

The Teacher Next Door



May Peer Support Tracker

Purpose: This is a printable one-page tool for educators to strengthen collegial connection, notice wins, and build small routines that support staff wellbeing during the end-of-year stretch.

Mental Health Awareness Month offers a timely opening for schools to focus on **connection**, because social support and a sense of belonging are closely tied to educator wellbeing and retention. Research on educator belonging also shows that collegial relationships and accessible peer support influence whether teachers stay or leave the profession.

How to use this tracker

- Pick **one (or more!) colleague buddy** for the month.
- Choose **one connection habit** to practice each week: a buddy walk, a structured check-in, or a public shout-out.
- Spend **2-10 minutes** per entry; the goal is consistency, not perfection.
- At the end of each week, note one **small win** and one **next step**.

My May connection goal:

This month, I want to feel more connected by:	
My buddy / support partner:	
One simple habit I will try each week:	

Weekly tracker

Week	Buddy walk or check-in completed?	Who did I connect with?	One thing I noticed or learned	One small win to celebrate	Next step for next week

Week 1					
Week 2					
Week 3					
Week 4					
Bonus / Week 5					

3 quick connection ideas

1. Buddy walks

Take a **10-minute walk** before school, during lunch, or after dismissal. Walking side by side can make conversation feel easier and more natural, while helping staff break out of isolation patterns that contribute to burnout.[cite:99][cite:105]

2. Structured check-ins

Use these prompts:

- What felt heavy this week?
- What helped you get through it?
- What is one thing that would make next week easier?

Peer support is most helpful when it is **specific, relational, and consistent**, not just occasional encouragement.[cite:95][cite:96]

3. Public shout-outs

Write one short recognition note each week:

- “Thanks for covering my duty.”
- “Your calm with students helped all of us today.”
- “I noticed the extra time you gave that family.”

Recognition and appreciation can strengthen morale and support retention, especially when they are authentic and specific.[cite:100][cite:106]

Milestone check

Circle any that happened this month:

- I asked a colleague how they were really doing.
- I took a walk or had a check-in with a peer.
- I gave a specific shout-out.
- I received encouragement when I needed it.
- I felt less alone this week.
- I tried again after missing a week.
- I helped create a more supportive staff culture.

End-of-month reflection

One connection that mattered this month:	
A support routine I want to keep in June:	
Someone I want to thank:	