

# 7 Essential items for teachers to survive school!

Every September, thousands of new (and not-so-new!) teachers wonder: what do you really need to survive a year in the classroom? So we asked Tappers, and the answers flooded in. From caffeine to cleaning wipes, here are the top ten essentials teachers say you should always keep close at hand.

## 1. ■ Coffee, tea, and water bottles

No surprise here: caffeine reigns supreme. And it's not just about WHAT you're drinking - but HOW you drink it that matters. Stock up on the drinks, but remember your mug too - oh, and top tip: make sure it's got your name on it!

- "Coffee!! Coffee!! Coffee!!"
- "My travel mug to keep my tea and coffee warm. Nothing worse than a cold mug of tea and coffee."

Hydration matters too: water bottles and mugs were near-universal mentions.

## 2. ■■ Pain relief & self-care

Most teachers cannot just 'pop out' and get painkillers if they need them. So keeping a safe stash locked away in your bag is a good idea. As one Tapper put it: "Berocca, paracetamol, ibuprofen – the survival combo."

- "Paracetamol"
- "Ibuprofen"
- "Tissues!"
- "Throat sweets"

## 3. ■■ Plants, fans & classroom comforts

You spend all day in your classroom - so make it as lovely as possible! Teachers clearly have green fingers - plants were mentioned in 90 of the 1700+ responses! However, not everyone was set on the real thing - many of you told us you go for the plastic version!

- "Plants"
- "Air freshener / room spray"
- "Fan for the hot months"

- "My chair... there wasn't one when I arrived, so I had to bring my own."

#### 4. ■■ Stationery you can trust

No surprise here: teachers LOVE pens! And bringing your own pens, even when the school might give you a supply, happens a lot. For some, it was because they didn't like writing with a biro; others wanted an extra short pen to write under the visualiser.

- "Good pen for me"
- "Stapler"
- "A decent electric pencil sharpener"
- "My wireless graphics tablet... even without an interactive whiteboard, I can still teach."

#### 5. ■■■ Home from home

Teaching is tough – small reminders of life outside school mean a lot.

- "Photo of my children"
- "Morale-boosting notes and cards from loved ones"
- "Bunch of flowers to remind myself I am worth it."

#### 6. ■■ Snacks, Snacks, Snacks

Teachers need fuel – and sometimes, so do students.

- "Chocolate"
- "Biscuits and good coffee"
- "Food (in case any students are ever hungry)"

#### 7. ■■ Cleaning Supplies

Spillages, ink explosions, and daily mess require quick fixes.

- "Wet wipes"
- "Anti-bac spray that smells nice!"
- "Duster for the board"

What's in your teacher drawer?

Have we missed any essentials from the list?

Let us know what you think makes for a 'teacher essential' by writing in [england@teachertapp.co.uk](mailto:england@teachertapp.co.uk) and tell us your thoughts!