

## ACTIVITY

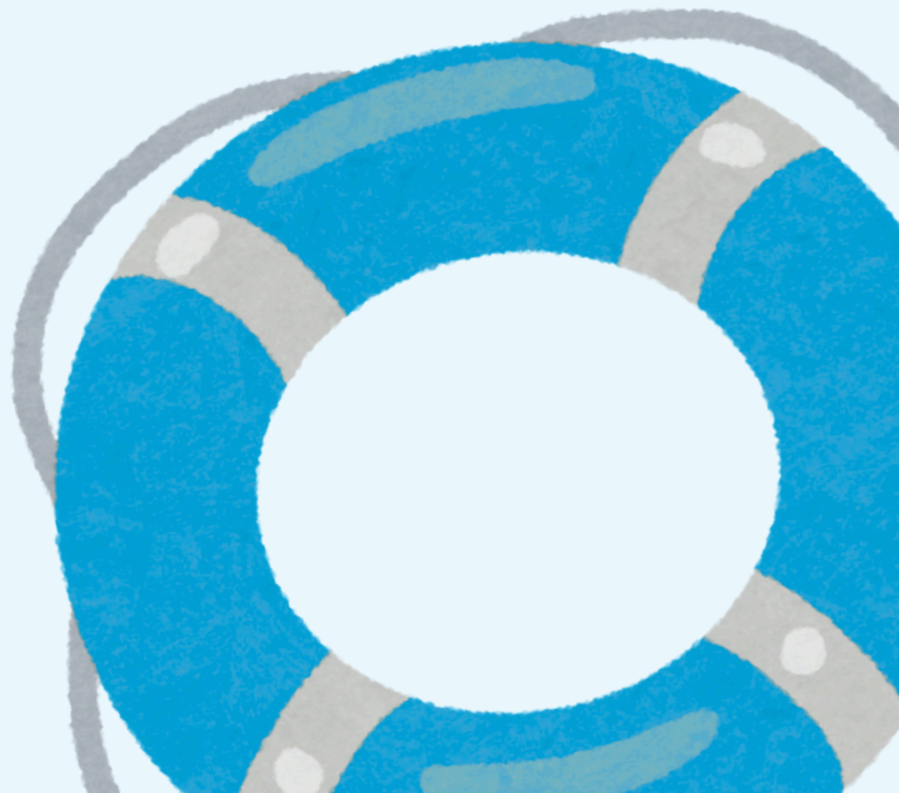
# STAFF JOY WALL

What's saving your life right now?

Create a visual wall of well-being filled with your team's go-to joys, tiny wins, and favorite resets.

Brought to you by your pals at

**alpaca**



# STAFF JOY WALL



## Purpose Statement:

This activity is designed to spark connection, celebrate joy, and remind us that small things—like a good book, a great walk, or a hilarious show—can make a big difference in our overall well-being. This wall invites us to share what's lifting us up—and maybe discover something new to love.

## When to Use It:

Use this when your team could use a little lift—a moment of connection, a spark of joy, or a reminder that we're in this together.

## KEY BENEFITS

**Breaks down barriers** by encouraging open, lighthearted sharing

**Builds connection** in just a few minutes through shared favorites and personal moments

**Creates space** for real moments and shared stories that bring people closer together

**Inspires staff** with new ideas, recommendations, and reminders to care for their well-being—body, mind, and spirit

# ACTIVITY DIRECTIONS

## **Step 1: Pick Your Prompts**

Choose the headings or categories that will resonate most with your team (e.g., "What's Saving My Life Right Now," "Current Obsessions," "Feel-Good Favorites"). Print and prep them for your display.

## **Step 2: Set Up the Space**

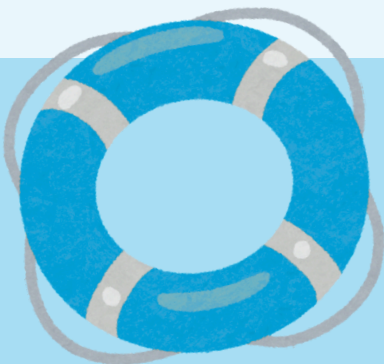
Hang chart paper, posters, or giant sticky notes—one for each category—on a bulletin board, hallway wall, or lounge space where staff can easily stop by and contribute.

## **Step 3: Add Your Style**

Keep it simple or go all out! Add borders, die-cuts, school colors, or other fun touches to make your wall inviting and joyful.

## **Step 4: Invite Staff to Join In**

Send a quick email introducing the activity and sharing how they can participate. A sample email is included on the next page to make it easy!



**This joyful wall invites your team to share the little things getting them through—one feel-good favorite at a time.**

# EXAMPLE EMAIL SCRIPT

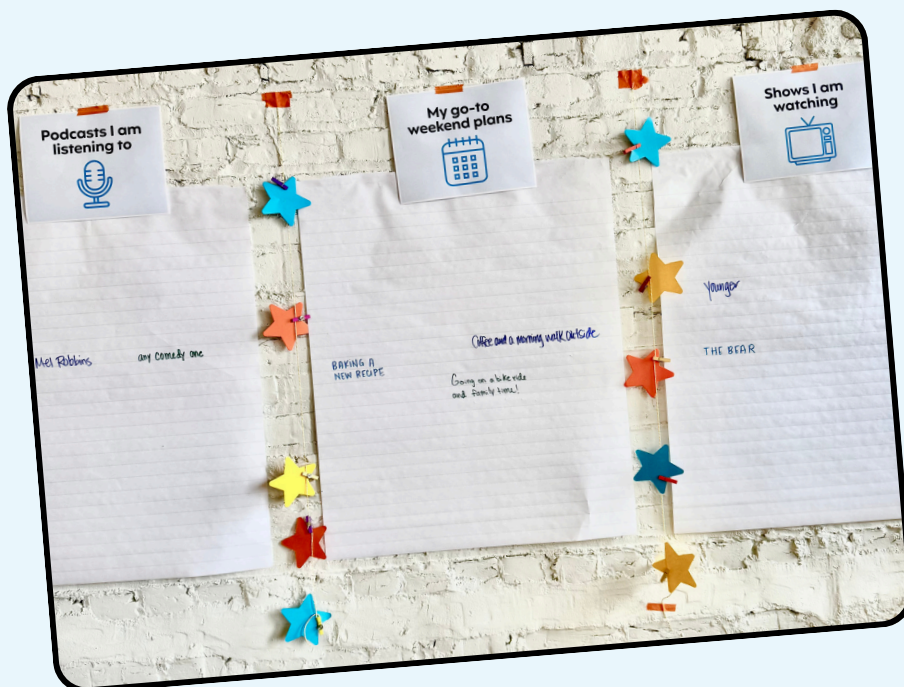
**Subject:** What's Saving Your Life Right Now?

## Hi team!

We're kicking off something simple and joyful in the building—a wall of favorites called What's Saving Your Life Right Now? It's a space where we can share the little (or big!) things that are keeping us going—books, podcasts, shows, weekend hikes, iced lattes, you name it.

## Here's how to join in:

Stop by the display [insert location—e.g., in the staff lounge] and add your favorites to the posters. There's no pressure to be profound—just share what's bringing you energy, calm, laughter, or joy. We'll keep adding to the wall all month long!



**ACTIVITY  
EXAMPLE**



# ACTIVITY VARIATION

**Try this at a staff meeting!**

Print the headings and tape them up with poster paper around the room. Give staff 5–10 minutes to walk around, jot down their responses, and chat in small groups about what they shared. It's a quick, joyful way to spark connection and conversation!



**ACTIVITY  
EXAMPLE**



# **DISPLAY PRINTABLES**



# Podcasts I am listening to



# Shows I am watching



# Books I am reading



# My go-to weekend plans



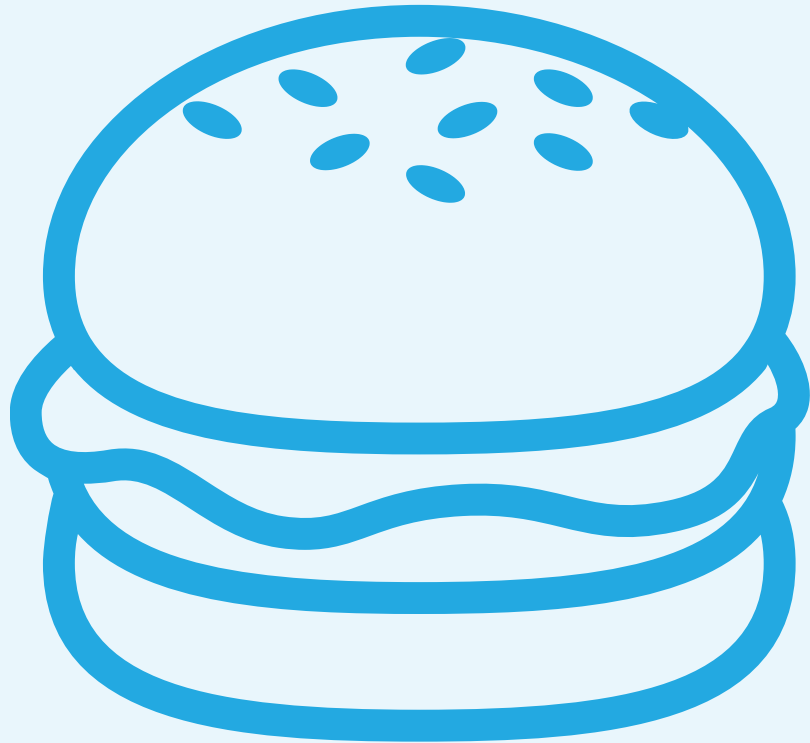
# My favorite day trip



# My go-to lunch



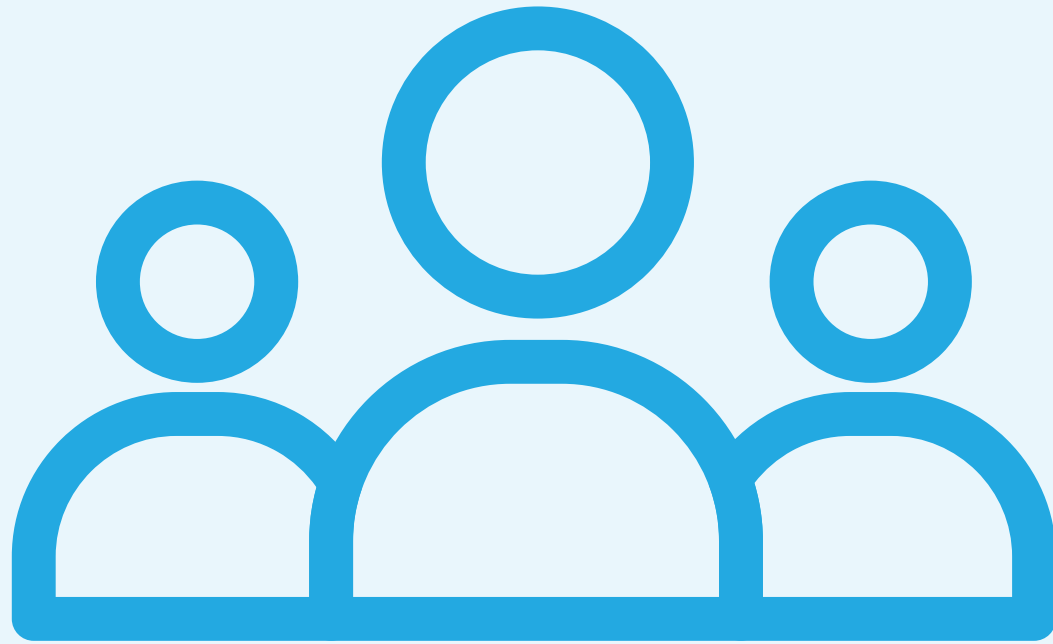
# **Favorite local restaurant**



# **Favorite way to relax**



# Something you love about our team



**A quote that  
inspires you**



# A recent little win



## COLLABORATION

# BUILT BY EDUCATORS, FOR SCHOOL LEADERS

This resource was created in collaboration with dedicated educators and school leaders who brought their experience, ideas, and insight to every step of the process. We're grateful for their partnership in building tools that truly make a difference in schools.



**Katherine Fischer**

2<sup>nd</sup> Grade Teacher  
Omaha, NE



**Joann Thurlow**

Gifted and Talented Teacher  
Omaha, NE

# WE'RE SO GLAD YOU'RE HERE!

Thanks for downloading this resource—at [Alpaca](#), we're on a mission to **make school the happiest place to work**.



## Tried an activity?

Send a photo or a staff testimonial to [our team](#), and we'll send you a coffee on us!



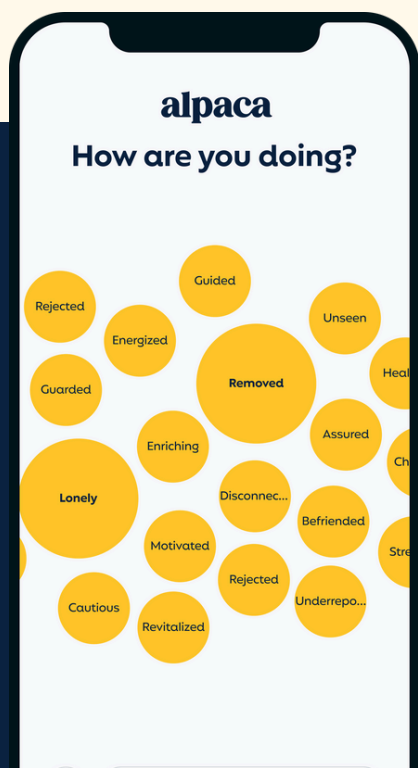
## Got an idea brewing?

We love co-creating with school leaders—[drop us a line](#) with any resource ideas you'd love to see next.



## Explore more!

Check out our [full resource library](#) for creative, ready-to-use tools to support you and your team.



## SEE HOW ALPACA WORKS

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