

# Backpack Activity

Linsey Dotson, Counselor, Shanghai American School

**ISCA Standards:** A:A3.1, A:A3.3, A:A3.4, A:B1.1, A:B1.4, A:C1.1, PS:A1.1, PS:A1.4

**Materials Needed:** Image of a backpack (optional)

**Time:** 10-20 min

**Objective:** Staff and/or students will develop greater self regulation skills by understanding and organizing emotional needs for the school year

**This activity works well to start a staff meeting or an advisory lesson for students.**

The journey we are on is difficult and complicated. There are many new challenges that make it feel as if we are climbing Mount Everest. For our journey on this mountain, there are things we need to be successful. Think of the school year ahead and envision all it will entail. What do you need to carry in your backpack to make this journey all the way to the top? Ex: patience, endurance, wine, girls' nights out, consistency, etc. Share at least one thing with your team.

**Brainstorm:** On the backpack provided, write or draw what you come up with.

For our journey on this mountain, we need to clear out things that weigh us down or do not serve us well. What must you dump out of your backpack to make this journey?

Ex: negative attitude, being over committed, toxic relationships, etc.

**Brainstorm:** Write or draw what comes up for you. Share at least one thing with your team.

Spend some time organizing your backpack. Imagine yourself removing the things that are weighing you down and throwing them out. (Option: have pieces of paper and a trash can available for people to write down what they are getting rid of and throw them away).

**Brainstorm:** Now prioritize the things you need and discuss your thoughts with your team.

- How will you do this?
- Who do you need to help?
- What will you do when you feel your backpack is too heavy?