



# Ever Active Schools

## Staff Wellness Ideas

### 1 Staff Wellness Challenges

- Pedometer challenge
- Walk a Day a week
- Have one big laugh every day
- Listen to soothing music for five minutes. Try over the intercom.
- Start a pay it forward challenge using the theme 'Random Acts of Kindness.'

### 2 Staff Food

- Soup Fridays
- Take turns bringing a healthy snack to staff meetings

### 3 Staff Fitness

- Bootcamp
- Zumba
- Yoga
- Meditation
- Walking/jogging
- Breathing Life into Learning - after lunch, refocus the entire school through yoga or stretching

### 4 Inspirational Messages

- Start the week with a healthy quote. Use it as the motto for the week (i.e. Life is like a box of chocolates...You never know what you're going to get!" Forrest Gump.)
- Write positive messages on a colleague's whiteboard
- Send encouraging emails to colleagues
- Post positive messages in the staff wash-rooms

### 5 App of the Week

- Each week, share an app with staff that connects to healthy eating, physical activity, positive mental health, spiritual health, social/emotional health

### 6 Great Reads

- Recommend a book for the entire staff (ex: "Spark" by John Ratey)
- Connect to fun books during staff meetings:
  - "The World is Your Oyster" by Tamara James
  - "Rainbow Fish" by Marcus Pfister
  - "Only One You" by Linda Krantz
  - "How Full is Your Bucket" by Tom Rath and Donald O. Clifton
  - "The Teacher and Little Teddy Stoddard" by David Emery

### 7 Activities

- Have staff complete Tagxedos or Wordles and post throughout the school
- Secret Santa or Mystery Buddy
- Staff Journaling - At the beginning of the year give each staff member a journal or sketchbook. Add to the journal (drawings, themes, strengths, passions, etc.) each month, then halfway through the year have staff add to each others' journals
- Staff scavenger hunts

### 8 YouTube Videos

- Kid President's 20 Things We Should Say More Often (<http://ow.ly/tBgYo>)
- Derek Silvers: How to Start a Movement (<http://ow.ly/tBh1M>)
- Building an Airplane in the Air (<http://ow.ly/t-Bh5y>)
- Jessica's "Daily Affirmation" (<http://ow.ly/tBha4>)

### 9 Start a Staff Wellness Team

- Create a vision, assess where you're at, make a plan (less is more), evaluate and celebrate