

Faculty Meeting Outline: Fill Your Cup of Self-Care



This tool supports school leaders and implementation teams in observing and reflecting on how shared school spaces—such as hallways, cafeterias, libraries, entryways, and other common areas—can be welcoming, empowering, and aligned with essential life skills from the Fly Five curriculum.

Materials Needed:

- Blank paper and markers, paints, or journals for creative expression activities
- Yoga mats or blankets for the yoga/stretching session
- Comfortable seating for mindfulness or relaxation activities
- Volunteers to lead different activities
- A “Fill Your Cup” sign-up sheet for those interested in leading activities in the future

Preparation

Call for Volunteers

- Invite teachers to volunteer to lead one of the activities. This can be something they’re passionate about or have expertise in, and it will make the session feel more personal and connected.
- Example: “If there’s an activity you’re passionate about or feel comfortable leading, please let me know! We can all benefit from hearing your tips or techniques that work for you.”

1. Welcome & Introduction (5 minutes)

School Leader's Greeting

Begin with a warm welcome and express appreciation for teachers' hard work.

- "As we head into the busy season, it's important to pause and care for ourselves so we can best care for our students."
- Introduce the theme: "Fill Your Cup of Self-Care" – taking time to reset and engage in activities that bring joy and relaxation.

2. Setting the Tone: Understanding Self-Care (5 minutes)

Discussion

Briefly touch on the importance of self-care for teachers.

- Discuss how self-care not only benefits the individual but also enhances teacher-student relationships, classroom energy, and overall well-being.
- Example: "When we take time for ourselves, we are better equipped to handle challenges, stay connected with our students, and bring our best selves to school."

Introduction to Activity Choices

- Share the options for the self-care activities teachers can choose from today.
- "You'll have the opportunity to pick from a few activities that you might enjoy. These activities will help you reconnect with yourself, take a break, and refresh your mind."

3. Activity Options - "Fill Your Cup" (25-30 minutes)

Teachers will choose an activity led by a volunteer from the list below. This will allow for flexibility and personal choice in their self-care experience.



Mindfulness Meditation

- A brief guided meditation or breathing exercise to help clear the mind and reduce stress. Focus on relaxation and grounding techniques.



Creative Expression

- Teachers can use a blank sheet of paper or a journal to express thoughts and feelings through drawing, painting, or writing. Encourage free expression without judgment.



Gentle Yoga

- A short yoga session designed to release tension and improve flexibility. Focus on mindful breathing and gentle movements to relieve physical stress.



Stretch & Relaxation

- A simple session focusing on stretching the body and releasing tension. This could include simple movements for relieving neck, shoulder, and back tension.



Self-Reflection

- Teachers take a few moments to journal or reflect on their current experiences in the classroom. Questions could include: "What has been going well this month?" or "What are you grateful for this holiday season?"

5. Choose Your Activity (25-30 minutes)

- Teachers will divide into small groups based on the activity they've chosen.
- Each group will engage in their selected self-care activity for the duration of the meeting. Facilitators (teachers who volunteered) will lead the activities, offering guidance and encouragement.

6. Wrap-Up and Reflection (5 minutes)

Sharing Time

- Thank the teachers for participating and reminding them of the importance of self-care, especially during busy times like December.
- "Remember, taking time for yourself is a gift that helps you show up as the best version of yourself for your students. Continue to fill your cup of self-care regularly."

Why It Helps

The "Fill Your Cup" session allows teachers to pause and focus on their well-being. Teachers can choose what resonates with them the most by incorporating various activities. The opportunity to lead an activity further encourages community and collaboration while recognizing that self-care practices are not "one size fits all."

