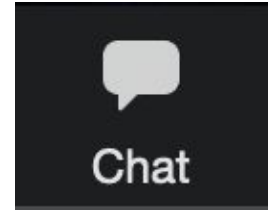


# Welcome to Joy on the Job Happy Hour!

\*remember, this is **NOT** a  
webinar!



*As you get settled in, introduce yourself! **Using the chat**, share your: **name, school district, and your favorite smell or the title of your favorite book** (we'll try to guess which one you chose)*

# Your Hosts This Afternoon/Evening



**Drew**



**Baltazar**



**Crystal**

# Game Play

Together, we'll play a series of games and sprinkle in some tips and tricks for bringing joy to your work day by using the 7 senses:

***Sight, Touch, Taste, Smell, Hearing, Motion, Mindfulness***

**Host's Note: Having access to another browser window, screen, or device will be helpful to fully participate in today's activities.**

# Your Game Board: <https://bit.ly/eegameboard>

Game #1:  
Hidden Superpower

Game #2:  
Name That Tune

Game #3:  
Masterpiece

Make Your Creation

Share Your Creation

Game #5:  
Three Ingredient  
Chopped

# Game #1: Hidden Superpower



Congratulations! You've just been accepted into the Emerging Superheroes Program!

When we say the magic word ("GO!") you will have 30 seconds to find something in your living space that represents your unique superpower.

# Game #1: Hidden Superpower

**For Game #1, we'll be using Padlet!  
Submit your photos via the link on the  
game board:**

<https://bit.ly/eegameboard>

# GO!

# Motion + Touch

Game	On the Job	After Hours
<p>Get people up and out of their seats with a game where they have to find something, fetch something, or reach for something.</p>	<ul style="list-style-type: none"><li>● Before scheduling a call, see if you can take it on a walk vs. in a chair</li><li>● Do a 7 minute workout</li><li>● Quick stretch/yoga sesh</li><li>● Any kind of movement break</li></ul>	<p>Go for a long walk or run. Take in some nature, listen to a podcast or some of your favorite music, and step it out!</p>



## Game #2: Name That Tune

We're going to play a series of songs, and your job is to guess the name of the song. Bonus points if you know the artist as well.

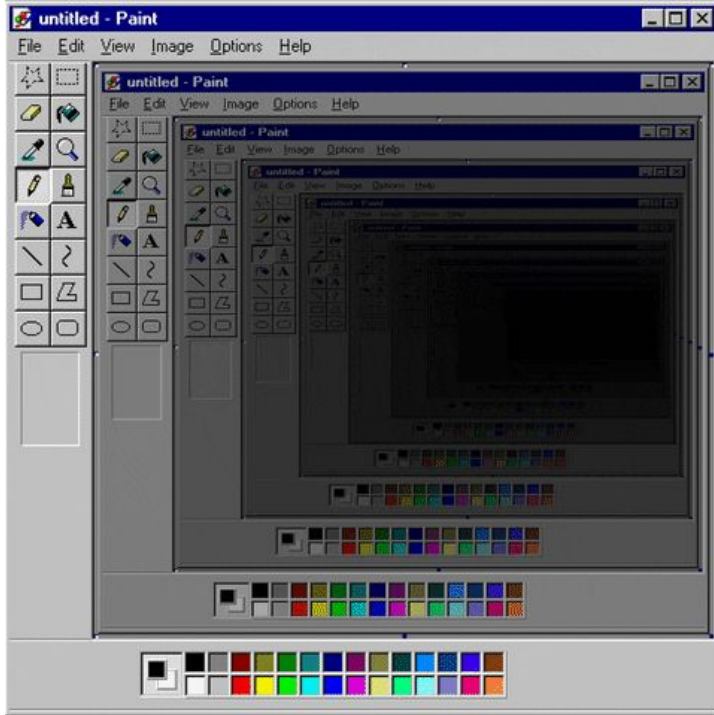
See how fast you can name the song and the artist in the Zoom chat!



# Hear

Game	On the Job	After Hours
<p>Play a game of “Name that Tune” or “Finish the Lyric” before or after a meeting. Even better, sprinkle in music trivia questions throughout your meeting!</p>	<ul style="list-style-type: none"><li>● Curate a team playlist</li><li>● Participate in a group meditation</li><li>● Call an old friend or a coworker during a break</li><li>● Listen to some white noise or incorporate the ambiance of a cafe into your work day with <a href="#">Coffitivity</a>.</li></ul>	<p>Play a game of “The Voice” with your team. Have 3-4 people serve as blind judges, and have others sing part of a song for them. The judges have to guess who was singing.</p>

# Game #3: Masterpiece



It's time to unleash your inner artist. On the next slide, you're going to find a work of art that you must replicate using only Microsoft Paint!

Don't have a PC from 1995? Don't worry! You can paint your creation at the link on your game board.

# Game #3: Masterpiece

**For Game #3, we'll be using an online version of Microsoft Paint and Padlet! Access both links on your game board:**

<https://bit.ly/eegameboard>



**Access the Game Board:**  
<https://bit.ly/eegameboard>

# Sight

Game	On the Job	After Hours
<p>Challenge your team to a visual art challenge like the one we just did, or a variation: “Art Becomes Me</p>	<ul style="list-style-type: none"><li>● Before meetings, give team members the chance to give a tour of their at-home work space</li><li>● “What’s on your left?”</li><li>● Calming aesthetics</li><li>● Curiosity journal</li></ul>	<p>Take our masterpiece challenge and spice it up a bit. Instead of 2D art, challenge participants to create a sculpture. Or add a beverage pairing to your “painting” party.</p>

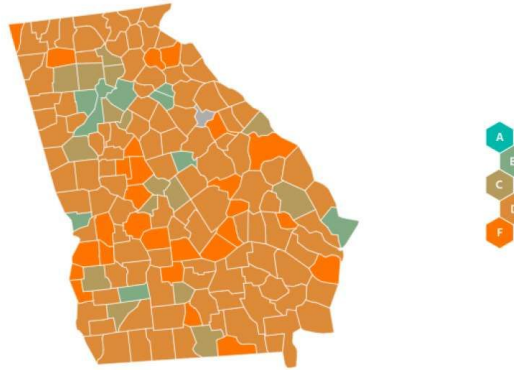
# Game #4: Trivia

# Round 1

## A) Celebrities with COVID



## B) Social Distancing



## C) Cities on the Curve



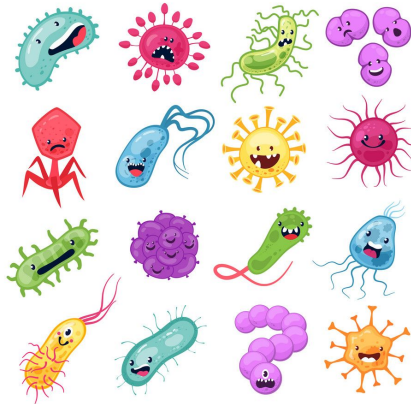


# Trivia Round 2

## A) Read, Baby, Read



## B) Viruses & Friends



## C) National Cuisines



# Round 3 ( If Time Permits)

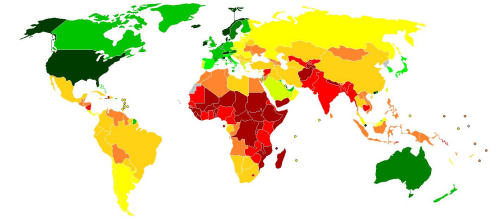
## A) Netflix and Hulu (Virtual Learning)



## B) March Madness



## C) Countries Doing Better



# Mindfulness

Game	On the Job	After Hours
<p>Share a game of trivia that shifts everyone's attention to the lighter side of current events or focuses on good vibes!</p>	<ul style="list-style-type: none"><li>● Use a 3-minute meditation as your check-in to start a meeting</li><li>● Schedule a call with a mindfulness accountability buddy</li><li>● Take a break between calls to do a body scan and listen to what your body needs</li><li>● Open meetings with a small trivia game</li></ul>	<p>Set up time with your team to complete a 30 or 60 minute group meditation: reflection, gratitude, body scan, loving kindness, or another type of meditation.</p>

# Game #5: Three Ingredient Chopped



Have you ever wanted to appear on the Food Network hit show Chopped? Now's your chance.

When we say the magic word (GO!), head over to your pantry, fridge, or garden, and bring back three ingredients to create a tantalizing taste.

(Don't worry, you don't have to actually make it – just share with us what you'd do)

# Game #5: Masterpiece

**For Game #5, we'll be using Padlet! Access the link on your game board:**

**<https://bit.ly/eegameboard>**

# Smell

Game	On the Job	After Hours
<ul style="list-style-type: none"><li>● What smells like?</li></ul>	<ul style="list-style-type: none"><li>● Use a scent - candle, room spray, etc.</li><li>● Open a window</li><li>● Start an aromatic meal in the slow cooker</li><li>● Eucalyptus</li></ul>	<ul style="list-style-type: none"><li>● Simmering aromatics on the stove</li><li>● Lavender sachet → self-care in other places</li></ul>

# Taste

Game	On the Job	After Hours
<p>Play guess that food. Describe favorite foods to team members and have them guess what you're craving.</p>	<ul style="list-style-type: none"><li>● Have a lunch/snack/coffee date with a coworker with whom you don't normally connect with</li><li>● Set aside dedicated time to eat lunch. Take a moment to breathe and relax.</li></ul>	<p>Host an actual virtual Chopped game where members of your team use the same ingredients to actually cook something and present it to a panel of judges.</p>

# Stay Connected With Us



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a **facebook** group for you

# LIFT**Ed**

LEADERSHIP INSIGHTS FOR  
TRANSFORMING EDUCATION

