

Figure 5.5: Staff Wellness Activity Menu Play Sheet

The following wellness activities serve as a starting point for teams to offer staff opportunities to relax and rejuvenate. These activities are low-cost or free and are easily implemented.	
Activity	Details
Build your own anti-stress kit and stress ball	Make supplies available for staff to create their own stress ball or personalized anti-stress kit.
Thank a colleague	Encourage staff to leave thoughtful notes in colleagues' mailboxes at random.
Zen garden	Provide materials for teachers to create simple Zen gardens for their desks. These are a calming tool for relaxation and a lasting way to unwind during busy days.
Free massages	Reach out to local chiropractors who may provide complimentary, brief massages for staff during planning periods.
Out to lunch with your team	Arrange coverage to allow teams to enjoy lunch together off campus.
Paint party	Invite the art teacher to lead a paint party for staff, inspired by paint and sip events. The activity can be themed around a holiday so participants can create decorations for their homes or classrooms.
Tea and chocolate	Set up a cozy station in a common staff area with tea, coffee, hot chocolate, and a selection of chocolates or other sweet treats for staff to enjoy.
March Madness during lunch	Organize a lunch where staff can relax and pull for their favorite college basketball team in a designated space outside of the cafeteria.
Yoga session	Partner with a local yoga instructor, or tap into staff expertise, to host periodic, after-school yoga sessions. These sessions also can include breathing exercises that staff can use personally and teach to students. Namaste!
Hula-Hoop break	Encourage staff to pick up a Hula-Hoop and join the fun! Offer prizes for the most spins in a minute and the longest continuous hooping.
Desserts	Treat staff to a surprise dessert bar as a thoughtful way to say "thank you" and show appreciation.
Weight room	Make the weight room (if your school has one) available to staff for after-school workouts to promote health and wellness.
Appreciation and shout-out board	Set up a board in a commonly used staff area, like the workroom or mailroom, where staff can post notes of gratitude, shout-outs, and recognition for recent acts of kindness or teamwork.