



Self-Care Stations

PURPOSE //

During a school-wide staff meeting or professional development day, offer a self-care stations activity.

OBJECTIVE //

Help your team recognize and practice good mental health and self-care strategies.

INSTRUCTIONS //

Set up a variety of self-care stations and have small groups of 3-4 staff rotate throughout the stations. Have each group spend 5-7 minutes at each station. Provide each staff member with a rating sheet so they can reflect on which station makes them feel calm, relaxed, and rejuvenated.





Peacock Feather Balance Station

MATERIALS //

- Peacock Feathers: available for purchase on Amazon.com
- Timer (optional)

INSTRUCTIONS //

- Try to balance a feather on the tip of your index finger or the palm of your hand.
- How long can you balance for?
- How does this make you feel?
- If you look at the big eye on the top of the feather, is it easier to balance? Why so?





Exercise Station

MATERIALS //

- None

INSTRUCTIONS //

Do the following exercises three times:

- 10 jumping jacks
- 5 burpees
- hold plank for 30 seconds
- 5 push-ups





Bubble Blowing Station (& Popping)

MATERIALS

- Bubbles & Blowing Wand

INSTRUCTIONS

Blow bubbles and then try to pop the bubbles.

When the mind is overwhelmed it is important to go back to a simple task and re-focus.
Bubble popping is a soothing activity that can help bring us back to the present moment.





Yoga Station

MATERIALS

- Yoga Mats (optional)

INSTRUCTIONS

Try a series of yoga poses:

- Mountain Pose
- Forward Fold
- Tree Pose
- Cobra Pose
- Child's Pose
- Chair Pose

**Erika's Lighthouse**



Scented Oils Station

MATERIALS //

A variety of scents

- Vanilla
- Cinnamon
- Peppermint
- Lemongrass
- Chamomile

INSTRUCTIONS //

Set out a variety of scents for a "smell: test

- Notice how each scent makes you feel.
- Are some more a calming than others?
- Are some more alerting?





Coloring Station

MATERIALS //

- Colored Pencils
- Coloring Pages

INSTRUCTIONS //

Print off a variety of adult coloring worksheets and color them using colored pencils.
<https://www.crayola.com/free-coloring-pages/adult-coloring-pages/>



Make A Stress Ball Station

MATERIALS

- Balloons
- Funnel
- Corn Starch
- Sharpie

INSTRUCTIONS

Step 1: Stretch the balloon

Step 2: Use the funnel and add corn starch

Step 3: Squeeze out extra air

Step 4: Tie the balloon closed

Step 5: Decorate with Sharpie

Step 6: squeeze and de-stress



Erika's Lighthouse

Rating Sheet

| Station | Rating 1- 5 | Notes |
|---------------------------|-------------|-------|
| Feather Station | | |
| Exercise Station | | |
| Bubble Pop Station | | |
| Yoga Station | | |
| Scented Oils Station | | |
| Coloring Station | | |
| Make A Stress Ball Staton | | |

