

STAFF WELLNESS BOOT CAMP



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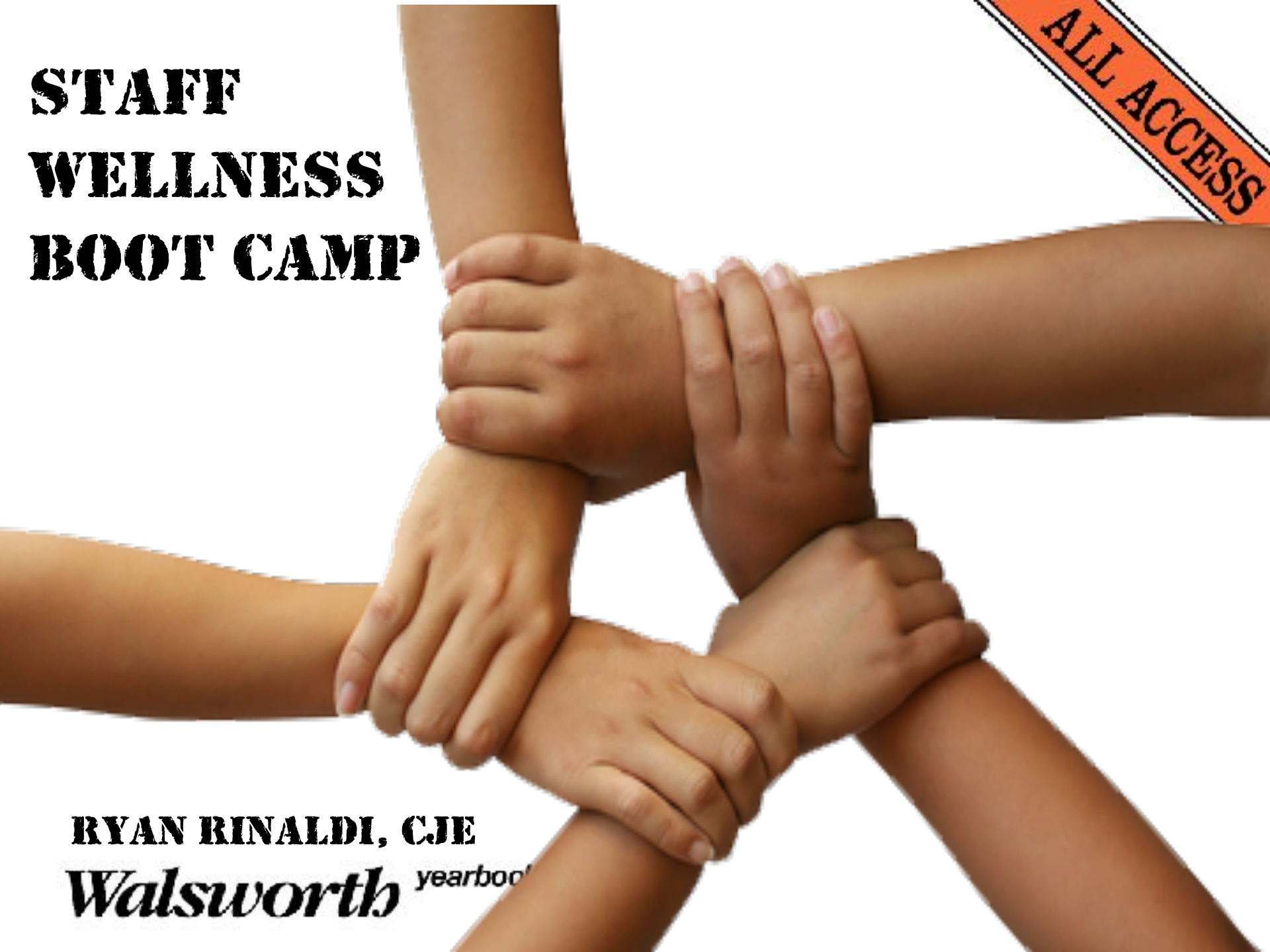
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STAFF WELLNESS BOOT CAMP

ALL ACCESS

RYAN RINALDI, CJE

Walsworth yearbook



STAFF WELLNESS BOOT CAMP

ALL ACCESS

- Purpose –

...to provide you with **activities** and **habits** to build, maintain and improve **staff morale**, group/individual **problem solving** and gain a high level of staff **wellness**.

WHAT DO YOU THINK?

ALL ACCESS

■ What is Morale?

-the mental and emotional condition (as of enthusiasm, confidence, or loyalty) of an individual or group with regard to the function or tasks at hand

-Merriam-Webster Dictionary

WHAT DO YOU THINK?

ALL ACCESS

- What is Wellness?

-the quality or state of being in good health especially as an actively sought goal

-Merriam-Webster Dictionary

- Quick list...

- What have you done? What worked?
What didn't?

STAFF WELLNESS BOOT CAMP

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- Consideration

Motivations

Who and How....

AREAS OF COVERAGE

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- Team Break
- Ice Beakers
- Problem Solving Activities
- Lighten the Mood
- Getting Closer
- Awards and Recognition
- Community

TEAM BREAK



- Affirmations
- Motto / Slogan
 - Mission/Purpose Statement
- Chant
- Handshakes

KEYS TO ACTIVITIES

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■ Purpose

- What is the goal? Expectations? Evaluation?
- Structure

■ Make it quick

- For most activities and events
- Don't let it get "old"

■ Do it early and do it often

- Team building is a progressive process, allow morale to grow, provide opportunities.
- Begin with *ice breakers* and move to *problem solving, pick-me-ups*
- *Create Memories*

ICE BREAKERS

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- Individual/Group Scavenger Hunt
 - Learn about each other...
 - Closest birthday to yours
 - Who has the most classes with you
 - Learn about the school...
 - Meet the secretary for _____
 - Locate the/a _____
 - Where can I get _____

ICE BREAKERS

- Who am I (Bio-Interviews)
 - After a lesson about interviewing...
 - Create a list of questions
 - Partner up
 - Conduct interview
 - Write up the interview and present
- Who am I part 2
 - Write various celebrity names' on index cards
 - Place on forehead or back without you seeing who “you are”
 - By asking questions to others who know “who” you are you’ll have to find out “who” you are



ALL ACCESS

ICE BREAKERS

ALL ACCESS

- Partners, little/big, secret buddies
 - Ceremony
 - Accountabilibuddies
 - Partners in projects and assignments
 - Little/Bigs
 - Vets and rookies
 - Secret Buddies
 - Periodic activates



ICE BREAKERS



- Create Mission, Vision, Purpose Statements
 - Collaborative activity which will allow your current staff to produce a set of expectations that all can agree on.
 - Used to set direction of staff
 - Conflict Resolution
 - Creating Norms instead of Rules
 - Motto/Slogan – Affirmation

ICE BREAKERS



- Name Dropping
 - Cloth/Blanket/Tarp

- Which One
 - Divide into returners/newbies
 - Each person comes up with an little known fact about themselves
 - Proctor reads the facts and the other team has to guess which who the fact belongs to

ICE BREAKERS

- The Great Cheeseball Challenge
- Add'em Up
- Giants Wizards and Elves
- In Cold Water

ALL ACCESS

ICE BREAKERS

ALL ACCESS

- Start or continue traditions – ceremonies
 - Wed the Theme
 - Initiation Ceremony
 - Equipment Adoption
 - Oath/Pledge
 - Food Fridays



ICE BREAKERS

ALL ACCESS

Share...

Tell us what you do?



PROBLEM SOLVING

ALL ACCESS

Purpose of these games:

- Refine problem solving skills through planning and execution
 - Develop a process for creating a plan to handle issues
 - Determine how well the plan is executed
- Practice conflict resolution
- Find out:
 - Who are effective leaders
 - Who takes instructions well
 - Who works well with others/who doesn't

PROBLEM SOLVING

ALL ACCESS

- Sunnyside Up*
 - Team must flip over blanket
 - Must remain on blanket, cannot step off
 - Proctor may set rules
 - Only _____ can talk during the activity
 - _____ cannot talk during activity
 - No verbal communication by anyone during activity
 - Evaluate/debrief

PROBLEM SOLVING

ALL ACCESS

- Calculator*
 - Must touch each number, in order, while only allowing one person in the circle
 - Team must come up with a plan to execute task as quickly as possible
 - Evaluate /debrief

PROBLEM SOLVING

ALL ACCESS

- Build something
 - Puzzle
 - Legos/block
 - Tooth pick and gumdrops



PROBLEM SOLVING

ALL ACCESS

Share...

Tell us what you do?

LIGHTEN THE MOOD

- Board games/video games
 - Imagineiff
 - Apples to Apples
 - Cranium
 - Wii Sports
 - Rockband / Guitar Hero
 - Cards Against Humanity
- Add'm Up
- Speedball
- Physical Games
 - Kickball
 - Middleball
 - Ping Pong



GET CLOSER

ALL ACCESS

- Theme Days
- Breaking Bread
 - Pizza in the lab
 - Picnic/field trip
 - Out to Eat (\$)
 - Pot Luck Meals
- Hanging Out
 - Movie nights (In/Out)
 - Game nights
 - Book Clubs



GET CLOSER

- What do you bring to the table?

Team Puzzle



GET CLOSER

ALL ACCESS

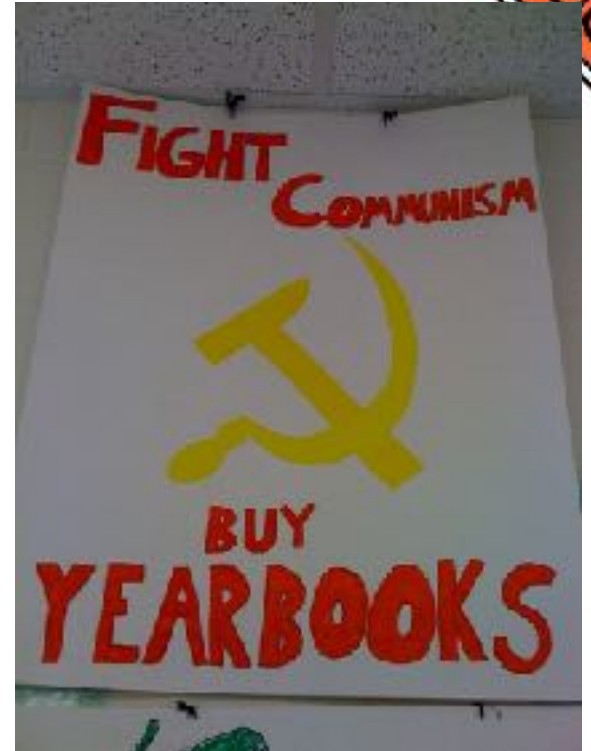
- Communication
 - Phone/Text Trees
 - GroupMe
 - Facebook Group/Fan Page
 - Social Media



GET CLOSER

Share...

Tell us what you do?



AWARDS AND RECOGNITION

ALL ACCESS

- Compliment Cards
 - Activity/exchanges
 - Bags/Box drop offs



AWARDS AND RECOGNITION



- Scoreboards
 - Tasks
 - Assignments
 - Recognitions

Staff Meetings									
	1	2	3	4	5	6	7	8	9
Michelle Brown	█	█	█	█	█	█	█	█	
Ashley Flako	█	█	█	█	█	█	█	█	
Billy Zilkowski	█	█	█	█	█	█	█	█	
Ashley Brewbaker	█	█	█	█	█	█	█	█	
Jennifer Duc	█	█	█	█	█	█	█	█	
Rufus Lockholm	█	█	█	█	█	█	█	█	
Steven Wishard	█	█	█	█	█	█	█	█	
Joan Susko	█	█	█	█	█	█	█	█	
Mary Weldner	█	█	█	█	█	█	█	█	
Meghan Costigan	█	█	█	█	█	█	█	█	

AWARDS AND RECOGNITION

ALL ACCESS

- Awards / Recognitions
 - Serious or fun
 - Daily, Weekly, Quarters, Semesters, Year
 - Post cards
 - Banquet/Ceremony



AWARDS AND RECOGNITION



Share...

Tell us what you do?



COMMUNITY

- Volunteer
 - Local Events
 - Homeless Shelters
 - After School Care
- Fund Raise for a Cause
 - Relay for Life
 - St. Jude's Hospital
 - Something Local



WHAT DO YOU DO?



- Any thoughts or new ideas?

BUILD YOUR STAFF WELLNESS WORKOUT PLAN

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- What is your plan?
- Add activities and select activities
- Plan at least 4 activities per month

Staff Morale and Team Building Plan

2. Pick activities that fit your group.
Checkmark the activities you can use with your staff

Ice Breakers

Ind/Group Scavenger Hunt
Who am I (Who Am I?)
Little/Big, Secret Pets Partners
Create a...
 Mission Statement
 Purpose Statement
 Vision Statement
 Name Dropping

Start Traditions

Community

Volunteer
 Local Events
 Equi4Peace
 Relay For Life
 St. Jude's Hospital
 Journalism/Photography
 Workshops for middle school

Problem Solving

Sunny Side Up
 Calculator
 AI Calls
 Create - Practical/Unrelated
 Theme Packets
 Ladder Plan
 Coverage Fun
 Marketing/Promo Plan
 Puzzles/Legos/Blocks
 Role Play

Lighten the Mood

Board Games/Video Games
 Add'm Up
 Speedball
 Physical Games

Get Closer

Breaking Bread
 Pizza in the Lab
 Picnic/Field Trip
 Out to eat (5)
 Pit Lunch Meals
 Holiday/Theme Parties
 Hang Out

Recognition and Rewards

Compliment Cards
 Activity/Exchanges
 Bags/Box Drop Offs
 Awards and Recognitions
 Serious or Fun
 Daily, Weekly, Quarters...
 Post Cards
 Banquet / Recognition Dinner

3. Plan your calendar.
WHAT will you do WHEN?

November	October	September
December (Half)	January	February
March	April	May

Don't forget! editorial@publinter.com Facebook: Take Your Yearbook

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