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## **Time to Recharge!**

### **Discussion Questions**

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### ***Listen***

1. What was your favorite part of Kate's message? How can you apply it to this upcoming school week?
2. Learning to say "no" when your plate is full is an incredibly powerful skill. What other skills from Kate's talk would you like to work on?
3. What can you do in the next few days to "fill your cup"?

### ***Expand***

1. Which "category" of self-care would you most like to work on? What new habits/skills would you like to implement?
2. What would a "self-care adventure" look like for you and your friends?
3. Practicing organizational self-care can help your entire leadership program. What skills covered would you like to see become a part of your own group?

### ***Create***

1. What messages would you most like to incorporate into your activities to encourage self-care with your students?
2. Which activities covered in this session would you like to create at your school?
3. Testing season is just around the corner. How can you remind your students to take care of themselves during stressful times?