

Starpath Team Wellness Workshop

Summary

Thank you for being a part of the Starpath Team Wellness Workshop!

Here is a summary of what we did:

We followed the story of Nancy and Polly as they went throughout their day.

Nancy and Polly woke up, went to school, went to dance, and back home.

During the story, we identified what Polly did differently than Nancy, and how that impacted the quality of her day. Some noticeable changes Polly made included:

- Light stretching and a glass of water before social media in the morning
- Positive notes and thoughts to herself while getting ready
- Eating a fulfilling and energizing breakfast
- Enjoying talking to friends at school. while also utilizing her time so she had less homework after dance
- Viewing difficult skills at dance as an exciting challenge
- Thinking often about why she loves to dance
- Being fully present at dance with herself, her dance friends, and her teachers
- Talking with family/parents about her day
- Setting a timer to work on homework with her phone in a different room

To wrap up, I challenged the dancers to choose one “action step” they would like to implement into their routine. Each dancer wrote an inspiring and motivational note to a buddy to always remind them of how magnificent they are!

