



## 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.

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# 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?

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## Exercise Station

### MATERIALS //////////////////////////////////////

- None

### INSTRUCTIONS //////////////////////////////////////

Do the following exercises three times:

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





- Bubbles & Blowing Wand

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)

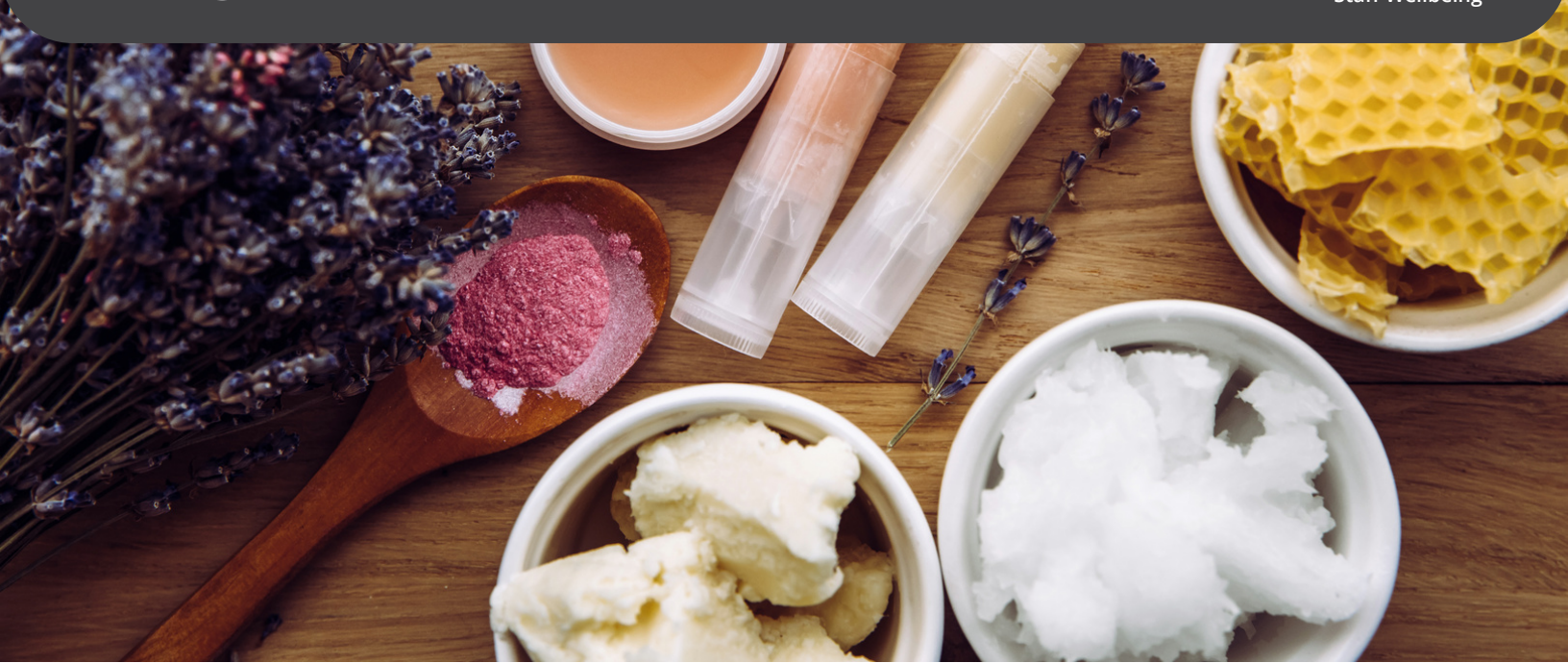
### INSTRUCTIONS //

Try a series of yoga poses:

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

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## 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 calming than others?
- Are some more alerting?

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# 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/>

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# 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

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## 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 |             |       |

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