

Frank Augustus
Miller School
Counseling

Wellness Fair

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Frank Augustus

Miller Stats



- Approximately 1,000 student
- 2 School Counselors
- Part-time SAP Counselor
- 3 School Counseling Interns
- 52% Free or Reduced Lunch

Our Journey to Wellness

A need for Tier 1 lessons



Implementing campus wide wellness support



Tier 1

Wellness Fair



Tier 2

Small Group



Tier 3

Individual



Staff

Wellness offering



No Reinventing the Wheel

Learned about Wellness Fair at
other schools and “went for it”

Backwards Planning

50 minute period

5 minutes travel, 15 minutes presentation, 30 minutes rotation

Timing

Using data we looked at when risk assessments peaked and when coping skills were needed.

Department

Electives agreed to facilitate with us.

Buy in

Staff and students enjoyed the interactive lesson and brought support to the counseling program.

Pre/post test

Teaching
students
about their
emotions

15 minute lesson



Coping Skills Passport

Visit 6 healthy coping skills stations that interest you and spend 3 minutes there learning about it. Coping skills are a group of skills that help people handle difficult feelings and thoughts. Having healthy coping skills can help you feel better mentally and emotionally when you are:

- ✓ Sad
- ✓ Stressed
- ✓ Worried
- ✓ Angry
- ✓ Frustrated
- ✓ Unfocused

Station 1:

When you are having difficult feelings, how helpful could this coping strategy be for you?

- € Not Helpful
- € Somewhat Helpful
- € Helpful
- € Extremely Helpful

Station 2:

When you are having difficult feelings, how helpful could this coping strategy be for you?

- € Not Helpful
- € Somewhat Helpful
- € Helpful
- € Extremely Helpful

Station 3:

When you are having difficult feelings, how helpful could this coping strategy be for you?

- € Not Helpful
- € Somewhat Helpful
- € Helpful
- € Extremely Helpful

Station 4:

When you are having difficult feelings, how helpful could this coping strategy be for you?

- € Not Helpful
- € Somewhat Helpful
- € Helpful
- € Extremely Helpful

Station 5:

When you are having difficult feelings, how helpful could this coping strategy be for you?

- € Not Helpful
- € Somewhat Helpful
- € Helpful
- € Extremely Helpful

Station 6:

When you are having difficult feelings, how helpful could this coping strategy be for you?

- € Not Helpful
- € Somewhat Helpful
- € Helpful
- € Extremely Helpful

My Coping Skills Checklist

When I feel sad, mad, stressed, worried, or unfocused, I can...

- € Relax/Breath 
- € Watch a movie
- € Journal or write a letter
- € Listen to music
- € Cry
- € Read a book
- € Color, paint, or draw
- € Talk with a Friend or someone I trust 
- € Care for pets
- € Play a board game
- € Use kind & compassionate self-talk 
- € Garden
- € Create Origami 
- € Cook or bake
- € Ask for help
- € Get a hug
- € Visualize a peaceful place 
- € Practice Yoga
- € Play an instrument 
- € Stretch
- € Make art
- € Use positive affirmations
- € Clean, declutter, or organize
- € Use aromatherapy 
- € Exercise
- € Try or learn something new
- € Use a stress ball or other fidget 
- € Do a puzzle
- € Blow bubbles
- € Get plenty of sleep
- € Kick, bounce, or throw a ball
- € Take or look at photographs 
- € Play outside

Wellness Fair Stations



Station 1

Gardening

Station 2

Aromatherapy

Station 3

Journaling

Station 4

Stretching

Station 5

Breathing

Station 6

Coloring

Station 7

Dancing

Station 8

Origami

Station 9

Puzzles

Station 10

Cards/Talking with
friends

Station 11

Physical
Activity

Station 12

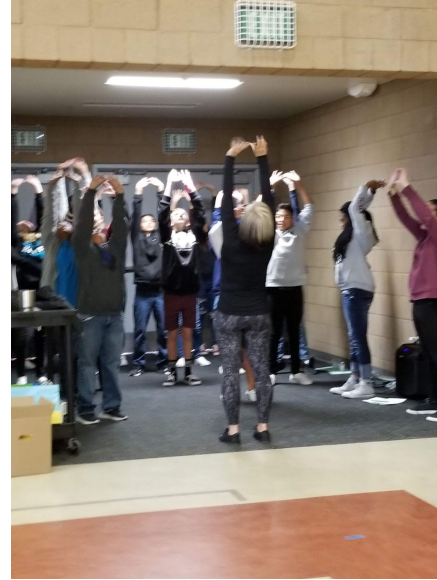
Positive
Affirmations



Station Rotations



Stations



Stations



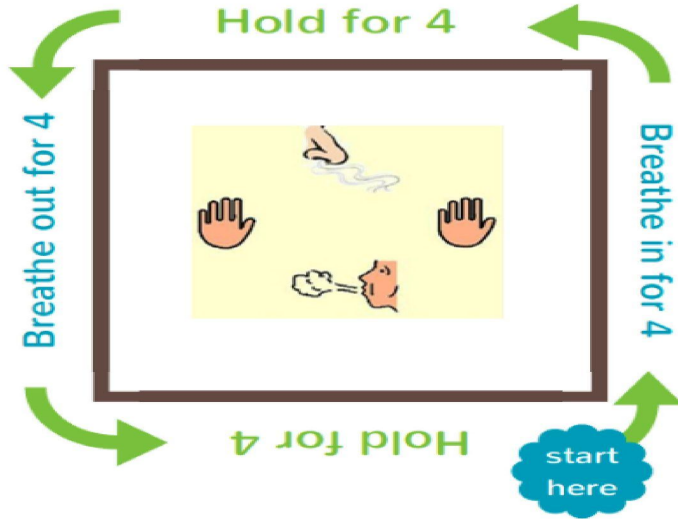
Stations Continued..



Breathing Station

Square Breathing

Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath.



Logistics

Station Supplies

Gym Layout

Station Staff Assignments by period

Posters

Station Passport

Virtual Wellness Fair

Post-Test Results/Feedback

Name a situation at school in which a coping skill might help:

“When you’re presenting in front of the class”

“You talk to the bully of someone and try to ask why they are bullying someone”

“when you don’t understand something and become stressed”

Name a situation at home in which a coping skill might help:

“When you find out your best friend is moving away”

“When your parents punish you for something your siblings did.”

“My parents fighting”

Implementation Adjustments

Start Small
One class at a time,
fewer stations



**Lunch-time
Activity**
Set up a few stations
during lunch.



Announcements
Weekly or daily
announcements on
coping skills.



Counselor Website

List examples and/or
videos of coping skills
on website.



Video

Presentation
Create a presentation
and have it delivered
during homeroom or
send out mass email.



How to reach us:



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[FAMMS Counseling Website](#)