

The background of the entire page is a light pink color, decorated with several faint, hand-drawn style hearts of varying sizes scattered across the surface.

ACTIVITY

# SHARE THE SELF LOVE

An activity that encourages reflection  
and positive recognition.

Brought to you by your pals at

**alpaca**

# ACTIVITY DIRECTIONS

## 1. Set the Tone

Begin with something simple and welcoming, such as: "February is about connection, care, and noticing the good in one another. This activity is a chance to spread some appreciation around the room." No pressure, no overthinking, just noticing strengths.

## 2. Model the Exchange

As the leader, model how to give a heart to someone else.

**For example:** "One word I wrote was patient. I see that quality in you every day, and I wanted to share it."

Place the heart sticker on the colleague and thank them.

## 3. Write the Hearts

Ask each staff member to write one positive word or short phrase on each heart sticker (one word per heart).

**Examples:** steady, creative, patient, supportive, thoughtful.

These words should describe qualities they value or notice in people they work with.

## 4. Walk & Stick

Give staff about 5 minutes to move around the room and place their heart stickers on 4-5 different colleagues.

Encourage them to spread the love beyond their immediate team if possible.

## 5. Optional: Self-Care BINGO

Pass out the Self-Care BINGO cards and encourage staff to choose small, doable self-care moments throughout the month. A small prize or perk can be offered for completed cards.

# ACTIVITY VARIATIONS

**Secret Heart Surprise:** Instead of placing hearts during the meeting, staff write positive words or short notes on their heart stickers or sticky notes and secretly place them on colleagues' desks, doors, or mailboxes later that day.

**Our Team in One Word:** Set up a large poster or bulletin board with a prompt like: "One word that describes our team..." Invite staff to use a heart sticker to write one word or short phrase that captures how they see the staff as a whole, then add it to the board as they arrive or leave the meeting.

**One Small Thing:** Ask staff to write one small self-care action they realistically want to try this month on a sticky note. Collect the notes on a board titled "Start Small with Self-Care." This keeps self-care doable and removes the pressure of big changes or perfection.



# ACTIVITY EXAMPLE






# OPTIONAL: SELF-CARE BINGO

- Use the Bingo cards (print more if needed).
- Hand out one card to each staff member at the end of the meeting.
- Let staff know they are encouraged to dedicate a few minutes each day to a self-care activity.
- As they complete activities from the BINGO card, they can mark them off.
- Optional: Staff who return a completed BINGO card (blackout) can receive a prize or coupon.

## SELF-CARE BINGO

Complete activities from the bingo board, mark them off as you go, and celebrate your self-care wins when you get a bingo!



|  |  |  |   |   |
|--|--|--|---|---|
| Take a 10-minute walk outside  | Drink at least 64 oz of water                                    | Listen to your favorite song or playlist | Read for at least 10 minutes                      | Take a deep breath and stretch for one minute |
| Write down three things you're grateful for                            | Go to bed early or take a power nap                              | Treat yourself to your favorite snack    | Say no to something that drains your energy       | Take a social media break for an hour         |
| Do a self-care activity (bath, mani/pedi, facial, haircut, or massage) | Journal about your day   | <b>FREE SPACE</b>                        | Clean and reorganize a desk drawer or cabinet     | Add your own:                                 |
| Watch or listen to something that makes you laugh                      | Delete old emails from your inbox                                | Spend time doing a hobby you love        | Throw 5 things away that you don't need anymore   | Unplug from work for an evening               |
| Wear your favorite cozy outfit   | Treat yourself to a coffee, smoothie, or soda on the way to work | Complete one item on your to-do list     | Complete a random act of kindness for a colleague | Call a friend or family member to check in    |

Name: \_\_\_\_\_

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# Activity Variation Printables

Here are a few activity printables if you choose to add an activity variation. Choose the one that fits your team best.







# START SMALL WITH SELF-CARE

**What's one small self-care action you'll try  
this month? Add yours!**





# OUR TEAM IS...

**Write a word that describes our staff on  
the heart and add it to the board!**

**OUR TEAM IS...**



**OUR TEAM IS...**



**OUR TEAM IS...**



**OUR TEAM IS...**



**BECAUSE OF YOU,  
OUR SCHOOL IS MORE...**



*~~~~~*

**BECAUSE OF YOU,  
OUR SCHOOL IS MORE...**



*~~~~~*

**BECAUSE OF YOU,  
OUR SCHOOL IS MORE...**



*~~~~~*

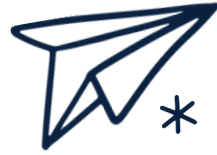
**BECAUSE OF YOU,  
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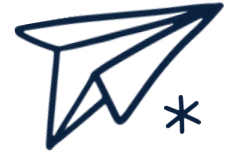
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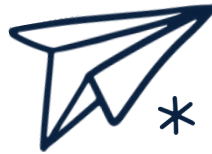
**YOU ARE  
AMAZING AT...**



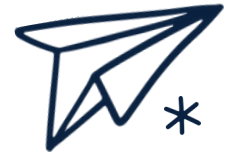
**YOU ARE  
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**YOU ARE  
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**YOU ARE  
AMAZING AT...**



**THANKS FOR  
ALWAYS...**



**THANKS FOR  
ALWAYS...**



**THANKS FOR  
ALWAYS...**



**THANKS FOR  
ALWAYS...**



THANK YOU FOR ALL YOU DO!  
THANK YOU FOR ALL YOU DO!  
THANK YOU FOR ALL YOU DO!

THANK YOU FOR ALL YOU DO!  
THANK YOU FOR ALL YOU DO!  
THANK YOU FOR ALL YOU DO!

**YOU TEACH.  
YOU INSPIRE.  
YOU SHINE!**

Thank you for all you do!

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YOU SHINE!**

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OPTIONAL

# Prize Coupons for Self-Care Bingo

If you'd like to give prizes to staff who complete the self-care BINGO, click here for prize coupons!



## 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.



**Margarita Rodriguez**

Spanish Dual Language Kindergarten Teacher  
Omaha, NE



**Lisa Craig**

Counselor  
Omaha, NE



# LET US KNOW HOW IT GOES, WE'D LOVE TO HEAR!

We'd love to hear how the activities went and what your staff thought! Send a picture or a staff comment about the packs or activity to [alissa@getalpaca.com](mailto:alissa@getalpaca.com), and we'll send you a coffee on us!

**Thank you for being part of Alpaca – we're on a mission to make school the happiest place to work, and we love working with you!**



**Need anything? Reach out!**

**Contact Alissa on our team:**  
[alissa@getalpaca.com](mailto:alissa@getalpaca.com)