



How full is  
your cup?

**PURPOSE** //////////////////////////////////////

- This activity helps students identify stress along with their capacity for stress, likening it to an overflowing cup of coffee.
- This activity emphasizes that we can reduce our stress by "emptying our cups," which thus impacts our overall mental well-being.

**OBJECTIVE** //////////////////////////////////////

The messages of this activity:

- I have a cup and it fills up.
- My cup fills up differently than anyone else's.
- I can learn to empty my cup.

**INSTRUCTIONS** //////////////////////////////////////**Materials**

- Paper cups
- Hot chocolate, Tea, or Lemonade
- Post-it notes
- Pens, markers
- Large poster for students to place post-it notes (created ahead of time)
- Pre-made stickers for cups (Optional) - see below

**Assembly**

1. Set up a table
2. Write on the cups or put stickers on (See example in pictures below)
3. Easel pad sheet or Poster board
4. Serve hot chocolate

**Application**

- A school club, such as an Erika's Lighthouse Empowerment Club, can lead this activity in the morning as students arrive, at lunch, or as students leave the building in the afternoon.
- Hot chocolate or another beverage can be served in provided cups (with stickers put on them) to students who participate.
- Students can list their stressors on post-it notes or can list what might help them out at a specific "fullness" level - overwhelmed, overloaded, stressed, busy, occupied, and relaxed.

**Let us know how the activity goes!**

We'd love to hear from you or receive pictures or tag us on social media:



@ErikasLH



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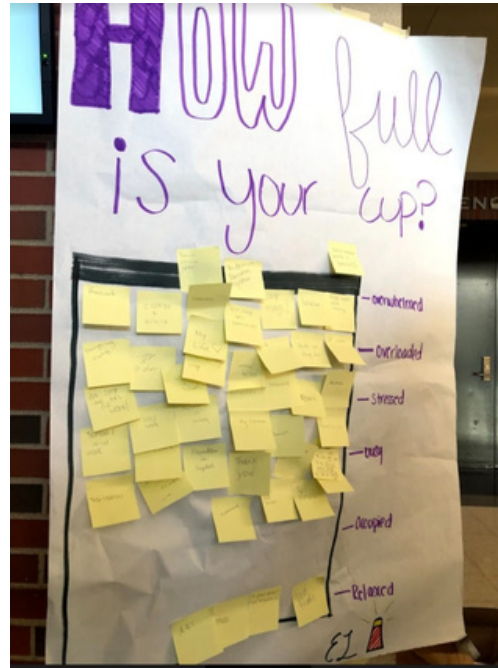
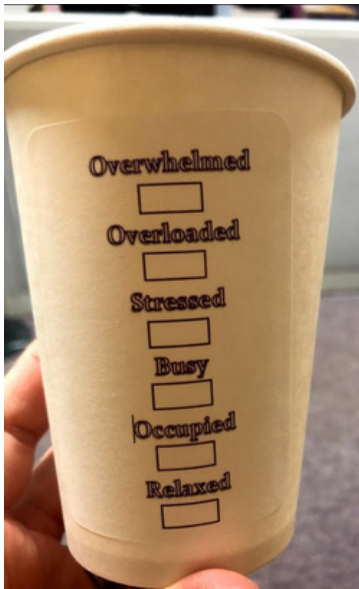


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# How full is your cup?



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