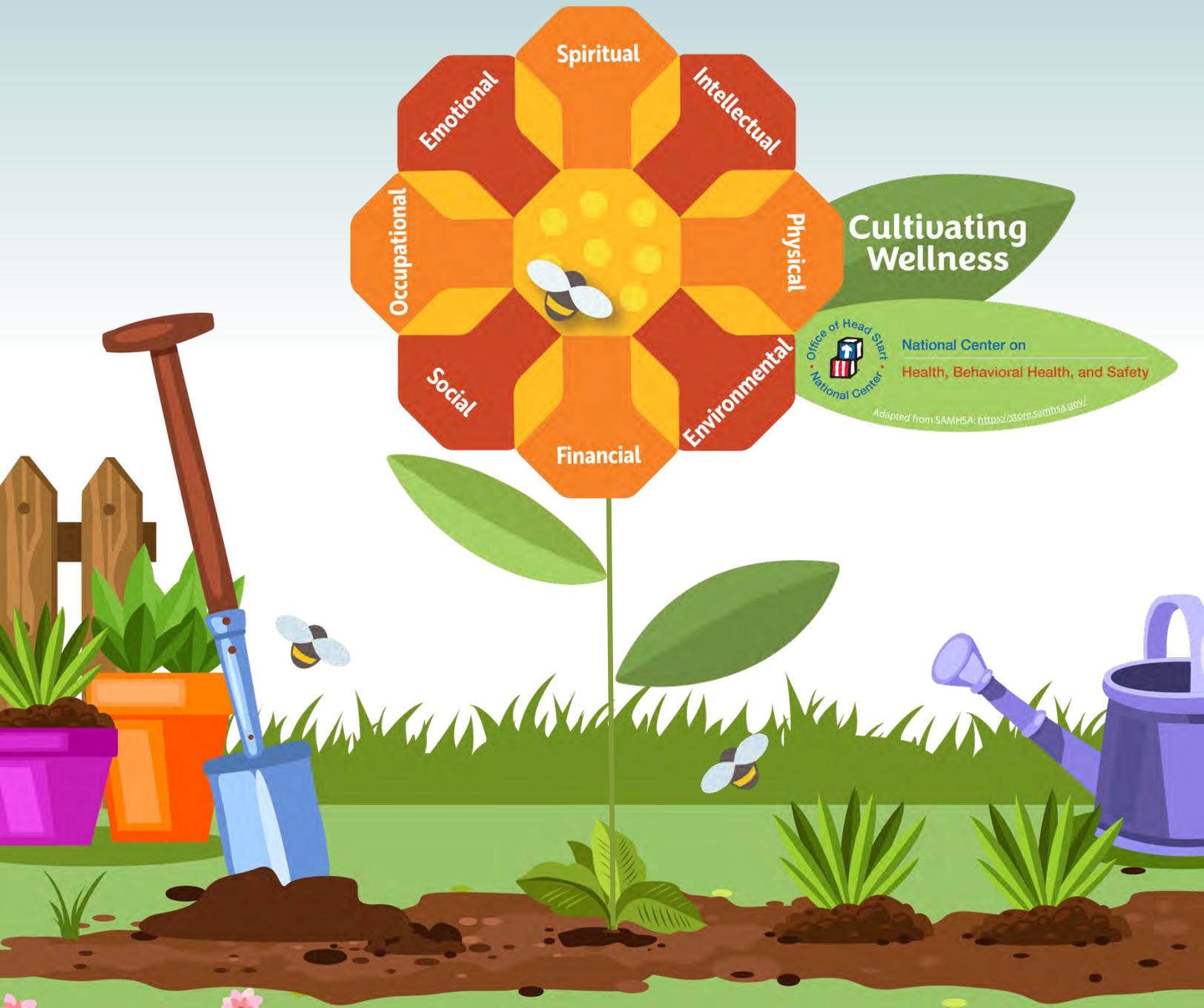


# Wellness Garden

## ACTIVITIES



Cultivating  
Wellness



National Center on  
Health, Behavioral Health, and Safety

Adapted from SAMHSA: <https://store.samhsa.gov/>



National Center on  
Health, Behavioral Health, and Safety



# Wellness Garden

## ACTIVITIES



You will find one wellness activity in this packet for each of the eight petals of the Cultivating Wellness flower: emotional, spiritual, intellectual, physical, environmental, financial, social, and occupational.

Each activity guides participants a little further in their wellness journey. Whether the activities are useful on a personal level or something you can use to support others, we hope these ideas serve as “seeds” to help further cultivate wellness! Use the activities as is or adapt them to make them work best for you.



National Center on  
Health, Behavioral Health, and Safety

888-227-5125  
Health@ecetta.info



# Emotional Wellness

Music helps us connect deeply with our emotions and can foster concentration and focus, as well as stress release. In this activity, focus on the music that moves you, and perhaps learn some new songs from colleagues! Fill in the blanks below to create a playlist for your various emotional states.

## Make Your Playlists

When I'm feeling \_\_\_\_\_, here are songs I want to hear:

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When I'm feeling \_\_\_\_\_, here are songs I want to hear:

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When I'm feeling \_\_\_\_\_, here are songs I want to hear:

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When I'm feeling \_\_\_\_\_, here are songs I want to hear:

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# Environmental Wellness

Your environments can support or prohibit maximum wellness. In this activity, look through your “lenses” at spaces and places you spend a lot of time — at work, at home, and wherever you play, sleep, eat, gather with friends, worship, etc. — and list what you see, hear, smell, touch, and feel.

## Use Your Wellness Lenses

<b>An environment where I spend a good amount of time:</b>	
Sights	I see:
<i>Wellness improvements or enhancements:</i>	
Sounds	I hear:
<i>Wellness improvements or enhancements:</i>	
Smells	I smell:
<i>Wellness improvements or enhancements:</i>	
Touch/Feel	I can touch and feel (e.g., surfaces, temperature, etc.):
<i>Wellness improvements or enhancements:</i>	
Other aspects	List other important qualities of this space:
<i>Wellness improvements or enhancements:</i>	

<b>An environment where I spend a good amount of time:</b>	
Sights	I see:
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Other aspects	List other important qualities of this space:
<i>Wellness improvements or enhancements:</i>	



# Financial Wellness

Any problem, financial or otherwise, can have us stuck. When we have used our best thinking and are coming up short, it's time to gather some new ideas! In this activity, seek support from your colleagues to help get you unstuck.

## Surround Your Problem

Adapted from ***Building Your Bounce, Strategies for a Resilient You!*** Used with permission.



# Intellectual Wellness

This dimension of wellness centers around recognizing our creative abilities, expanding our knowledge and skills, broadening our perspective, and understanding diverse points of view.

In this activity, use one of the story starters below and tell your story! Storytelling can be a powerful way to broaden our perspectives and deepen our understanding of the diversity around us. Combining different learning modalities, such as using art to represent these stories, also taps into our creative abilities. Use words, images, colors, and/or symbols to visually represent and tell your story. Once you have decorated your sheet, find a place to display it — ideally, making a “quilt” with stories from colleagues!

## Story Quilt Starters

One reason I entered this profession...

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One reason I am in my current job...

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One person who has influenced my career...

---

One inspirational story about a child...

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One inspirational story about a family...

---

One colleague who makes work enjoyable...

---

One thing I look forward to every week at work...

---

One reason I would recommend someone work here...

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# Occupational Wellness

Your job satisfaction and engagement within your organization stems from many different contributing factors. We can learn a lot about staff wellness from looking at information from surveys and tools.

In this activity, look through various surveys related to job satisfaction, resilience, work/life balance, and more.

## Surveys to Measure Workplace Satisfaction and Planning Staff Wellness Approaches

- Job Satisfaction Survey: Wellness Council of America  
[https://www.welcoa.org/wp/wp-content/uploads/2014/06/job\\_satisfaction\\_survey.pdf](https://www.welcoa.org/wp/wp-content/uploads/2014/06/job_satisfaction_survey.pdf)
- Mindfulness in Teaching Scale  
<https://meditation-research.org.uk/knowledge/mindfulness-in-teaching-scale/>
- Workplace Perma Profiler: University of Pennsylvania  
[https://www.peggykern.org/uploads/5/6/6/7/56678211/workplace\\_perma\\_profiler\\_102014.pdf](https://www.peggykern.org/uploads/5/6/6/7/56678211/workplace_perma_profiler_102014.pdf)

## Surveys to Examine Work/Life Balance, Adult Resilience, and Burnout

- World Health Organization Quality of Life Scale  
<https://www.who.int/toolkits/whoqol>
- Devereux Adult Resilience Survey  
<https://centerforresilientchildren.org/wp-content/uploads/DARS-Full-Version.pdf>
- Maslach Burnout Inventory Self-test  
<https://www.bswhealth.med/education/Documents/well-being-resources/burnout-self-assessment.pdf>

## Discussion Starters

1. What items in these tools would help us learn more about staff wellness?
2. What items might give insight to why staff feel good about their jobs?
3. What items might give insight to why staff feel frustrated or unhappy about their jobs?
4. Based on information we would learn from these tools, what strategies might we try to help foster staff wellness?
5. What items are missing? What would you want to know about staff wellness, job satisfaction, work/life balance, and adult resilience. that isn't reflected in these tools? How can we learn that information about staff?



# Physical Wellness

Cultivating your wellness garden starts with maintaining positive physical health habits and behaviors. Establishing your own unique physical wellness routines can help get you through the day without much fatigue or physical stress. Being mindful and learning the signs of when your body is feeling sick; creating good sleep hygiene practices; and moving and fueling your body are all parts of our physical wellness petal.

In this activity, engage in a collective play experience to help you move your body and raise your heart rate in a fun and collaborative way. You can use play across the day with programs, adults, and children to increase physical wellness in a relational and rewarding way. Let's try it out by playing a game!

## Maze Game

### Before You Start

- Give each player a number, starting at one.
- Remind everyone that this is a silent game and they must be quiet the entire time.
- Tell the group there is a hidden path from the start to the end of the maze.

### Set Up

Create a 5×5 (or larger) grid for the maze with designated Start and End squares. This can be done with chalk if you are outside or sticky notes or pieces of paper if you are inside.

On a small piece of paper, create a map of the correct path the group must travel that only the leader will be able to see.

### How to Play

- As a group, the goal is to find the secret path and get everyone from the start point to end.
- Players take turns according to their number and they each get a chance to guess where the path is.
- When it is their turn, each player will step into the maze at the start and begin to choose an adjacent square — either forward, to the side, or diagonal to the one they are standing on.
- The player may look to the rest of the group for help. The others may signal silently, such as thumbs up for yes, thumbs in the middle for maybe, and thumbs down for no.
- If the square the participant has stepped into is on the path, let them know by saying “Yes.” If it is a square that is not on the path, tell them “No.” Or use silent signals, too.
- Players continue their turn if they are right.
- Once they step into an incorrect square, it is the next person's turn.
- As they begin to discover the path, they can mark it with markers to help the rest of the group.
- Once they have uncovered the secret path, each person needs to go through it from start to end, while everyone continues to remain silent.

<https://www.playworks.org/resource/game-of-the-week-the-maze-game/>

## Social Wellness

You are the heart of family engagement, no matter your role. Partnering with families to support their progress toward program and personal goals is rewarding and stressful. Building family well-being is a key part of the missions of Head Start and Early Head Start programs because it helps children and families thrive. In these activities, use some tried and true connecting efforts to help foster social wellness! Choose one or more from the list below or get creative and try your own!

1. **Planting Seeds of Hope:** Choose from seed packets and engage together while planting them in soil. Use the time to talk together about the seeds we, as Head Start recipients, help plant for children, and within families as well.
2. **Enjoying Teatime:** Select a packet of tea and find a small group to enjoy some social teatime together! If conversation is not flowing easily, take on the challenge of each starting a topic of conversation that starts with a “T” (e.g., travel we have taken, treats we love, touching times with family and friends, etc.).
3. **Going on a Partner Walk:** Pair up by selecting names from a hat, or another creative pairing strategy, and talk a little walk together! Have each partner start by sharing something the other person may already know about them, adding more details. And then have each partner share something new! Take the walk around the building, or even outside if appropriate.
4. **Rocking and Rolling:** Make two lines of participants, facing one another. Call one line the rocks, and one line the rollers. The rocks will stay still, and the rollers will move up the line, one person each time. Put 1-2 minutes on the clock and give various topics for discussion each time. Both partners can talk about the topic together and then move on to the next person and next topic.



<https://eclkc.ohs.acf.hhs.gov/family-engagement/tips-support-family-services-staff-wellness/tips-support-family-services-staff-wellness>

## Spiritual Wellness

Many people take pleasure from working with their hands. Fidget toys are popular now but sewing and weaving have been around for millennia. For some people, keeping their hands busy helps them concentrate on other things. Others simply find the repetitive motion restful and meditative. Most feel that creating things, especially things to give away, is satisfying and ... well, heartwarming. These acts of creating, reflecting, and giving are often connected to their spiritual wellness and sense of calling to experience and share joy and kindness.

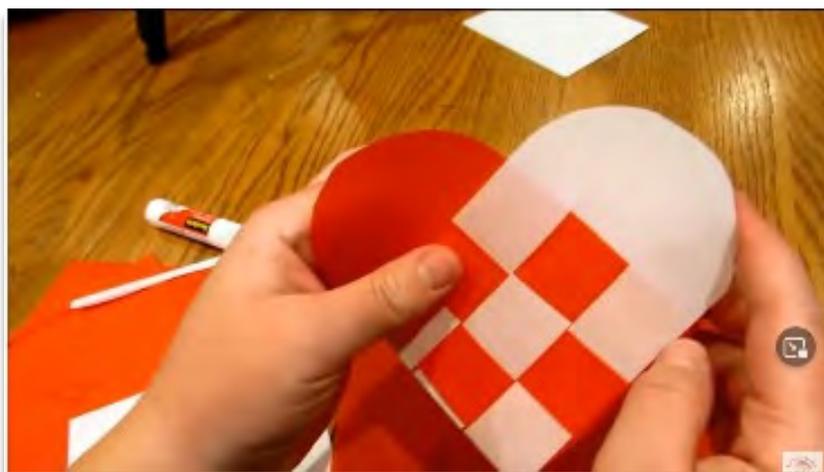
Weaving paper hearts is a simple activity that adults can enjoy or share with children. It requires dexterity, but not so much that you can't have a conversation or just get lost in your own thoughts. The image of the heart has long been associated with kindness and love, so both the activity and the image reinforce the message in a fun, engaging way. So put on some comforting music, grab some paper and scissors, and settle in for some heart handiwork.

### Weaving Paper Hearts

#### Preparation

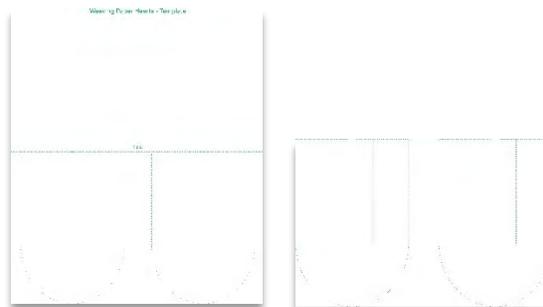
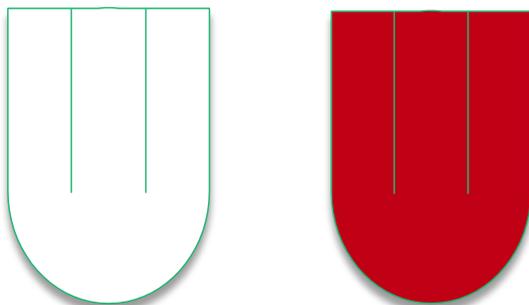
Before you begin, prepare your materials. Choose two pieces of paper in colors that get along — they'll be embracing one another. You'll also need scissors. If you're doing this with children, be sure to use safety scissors. We've provided a template with this handout you can use to trace it onto any sheet of paper.

If you really want to be fancy, you can decorate your woven heart. For that, you'll want to have pens, markers, or pencils ready. Or stickers. Some people like to use their heart as a gift basket. For that, you'll want to have paper strips for a handle and glue or a stapler ready, too.



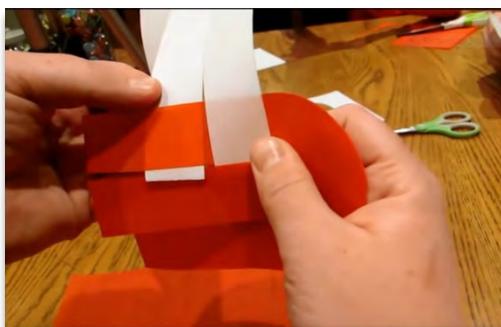
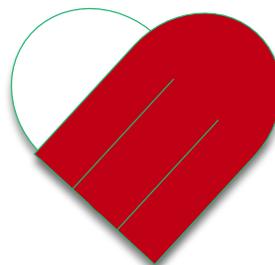
## Instructions

1. Trace the template onto the two pieces of paper you're going to use. (If you use our templates, this will make four hearts.)
2. Fold each paper so that the template is on top of two equal halves.



5. Place the legs of the papers at 90 degrees to one another. Slide the top leg of one paper into the fold of the first leg of the other paper and push it through until it overlaps with the second leg.
6. Now, slip the second leg into the fold of the top leg from the first paper.
7. Next, slip the top leg of the first paper into the third leg of the other paper. Like weaving!

3. Cut out the curvy part at the top of the heart, according to the template.
4. Cut the straight dotted lines. Be careful not to go too far! Each piece of paper should have three legs now, and each leg has two sides so that it can be folded open.



10. Pull the legs of the paper down to make them tidy, then open your heart and admire your work (which is best done with an open heart).

8. Take the middle leg of the first paper and do the opposite of what you did with the first leg. Again, you're weaving the paper together.
9. Finally, repeat what you did with the first leg with the third leg. This will be a bit more difficult because the papers are becoming intertwined. That's good! Stick with it.



Decorate, if you like. Fill your heart basket with something worthy of such a magnificently constructed heart.

The best hearts are the ones we give away.  
Share your heart with a loved one.

# Weaving Paper Hearts Template

Fold

