

<p>Before beginning, teachers should offer accommodations specifically mentioned in a student’s IEP to support their ability to participate in the activity. Teachers should also contact various other teachers in their school or district and create a sign up for stations in the case of them utilizing Staff Stations during a professional development or meeting time.</p>		
<p>Activity Name: Staff Stations</p>	<p>Grade Level: 9-12</p>	<p>Activity Length: 30 minutes</p>
<p>Standard(s) and Grade-Level Outcome(s) or Indicator(s):</p> <ul style="list-style-type: none"> • Standard 1 Demonstrates competency in a variety of motor skills and movement patterns. <ul style="list-style-type: none"> ○ PES1.H2.L2: Dance & rhythms (Demonstrates competency in a form of dance by choreographing a dance or by giving a performance) • Standard 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. <ul style="list-style-type: none"> ○ S3.H14.L1: Stress Management (Practices strategies for dealing with stress, such as deep breathing, guided visualization and aerobic exercise) ○ S3.H14.L2: Stress Management (Demonstrates basic movements used in other stress-reducing activities such as yoga and tai chi) • Standard 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. <ul style="list-style-type: none"> ○ PES5.H3.L1: Self-expression & enjoyment (Elects and participates in physical activities or dance that meets the need for self-expression and enjoyment) 		<p>Materials Needed:</p> <ul style="list-style-type: none"> • Yoga Mats • (Optional) Yoga Blocks • Calming Music or Pink Noise • Scavenger Hunt sheet with plants, animals native to your area • Map or area for participants to use around the school. • Paint brushes/Water cups • Paints • A canvas for each participant • Water bottles, ³/₄ full • Super glue • Glitter, small plastic items, food coloring • (Optional) clear glue • Food ingredients for each group of participants • Kitchen Lab area • Copies of the recipe
<p>Objective(s): <i>By the end of the activity, students will be able to...</i></p> <ul style="list-style-type: none"> • Utilize methods of stress management that range from physical activity and communing with nature, to healthy eating and artistic ways to combat stress • Become closer with those teachers/staff who volunteer to be station leaders 		
<p>Activity Progression</p>		
<p>Station 1: Yoga</p> <ol style="list-style-type: none"> a. The day’s “Yoga Instructor” completes a 20–30-minute session, not including a 5-10 minute warm-up and cool down b. If yoga is not preferred, a lead teacher or staff member can lead a guided meditation, relaxation and stretching routine <p>Station 2: TikTok Choreography</p> <ol style="list-style-type: none"> a. The lead teacher will teach the participants a fun dance from TikTok! <p>Station 3: Environmental Walk/Scavenger Hunt</p> <ol style="list-style-type: none"> a. Have students explore the area around your school to find the items listed on a pre-made scavenger hunt list b. Have your students take pictures of each item to create a digital collage of the items on a shared document with the participating group c. (Optional) Have your students use the Goose Chase app to set up a competition to find items and make it a race! 		

Station 4: Guided Paintings

- a. The lead teacher will teach painting techniques for a painting while students note how their body and mind feels while doing so. Participants can take the canvas with them when the activity is complete

Station 5: Calming Bottles

- a. Participants will fill their bottle with any of the items provided to create a sensory calming bottle, super glue the lid on, and let it dry
- b. They can then shake up the bottle and enjoy!
- c. (Optional) You can mix hot water with clear glue to create a thicker consistency than water

Station 6 (Optional): Cooking Lesson (if a kitchen lab is available)

- a. The lead teacher will demonstrate each step in creating a healthy and quick meal to take home
- b. Participants will follow along and create their meal using the ingredients provided, while also talking about what other healthy meals they are able to make at home

Modifications/Differentiations

- Make sure you are aware of any and all allergens before having the Cooking Lesson station
- If you don't have a specific TikTok dance choreography planned out, have the students go into groups to create their own!
- Flip the script! – Have students be station leaders for teachers to participate in. Allow students to select the station activities and lead the activities to show their appreciation.

Checks for Understanding/Assessment Strategies

- **Ask the students:**
 - How did they feel before, during, and after the activity? What changed? What stayed the same?
 - What was their favorite activity? What was their least favorite? Why?
 - When dealing with stress, do they think they would use any of the activities presented? Why or why not?