

## **Leadership Activity**

**An idea from Allison Gadeke, [agadeke@lUSD.net](mailto:agadeke@lUSD.net)**

Every few years my Leadership Staff Appreciation Committee prepares these stress release kits for the staff. They are made up of things you can buy inexpensively or get for free. It is a fun way to start the year – or to give right before testing! Again, this is an idea that was shared long ago from a friend. Please feel free to adapt to fit your needs!

Dear Sierra Staff Member,

We are very grateful to you for all that you do for our school. Thanks so much for always being there for us, we hope you have a great year! Just in case you feel a bit stressed from time to time, we have included a "Stress Release Kit" to help you with your job.

Love,

The Sierra Middle School Leadership Cabinet

### **Stress Release Kit**

An eraser to make your mistakes disappear ...  
A penny to keep you from being broke ...  
A marble, so someone can't say that you've lost your marbles ...  
A rubber band, to help you stretch beyond your limits ...  
String to help tie things together when everything falls apart ...  
A hug and a kiss to remind you always that someone cares!