



Leading your Best Self in an OSHC Environment

For OSHC Educators & Approved Providers

Leadership Reflection

Take a moment to reflect on your practice.

This month:

- How have I demonstrated leadership in my role?
- How have I supported a colleague?
- How have I advocated for a child's needs or wellbeing?
- What is one leadership skill I would like to strengthen?

My Leadership Goal:

Child Safety Reflection

Strong leadership supports child safety.

Reflect on the following:

- ☐ I actively supervise children and remain aware of my surroundings.
- ☐ I listen and respond to children's concerns respectfully.
- ☐ I encourage children to express their thoughts and feelings.
- ☐ I contribute to creating an environment where children feel safe and included.
- ☐ I understand my role in reporting and responding to concerns.

My Leadership Goal:

Quick Checks & Planning

Before School Care Quick Check

Before children transition to school:

- ☐ Children have been greeted and welcomed.
- ☐ Belongings have been organised.
- ☐ Quiet engagement opportunities are available.
- ☐ Children's wellbeing has been monitored.
- ☐ School transition procedures are in place.

Notes:

After School Care Planning Prompt

This week I will provide:

- ☐ Active play opportunities
- ☐ Creative experiences
- ☐ Quiet/relaxation activities
- ☐ Child-led experiences
- ☐ Opportunities for social connection

Children's interests I have noticed:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

School Holiday Program Planning

When planning holiday experiences, consider:

- ☐ Inclusion
- ☐ Child voice
- ☐ Risk-benefit opportunities
- ☐ Outdoor play
- ☐ Creative experiences
- ☐ New skills and challenges
- ☐ Cultural responsiveness

Program Idea Brainstorm:

1. _____
2. _____
3. _____
4. _____
5. _____

Self-Care Check-in

Rate yourself from 1–5.

Area		Rating
Sleep	zzz	__ / 5
Energy	🔋	__ / 5
Stress Levels	⚡	__ / 5
Work-Life Balance	🏠	__ / 5
Motivation	📢	__ / 5



My Self-Care Commitment

This month I will:

- ☐ Take regular breaks
- ☐ Spend time outdoors
- ☐ Connect with family/friends
- ☐ Reduce unnecessary screen time
- ☐ Practice mindfulness
- ☐ Engage in a hobby

Other: _____

Quick Mindfulness Activity

Use this strategy during busy or stressful moments to help refocus and regulate.

5-4-3-2-1 Grounding Technique

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

