



# Walker Tracker

Congratulations Astoria  
2018 Fall Challenge Champions!!

*Be Healthy. Love Life.*



# **Oregon SEW Gallery Walk**

## **Our Journeys from Start Up to Sustainability**

# Our goal for the afternoon

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*To create space and time to network with your colleagues to learn about each others' ideas, strategies and programs.*

*As a result, inspire each other with ideas that can be used in your school employee wellness initiatives.*

# Gallery Walk

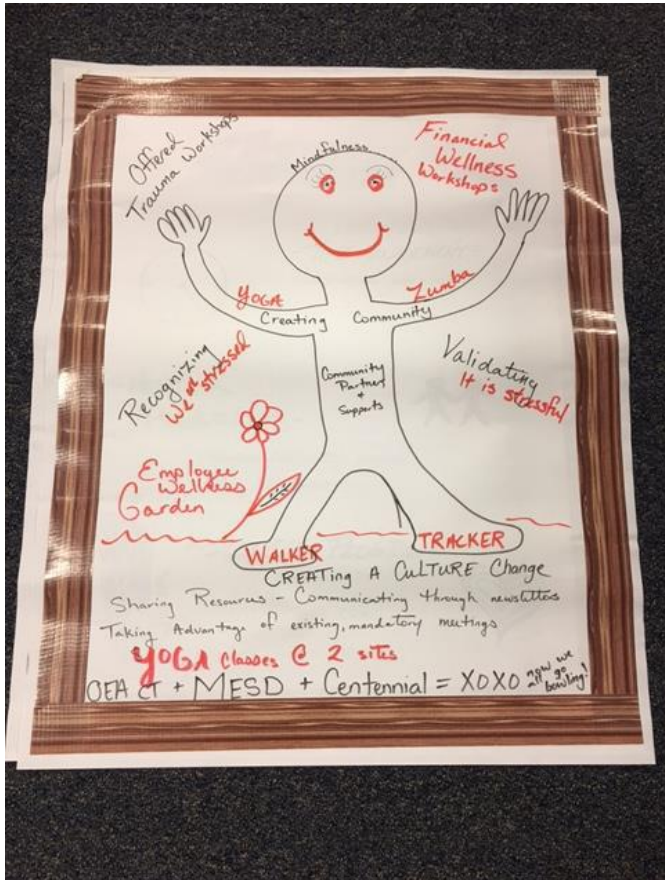
## Here's how it works!



- 1. Create Step:** with your team, create a poster that describes your School Employee Wellness Journey. Use the Gallery Walk guiding questions to help design your poster!
- 2. Move and Engage Step:** team members move around the room to view other teams' School Employee Wellness posters. Use the opportunity to learn from your colleagues and ask questions.
- 3. Reflect and Connect:** After your team has visited all School Employee Wellness posters, go back to the SEW programs that caught your attention and discuss more with the grantee team.

# Gallery Walk: Create Step

## Why, What, and So What!



1. Why is your leadership and staff investing in your SEW program?
2. What strategies are you putting in place to promote the well-being of all staff?
3. What are some of the lessons learned?
4. What are the highlights of your SEW program?
5. How is it making a difference?
6. What else would you like us to know about your SEW program?

# Teamwork Time

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1. As a team, share and discuss the ideas and strategies learned from the day.
2. Collectively select up to 3 ideas or strategies your team would like to put into action this school year.
3. Write each idea/action on a post it note and place on the **BIG IDEA WALL of IDEAS**

**Thank you**  
**May you ..... Be Well & Wonderful**

