

## **Networking Activity: JENGA**

### **Questions & Physical Activity Interventions**

#### **Dig Deep Questions**

##### **Stress Management**

- Explore ideas and ways around how your program can address stress for your staff

##### **Sustainability**

- How are you addressing sustainability of your program for when the grant ends?
- What do you need to sustain your program and how are you making that happen now?
- What other health and wellness initiatives or programs do you know of in your school or district that could support, sustain, and enhance your wellness program? For example, school garden program, safe routes to school, healthy futures through OEBC.

##### **Resources**

- What kind of resources are you using to support your wellness program?

##### **Challenges**

- Why do you think wellness challenges are so successful and what types of challenges are you doing?

##### **Communication**

- Brainstorm communication strategies outside of email that motivates staff to participate.

##### **Culture of wellness**

- When we talk about creating a culture of wellness, what does that look like and mean to you in your school?

##### **Inclusiveness**

- How are you reaching everybody? All staff? (Facilities, classroom, classified, administration, etc.) What are the strategies?

##### **Physical Activity**

- How are you integrating physical activity into the day for your staff?

##### **Healthy Eating**

- How are you integrating healthy eating into the day for your staff?

### **Quick Moving/Round-Robin**

- Describe to your listeners a wellness activity that you do at your school without using words.
- In 3 words, describe your wellness leader.
- Spell OEA Choice Trust backwards (TSURT ECIOHC AEO)
- What Wellness Activity do you like the best? Why?
- Why do you participate in your wellness activities?
- If you were to describe your wellness activities to a stranger, what would you say?
- What would make you want to not participate in your wellness activities?
- What has been your biggest frustration with coordinating wellness activities and how have you overcome this frustration?
- What is the most fun you have had at a wellness activity sponsored by OEA Choice Trust at your district?
- Name 3 strategies for “rallying” participation to increase engagement by employees in your wellness program.

### **Physical Activity Interventions from Jammin Minutes**

- Arm Circles
- Jumping jacks
- High knees
- Hop side to side
- Squat jumps
- Elbow to knee
- Jog in place
- Toe to chair
- Toe reach
- Step Touch
- March in place
- Step kick
- Hop in place
- Toe tap (front, side, back, hands on hips)
- Grapevine
- Calf Raises
- Lunges
- Quad Kicks