

STAFF CHALLENGES

Days of Happiness Challenge

This staff challenge prioritizes mental health by prompting us to consider our day-to-day happiness moments. They can be small and simple daily pleasures, or something out of the ordinary.

Goal

Each staff member will recall or take a picture of something that made them happy and made their day better. They will then share this moment of happiness with other staff. The purpose is to actively reflect on the things that bring you joy that you might otherwise overlook.

Timeline

Approximately one month but may be adjusted as seen fit.

Materials (dependent on sharing format, see next section for ideas)

1. Email sharing format:
 - a. Email to staff (attached)
2. Poster sharing format:
 - a. Bulletin board or whiteboard-sized piece of paper
 - b. Markers
 - c. Post it notes
 - d. Tape

Sharing Format Ideas:

- Use a large poster paper and write the title *Days of Happiness* along the top. Under the title, write *Daily Happiness Moments* on the left half, and *Big Happiness Moments* on the right half. Leave room under each sub header for staff to post pictures, sticky notes, or to write their happiness moments.
- Use a blank bulletin board, white board, or wall that staff can use to post pictures, stickies, or write directly on. Write the title of the challenge at the top.
- Start a staff email chain where people can send pictures and messages to the entire staff, or participating staff.
- Do anything else that works for your staff to share!

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Instructions

1. Decide on a sharing format that works best for your school's staff to share happiness moments.
2. Prepare your display if you're using one. Hang it in the staff room or accessible location.
3. Send out suggested email (*email copy provided below*) to your staff explaining the challenge.
 - *Option:* If daily sharing is too often, encourage people to share a few things per week, or only on Mondays.
 - *Option:* Ask staff share **why** this brought them joy. For example, someone could share a picture of their coffee and say that their morning coffee brings them daily happiness because it is something hot and delicious to look forward to everyday.
4. Send out an email reminder halfway through the challenge, encouraging everyone to continue participating.
5. At the end of the challenge, take a moment to celebrate with your staff and wrap-up the challenge! It is fun to see what people come up with and to celebrate what brings everyone joy. You never know, what may be a daily joy for one person could be a big moment of happiness for another. Find what works best for your group to celebrate!

Celebration Ideas:

- At a staff meeting, take a moment to each share one thing that brought them the most joy throughout the challenge.
- Have a staff BYO salad lunch party and share with one another some happiness moments from during the challenge.
- On last day of challenge provide coffee or tea for everyone, so the whole school can partake in a moment of happiness to wrap up the challenge.

Next Steps

1. Once your display has some staff engagement, take a photo of it and share it on Twitter and/or Facebook. Please tag @APPLESchools so that we can enjoy your staff's happiness too!
2. Continue to prioritize happiness. Encourage staff to continue reflecting on what brings them joy throughout their days.

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Suggested staff email copy

Please personalize as you see fit.

Hello **[school name]** staff,

It is easy to fill up our busy schedules with tasks and responsibilities and forget about what make us happy or brings us joy throughout the day. That is why I am inviting you all to take part in our new staff wellness initiative, the *Days of Happiness Challenge!*

The purpose of this staff challenge is to actively reflect on the things that bring you joy that you might otherwise overlook in the moment. It is an opportunity to celebrate what makes you happy, and to learn what brings your co-workers joy!

INSTRUCTIONS

1. **Everyday**, reflect on something that made you happy and improved the quality of your day. It can be work related or not. It can be small things that bring you joy each day, like a hot cup of coffee, or it can be big things that bring you a lot of joy, like going for a family outing. **Take a picture or make a note** of what brought you the happiness.
2. Share this happiness moment with the rest of the staff. **Indicate where they can share based on what you decided to do for your school (email, stickies, pictures, poster, wall, white board, etc.)**
3. **This staff challenge will last one month, we will end on _____ . After, we will take a moment to celebrate together as a staff, and learn what brings one another joy.**