

# Staff Wellbeing Activity 2

## Connect

Staff to play two truths and a lie to share aspects of themselves with colleagues.

## Be Physically Active

Take your colleagues through a 5 minute physical exercise. This might be a yoga video, a walk around the school grounds, a dance video! Remember – it doesn't need to be strenuous.

## Keep Learning

Ask your colleagues to reflect on a skill they have that they might like to share with others? Could these skills be shared with others during staff meetings or INSET days? If not ask them to reflect on something they would like to learn.

## Give

Each colleague needs to write a compliment for another colleague on a post-it note it might be anonymous or named. Distribute these following the session, or create an 'appreciation station' in the staffroom.

## Take notice

Facilitate a brief mindfulness activity for your colleagues.

# Staff Wellbeing Activity 2

## Links to activities

Yoga video - [click here](#)

Mindful Walk - [click here](#)

Dance - [click here](#)

Desk Yoga - [click here](#)

Appreciation Station - [click here](#) for examples

5 Minute Mindfulness Activity - [click here](#)

Mindful Breathing Activity - [click here](#)

## Signposting for your team

Active Norfolk are passionate about getting movement and physical activity into our everyday lives. [Click here](#) for more information about local events and resources for adults, children, staff working from home and more.

Wellbeing Service is available in Norfolk and Suffolk. They host online and in person events to support wellbeing. [Click here](#) for information about upcoming events.

NHS 5 Steps to Mental Wellbeing, [click here](#) for a more detailed look at the 5 steps.