# From Bad to Better!

Creating Encouraging Events During Difficult Stretches of the School Year



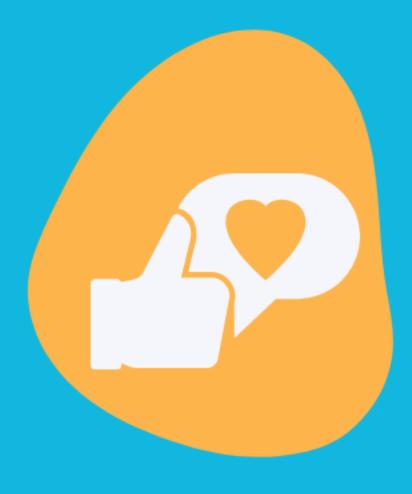
# Tonight's Plan



Rest & Recover



Recognize & Support



Encourage & Uplift



Plan & Create



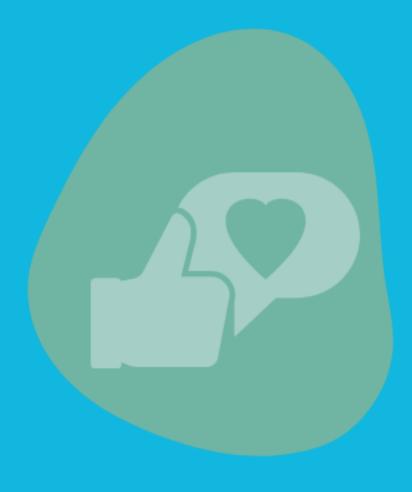
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# You and your fellow leaders have given <u>a lot</u> this semester.



# This school year has leaders feeling like it's <u>March</u> in <u>November</u>.



# As a friend, I have some harsh advice for you...



# YOU DESERVE TO PRIORITIZE YOURSELF MORE.





**Worked Hard** 



Worked Hard
Stessed Constantly



Worked Hard
Stessed Constantly
Lost Sleep



Worked Hard
Stessed Constantly
Lost Sleep
Arrived Early



Worked Hard
Stessed Constantly
Lost Sleep
Arrived Early
Stayed Late



Worked Hard
Stessed Constantly
Lost Sleep
Arrived Early
Stayed Late
Altered Traditions



Worked Hard
Stessed Constantly
Lost Sleep
Arrived Early
Stayed Late
Altered Traditions
Pivoted Constantly



**Worked Hard Stessed Constantly Lost Sleep Arrived Early Stayed Late Altered Traditions Pivoted Constantly Created New Activities** 



# Part of taking good care of others is taking great care of yourself.











# Physical



# Physical Emotional



# Physical Emotional Professional



Physical Emotional Professional Psychological







Your advisors have had the hardest 3-month start to the school year in the history of education!





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**Worked Hard Stessed Constantly Lost Sleep Arrived Early Stayed Late Altered Traditions Pivoted Constantly Created New Activities** 



# Your advisors deserve some rest, appreciation, and relaxation.



# A Challenge...





ENIONE

# You and your fellow leaders deserve some planning-free time together





**Group Meals** 



Group Meals
Game Night



Group Meals
Game Night
Group Meditation



Group Meals
Game Night
Group Meditation
Pets in the Park



Group Meals
Game Night
Group Meditation
Pets in the Park
Morning Coffee



Group Meals
Game Night
Group Meditation
Pets in the Park
Morning Coffee
"Party Like We're 5!"



Group Meals
Game Night
Group Meditation
Pets in the Park
Morning Coffee
"Party Like We're 5!"
Leadership Olympics



# Breakout 18



### Breakout 1!

In 5 minutes, create & plan a "Self-Care Saturday" for you and your fellow leaders.



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# Who at your school is feeling the most stressed and/or overwhelmed?



# What is currently causing the most stress for students?



# What is currently causing the most stress for staff?



# Students and staff are currently stressing about a lot of the same things.



# How can we help?



# Spirit is often about the <u>BIG</u> things.



# Support is all about the small things.





Hidden Encouragement



Hidden Encouragement
"Extra Instructions"



Hidden Encouragement
"Extra Instructions"
Morning Shoutouts



Hidden Encouragement
"Extra Instructions"
Morning Shoutouts
Eat & Decompress



Hidden Encouragement
"Extra Instructions"
Morning Shoutouts
Eat & Decompress
Teachers in the Field



Hidden Encouragement
"Extra Instructions"
Morning Shoutouts
Eat & Decompress
Teachers in the Field
Library, Transformed



Hidden Encouragement
"Extra Instructions"
Morning Shoutouts
Eat & Decompress
Teachers in the Field
Library, Transformed
Breakfast Cram



**Hidden Encouragement** "Extra Instructions" **Morning Shoutouts Eat & Decompress** Teachers in the Field Library, Transformed **Breakfast Cram Notes Exchange** 





**Club Reconnect** 



Club Reconnect
Organizational Roundtable



Club Reconnect
Organizational Roundtable
Winter Fest!



Club Reconnect
Organizational Roundtable
Winter Fest!
Competitions Galore!



Club Reconnect
Organizational Roundtable
Winter Fest!
Competitions Galore!
Art Everywhere



#### Upcoming Holidays



**Door Decorating** 



Door Decorating
Winter Wishes



Door Decorating
Winter Wishes
Family Support



Door Decorating
Winter Wishes
Family Support
Club Exchange



Door Decorating
Winter Wishes
Family Support
Club Exchange
Elementary Visits



## Breakout 2!



## Breakout 2!

Create a week of simple stress relief for your students and staff members with less than 50 dollars!



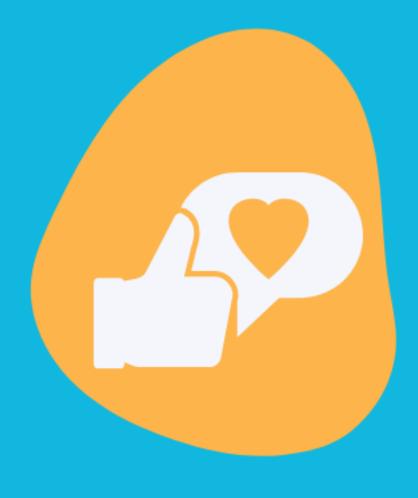
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## This year has been filled with heroes.



## Activities as moments.



#### Moments of Gratitude

Teacher Shoutouts
Custodian Celebration
New Staff Gratitude
Substitude Surprises
Individual Student Thank-You's



#### Moments of Celebration

Recognizing Outstanding Clubs
Recognizing Improvement
Recognizing Underrepresented Sports
Celebrating Organizational
Accomplishments



#### Acts of Service

Make-a-Wish
Local Park Cleanup
Elementary Rejuvination Project
Leaf Cleanup
"Your Friendly Neighbor"



## Breakout 3!



## Breakout 3!

Who is one <u>hero</u> we can celebrate this winter? How can give thanks for their incredible work?



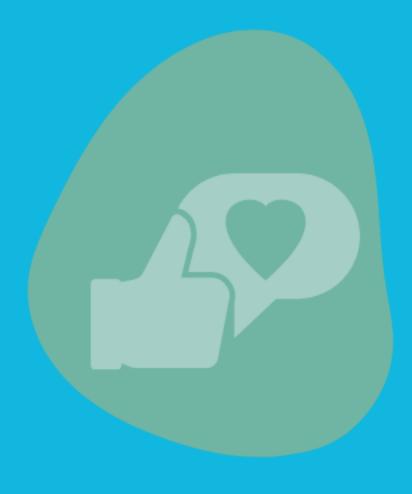
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