Self-Care & Stress Management

OLWEUS ACTIVITY
FRIDAY FEBRUARY 9TH 1:05-3:15PM
Why is this important?

- Self-care is important for your physical health as well as your mind, soul and overall health. Without self-care, your relationships with others can suffer tremendously and you can become depressed or anxious.

- Having stress in your everyday life is normal and healthy. Learning to handle and manage stress is vital for maintaining your overall health, as it can improve your mood, boost immune function, promote longevity and allow you to be more productive. When you let your stress get the best of you, you put yourself at risk of developing a range of illnesses – from the common cold to severe heart disease.
Choose Your Stations...Learn Something New!

- Station 1: 1:20-1:45
- Station 2: 1:50-2:15
- Station 3: 2:20-2:45
- Station 4: 2:50-3:15

At 3:15 please help clean up the room you’re in, pack up your things, and head out for a wonderful weekend!
Take part in a 25 minute beginner’s yoga class. Yoga does more than burn calories and tone muscles; it’s a total mind-body workout that combines strengthening and stretching poses with deep breathing and relaxation. Namaste!
Play Therapy - Mrs. Meissner’s Room 208
Mrs. Meissner & Ms. Howard

Take a trip back to your childhood at this station: experience different play therapy techniques that are easy and so helpful when it comes to relieving stress and taking time to be a kid again.
Be Inspired- Quotes and Candy
Mr. Struck’s Room 210
Mr. Struck & Mr. Bohr

Enjoy some motivating quotes and some sweet candy selected by our fabulous English Teacher in a peaceful, upbeat area.
Wanna getaway to peace and quiet? Take a break in a room where rest is best.. No phones, no computers, no talking- Just Rest 😊
Gratitude- “Count Your Blessings” Rock making- Art Room
Nurse Jo & Mrs. McGarvey

- Take some time to paint and reflect on all the positives in your life right now. Use this rock as a pocket-reminder that “you got this” and that even on the worst of days, there are things to be thankful for.
Read & Tea- Mrs. McDowell’s Room
Mrs. McDowell and Ms. Flanagan

At this center, students and staff will bring a book to read and will be provided iced tea. Treating yourself to a yummy drink and a good read is a great way to find some inner peace.
Jokes and Juice - Mr. Lanagan’s Room
Mr. Lanagan

Need a good laugh and a dose of Vitamin C - stop down for two of the best ways to lift your spirits, a good laugh and a tasty treat.

Why do potatoes make good detectives?
Because they keep their eyes peeled.
The Iowa National Guard has some fun exercise and challenge in store for you. Get moving to improve both your mind and your body.
Working up a sweat is a sure fire way to release stress and negativity. Work your muscles to improve your mind.
Coloring and Cocoa - Mrs. Eiselstein’s Room
Ms. Eiselstein

Just like it sounds- You will get to enjoy some mandala coloring and a nice cup of cocoa, lucky you! Coloring is one of the best ways to calm yourself and relax.
Snack and Laugh😊-Mr. Farrell’s Room, Mr. Farrell & Mrs. Sieverding

Do you like funny kid movies & snacks? Who doesn’t?!?! Stop by this station to get your laugh on and enjoy some popcorn!
GET YOUR DRIBBLE ON
and fill your hearts with joy while playing with some of our elementary students
Progressive Muscle Meditation and Relaxation - Mrs. Bryce’s Room 207A

****ONLY STATION 1, 2, 3

Slowly relax your entire body through a slow but steady process. Learn to let go of stress that can often cause body pain and discomfort.
Just like it sounds- You will get to enjoy some mandala coloring and a yummy cookie made with love by our sweet lunch ladies, lucky you! Coloring is one of the best ways to calm yourself and relax.
Add a little music in your life by listening to some great jazz music and making some of your own with percussion instruments.
Take your mind off the regular stresses of life and exercise your brain with all sorts puzzles... and some brain stimulating sweets for your sweet tooth! If you like a challenge, this room is for you!