

Oxygen Mask Activity



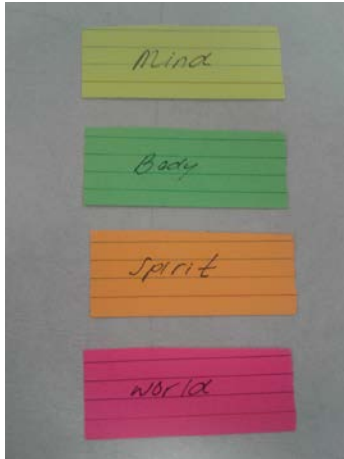
Materials Needed:

- Paper Strips
- Pens
- Sharpies
- Quart-sized Ziplock Bags (One per person)
- Yellow Paper Sundae Cup (One per person)
- White Curling Ribbon (About 1 foot per person)
- Thicker Ribbon (About 1 foot per person)
- Scissors
- Scotch Tape



Steps:

Share the Oxygen Mask Metaphor with Team. Discuss importance of self-care and being an effective role model.

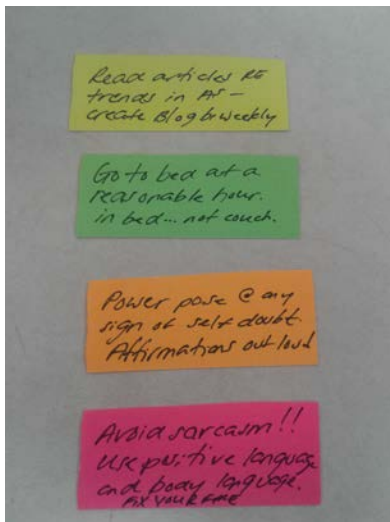


Give each Team Member a pen and 4 strips of paper, each marked, MIND, BODY, SPIRIT, WORLD. (The areas are for chosen for intrapersonal and interpersonal balance, with the first three how you relate to yourself and the fourth how you interact with the people around you).

Tell them to write their personal goals/plans for self-care under each heading.

Discuss with Team:

The goals they choose should have a positive effect on them personally and in turn affect them positively professionally which will ultimately benefit the children in our care. If this explanation seems confusing to them and they are struggling to write a goal/plan, you can share some examples of your own to give them ideas.



MIND: I will read a research article each week about new trends in the field of education and out of school time. I will brainstorm blog topics in a journal. I will limit my social media/Netflix time and increase my reading time.

BODY: I will go to bed before 11 p.m. every night. I will drink more water and carry a water bottle during work hours. I will exercise at least 30 minutes on weekdays.

SPIRIT: I will have a mindfulness meditation moment before getting out of bed in the morning (instead of a daily tantrum). At work, I will role-model visiting the Peace Table if I need some space. When I feel stressed I will do "Tapping" techniques and repeat affirmations.

WORLD: I will avoid sarcasm. I will be impeccable with my word. I will use my words immediately when I feel negative emotions. I will swear less outside of work.

Assure Team Members that the goals they write are their own. They won't have to share with the group if they wish to keep them confidential. If they do want to share though, encourage it.

Each Team Member should place their completed paper strips into their plastic zip-lock bag.



Construct the Oxygen Mask activity by making a hole in the bottom of the Yellow Paper Sundae Cup and pushing the top of the zip-lock bag through the hole.

Use scotch tape to secure the bag to the inside of the yellow paper sundae cup.

Cut a length of white curling ribbon and tape to the mouth of the paper cup to resemble the face strap on an airline oxygen mask.

Cut a length of the thicker white ribbon to be the line to hang the mask, resembling the oxygen hose. *(If time allows, Team can decorate this "life-line" with hearts and positive words/values, since "everything we do should come from a place of love, understanding, fairness.")*

Hang the completed masks in an area of your work space where the Team can see them daily.

Your shared goal is continued improvement and this new décor will serve as a reminder of that. During weekly check-ins with your Team, you can now refer back to their Oxygen Masks, asking if they need your assistance or guidance with meeting their goals.

