

CHECK YOUR PACK

IN THIS ACTIVITY, YOU WILL VISUALIZE THE 'WEIGHT' YOU ARE CARRYING AND DECIDE WHAT YOU COULD REMOVE FROM YOUR PACK.

SUPPLIES:

- 3-5 index cards per person
- 2 Markers for each: one bold/dark for the heavy, and one bright or neon for the light.
- A physical basket or bin for the classroom sandbox

* THIS IS A 3-STEP PROCESS:

STEP 1: THE INVENTORY

- Use the bold/dark marker and write one of each of the 3 heaviest items on your plate right now. Examples: parent emails, a budget report, or a new initiative.
- Take a moment to notice the weight of the ink on the card.
- This is what you are currently carrying.



STEP 2: THE WEIGHT CHECK

- Flip the cards over. Use the bright/neon marker, re-label the task based on a SMILE Factor mindset.
- If you carry the ANXIETY (Heavy), write the Purpose (light) instead.
- Example: flip the 'Terrified of a budget Meeting' to "Ensuring my team has the resources they need."



STEP 3: THE LIGHTEN THE LOAD SORT

Physically sort your cards into two piles on your desk:

- The Backpack (must carry): These are the responsibilities that are yours. Keep those neatly stacked.
- The Sandbox (can release): These are the anxieties or 'hows' you can let go.

The 24-hour rule: If it won't matter in 5 years, give yourself permission to stop worrying about it for the next 24 hours.

The Wrap Up: Take the cards from your Sandbox pile and physically drop them into a community basket. By letting go of the anxiety about the outcome, you leave only the task's purpose in your backpack.

