

Relax and Reflect

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

Host a Spa Wellness hour during lunch or right after school. Use simple do-it-yourself (DIY) recipes to treat yourself to some great stress-relieving wellness treatments as a healthy way to decrease stress and anxiety and focus on self-care.

Why Do It?

This is a low-cost activity that encourages healthy ways to manage stress and promote easy-to-do self-care strategies. There are lots of easy-to-follow, teen-friendly ideas for healthy skin, nails, and hair.

How Do We Do It?

Search for simple recipes on the Internet that are low cost and easy to do, such as avocado facial masks, a honey and oatmeal facial scrub, salt or sugar scrubs, or make-your-own lip balm.

Work with an adult ally to determine a date and location for the activity.

Promote the event with the school social media account, posters, and public address (PA) system announcements.

Determine who is going to lead the event – is it something you can do as a group, or do you want to invite someone to lead the activity such as an esthetician from your local community?

Prior to the event, set up a registration table so that you are aware of how many people will be attending your event. Be sure to ask about and note allergies!

Determine if you will have a team who will pre-make the supplies and do a quick demonstration on a few people to show how it is done or if participants will participate in DIY style.

Create a *Relax and Reflect* list of self-care techniques to give to participants at the end of the session. This might include:

- A yoga routine
- Suggested practises (e.g., unplug, do something new, create a gratitude list).
- Recipes for facial scrubs or masks

Share techniques to manage stress and anxiety.

Ideas for Use in a Variety of Settings

Use a shared document with your team members to decide on the recipes that can be demonstrated via a video stream.

Use available technology to meet with your team and decide who will lead the event, how many DIY recipes to demonstrate, and who will take responsibility for demonstrating each recipe.

Use your school social media platforms to promote the event and include ingredients that participants will need to have on hand.

Use available technology to run your session and share your Relax and Reflect list.

Invite community wellness representatives to do a short talk on the importance of self-care for well-being at the beginning or to conclude your virtual session.

What Else Do We Need?

- Ingredients for DIY recipes (e.g., coconut oil, eggs, avocados, honey, oatmeal, yogurt, sugar, essential oils, beeswax, lemons), containers to mix ingredients, utensils, and face wipes.

- \$50 for basic supplies that may be acquired through fundraising or division of cost between participants

How Do We Get Creative?

Invite local community businesses to provide door prizes or sample products for participants.

Invite community wellness representatives to do a short talk on the importance of self-care for well-being.

Run the event as part of a wellness week or before exams.

Run the event as part of a themed day (e.g., PJ day).

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