporting educators every step of the way. To learn more about how ADAC can support your growth, [click here](#).



Keep the Momentum Going

- ✓ Revisit the resources anytime on the ADAC website.
- ✓ Share your reflections, goals, and next steps with a colleague.
- ✓ Explore additional ADAC toolkits and professional learning opportunities.

Every small step you took this summer, whether it be pausing to reflect, acknowledging your wins, or setting intentions, is an investment in the educator you're becoming. The students you'll meet in August are lucky to have someone who shows up this thoughtfully.

