



 Aveda EDUCATION

Mission and Wellness

reference guide

OUR MISSION AT AVEDA IS TO CARE FOR THE WORLD WE LIVE IN, FROM THE PRODUCTS WE MAKE TO THE WAYS IN WHICH WE GIVE BACK TO SOCIETY. AT AVEDA, WE STRIVE TO SET AN EXAMPLE FOR ENVIRONMENTAL LEADERSHIP AND RESPONSIBILITY, NOT JUST IN THE WORLD OF BEAUTY, BUT AROUND THE WORLD.

HORST RECHELBACHER, FOUNDER

INTRODUCTION

5 THINGS TO KNOW ABOUT THIS GUIDE

- 1 It carries on the tradition of our founder, Horst Rechelbacher**—a man whose dedication to the Earth transformed the beauty industry by offering rituals and moments of wellness to guests as a complimentary part of their services. Every time you perform a mission or wellness activity, you honor Horst's memory and live out the unique beauty of the Aveda brand.
- 2 It is rooted in Ayurveda**—an ancient holistic system of healing that strives to create balance in body, mind and spirit. Ayurveda means “the science of life,” and it has been central to Aveda from the beginning. Each activity honors this unique heritage by taking time to prepare the body, mind and spirit to learn.
- 3 It is curated by the Aveda network**—every entry is a favorite activity submitted by one of our own. Some are new; some are tried-and-true. But they have all been tested and approved by top Aveda educators, and we believe that one of them will be perfect for your next training.
- 4 It collects all mission and wellness activities in one place**—you'll find everything you need here, including each activity's benefit, supplies, links to support materials and detailed instructions.
- 5 It is easy to use**—simply find an activity in the category that would most complement what the participants will learn. And don't just perform them at the beginning of the training! Incorporate them throughout the training where it makes sense.



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MISSION ACTIVITIES

Aveda Environmental Story:

- Have participants log on to www.aveda.com/living-aveda
- Go to the Environmental tab and choose an environmental story to read

Instructions: Have participants read a story, and ask the participants to share their thoughts about the story with the group.

CARE FOR THE EARTH BRAINSTORM

Supplies:

- A PowerPoint Slide or Printed Version of the Aveda Mission
- Flipchart (optional)
- Markers (optional)

Instructions: Read the Aveda mission out loud as a group. Repeat the phrase, “Our mission at Aveda is to care for the world we live in,” and ask the following question: “What are all the ways you could care for the Earth?” Instruct the participants to get into groups of four and brainstorm ideas about how they could care for the Earth. Give the groups 1–2 minutes to brainstorm. Ask each group to share some of their favorite ideas. Challenge each participant to do at least one thing from the list today.

CLASSIC MISSION

Supplies: A PowerPoint Slide or Printed Version of the Aveda Mission

Instructions: Read the Aveda mission out loud as a group. Go around the room, and instruct each participant to share what the mission means to them personally or how it has impacted their life as an Aveda employee.

CREATIVE INTERPRETATION

Supplies: A PowerPoint Slide or Printed Version of the Aveda Mission

Instructions: Divide the participants into groups of four, and instruct them to interpret the Aveda mission through song, dance, drama, poetry or other creative medium. Give the groups five minutes to prepare. Then instruct each group to perform their creative interpretation of the mission for the rest of the group. Conclude the activity by reading the mission together as a group.

DRAW THE MISSION

Supplies:

- A PowerPoint Slide or Printed Version of the Aveda Mission
- Paper (blank or construction)
- Markers

Instructions: Instruct the participants to read the Aveda mission silently. After a few minutes, ask the participants to draw a visual image of what the Aveda mission means to them. Hang the drawings on the wall, and ask each participant to share their drawing with the rest of the group.

EARTH MONTH VIDEO

Supplies: Current Earth Month Video (available on the Aveda YouTube Channel)

Instructions: Show the current Earth Month video, and ask the participants to share their favorite moments from the video with the group.

ENVIRONMENTAL KNOWLEDGE CARDS

Supplies: Environmental Knowledge Cards (available to purchase at www.pomegranate.com)

Instructions: Pass the cards around the room, and instruct the participants to draw one card from the deck. Ask the participants to share something interesting on their card with the rest of the group. As they share, comment on how it pertains to the Aveda mission and our commitment to care for the world we live in. If a card refers to something Aveda currently supports (Earth Month, organic farming, etc.), connect it to activities Aveda is currently doing to care for the world we live in.

MEANINGFUL WORDS

Supplies: A PowerPoint Slide or Printed Version of the Aveda Mission

Instructions: Instruct the participants to read the Aveda mission silently. Instruct them to choose one word from the mission that resonates with them the most. Ask a few volunteers to share the word they chose and why it resonates with them.

MISSION CHOP

Supplies:

- Mission Scramble Cards (1 set, cut out and shuffled; available in the Appendix)
- Tape or Safety Pins

Instructions: As participants arrive, attach one card to each participant's shirt like a nametag until you run out of cards. During the mission activity, instruct the participants to work as a team to line up in the correct order to create the Aveda mission (participants without cards should help create the mission). When the cards are in the correct order, ask each participant to read their part of the mission.

MISSION JUMBLE

Supplies: Mission Scramble Cards (1 set, cut out and shuffled; available in the Appendix)

Instructions: Spread the cards out randomly on the participant tables. Instruct the participants to read the mission in order based on the cards at their tables. For example, someone at the table with the card “Our mission” would hold it up and say it out loud. Then someone at the table with the card “at Aveda” would hold it up and say it out loud. Continue until the group has read the entire mission.

MISSION SCRAMBLE

Submitted by: Tasha Kanahale, Educator, Aveda Institute Phoenix

Supplies:

- Mission Scramble Cards (4 sets, cut out and shuffled; available in the Appendix)
- Prizes (optional)

Instructions: Divide the participants into four groups, and give a shuffled deck of Mission Scramble Cards to each group. Instruct the groups to keep the cards facedown until you say, “Go.” Explain that there is one word of the Aveda mission on each card and their goal is to put the cards in the correct order to create the Aveda mission. The first group to correctly create the mission wins. Conclude the activity by reading the mission together as a group.

PERSONAL MISSION

Supplies:

- Paper (blank or construction)
- Pens or Pencils

Instructions: Read the Aveda mission out loud as a group. Instruct the participants to write their own personal mission inspired by the Aveda mission. Ask a few volunteers to share their personal mission with the group.

SEASONAL GREETING CARD

Supplies:

- A PowerPoint Slide or Printed Version of the Aveda Mission
- Paper (blank or construction)
- Markers

Instructions: Read the Aveda mission out loud as a group. Instruct the participants to fold a piece of paper in half like a greeting card and write the mission on the front cover. Give the participants 10 minutes to decorate the card for the season and write an encouraging note to someone. Ask a few volunteers to share their card and intended recipient with the group.

SECRET WORD

Supplies: A PowerPoint Slide or Printed Version of the Aveda Mission

Instructions: Divide the participants in groups of two or three. Instruct each participant to think of a secret word that relates to the Aveda mission but is not part of the mission (passion, lifestyle, inspirational, etc.). Instruct the groups to ask “Yes” or “No” questions to determine each participant’s secret word. Conclude the activity by reading the mission together as a group.

SELF-REFLECTION

Supplies: A PowerPoint Slide or Printed Version of the Aveda Mission

Instructions: Instruct the participants to read the Aveda mission silently. After a few minutes, ask the participants to share what resonated with them personally when reading the mission. As they share, connect it to activities Aveda is currently doing to care for the world we live in. Conclude the activity by challenging the participants to commit to doing one new thing to care for the world they live in.

SOURCING VIDEOS

Supplies: Sourcing Videos (available at www.aveda/living-aveda/natural-ingredients)

Instructions: Show the sourcing narrative video of your choice (choose a video that relates to the course content, if possible). Ask the participants to share their favorite moments from the video with the group.

TWENTY QUESTIONS

Supplies: A PowerPoint Slide or Printed Version of the Aveda Mission

Instructions: Divide the participants into groups of two or three. Instruct each participant to choose their favorite word in the Aveda mission. Instruct the groups to choose someone to go first and ask “Yes” or “No” questions to discover their favorite word. When the group guesses correctly, the participant shares why it is their favorite word in the mission. Continue until all the participants in the group have had a turn and shared their favorite word.

WHAT HAVE YOU DONE FOR THE EARTH LATELY?

Supplies: A PowerPoint Slide or Printed Version of the Aveda Mission

Instructions: Read the Aveda mission out loud as a group. Repeat the phrase, “Our mission at Aveda is to care for the world we live in.” Instruct the participants to think of something—big or small—they have done recently to help care for the world they live in. Ask a few volunteers to share their answers with the group. Celebrate the participants for actively caring for the environment.

WELLNESS ACTIVITIES

CALMING

2:1 DIAPHRAGMATIC BREATHING

Benefit: Centers and calms the mind and body

Supplies: N/A

Instructions: Instruct the participants to sit comfortably, and share that you are going to lead them through a deep breathing exercise that will help center and calm the mind and body. Share the following script: *“Place one hand on the diaphragm. Inhale deeply and fully expand the diaphragm for 8 seconds. Then exhale slowly for 16 counts. This is one complete cycle. Repeat the cycle 10 times.”* Debrief the activity by asking a few participants to share their observations.

4-7-8 BREATH

Submitted by: Anne Skubis, Marketing Director, Aveda Institute Tucson

Benefit: Helps relieve feelings of anxiety, tension and stress

Supplies: Stress-Fix Composition Oil™ (or other stress-relieving aroma of your choice)

Instructions: Instruct the participants to place a few drops of aroma in their hands. Then lead the participants through the exercise with the following script: *“Sit comfortably in your chair with both feet on the floor and your hands resting in your lap. Close your eyes, and bring awareness to your breath. Notice how you are breathing without trying to change or alter it. Bring your hands up to your nose, and experience the aroma. Take a minute to notice how you feel mentally, physically and emotionally. Now move into deeper diaphragmatic breathing. On the inhale, expand the belly, and on the exhale, contract the belly toward the spine. On the next inhale, mentally count to 4, hold for a count of 7 and exhale slowly and evenly for a count of 8. Repeat the 4-7-8 breath 5 times. Then allow your breath to relax and return to normal. Take a minute to notice how you feel mentally, physically and emotionally. Do you notice any changes from how you felt earlier? Slowly open your eyes, and return to your surroundings.”* Debrief the exercise by asking a few participants to share their observations, and encourage them to practice the 4-7-8 breath in moments of anxiety, tension or stress.

ALTERNATE NOSTRIL BREATHING

Benefit: Cleanses the energy channels in the body

Supplies: N/A

Instructions: Instruct the participants to sit comfortably, and share that you are going to lead them through a breathing exercise that cleanses the body's energy channels to help reduce anxiety and nervousness. Share the following script: *"Using one hand, close the right nostril with the thumb, and inhale through the left nostril. Then close the left nostril with the ring finger, and exhale through the right nostril. Inhale through the right nostril. Then close the right nostril with the thumb, and exhale through the left nostril. This is one complete cycle. Repeat the cycle for five minutes."* Debrief the activity by asking a few participants to share their observations.

AROMATIC NECK AND SHOULDER MASSAGE

Submitted by: Gillian Archer, Hair Color Specialist, New Jersey/Pennsylvania

Benefit: Releases tension and engages the senses

Supplies: Composition Oils™ (Aveda Men, Beautifying, Shampure™ or Stress-Fix™)

Instructions: Instruct the participants to find partners and position themselves so one is sitting and one is standing directly behind them. Instruct the standing partner to emulsify a few drops of aroma in their hands, lean their forearms on their partner's shoulders and cup their hands in front of their partner's nose. Instruct the seated partner to take three deep, diaphragmatic breaths. Then instruct the standing partner to massage their partner's neck and shoulders with the remaining oil on their hands. Instruct the participants to switch positions, and repeat the exercise. Debrief the activity by asking a few participants to share their observations.

BEE BREATH

Benefit: Calms and quiets the mind and body

Supplies: N/A

Instructions: Explain that the bee breath is performed by inhaling deeply and then exhaling slowly while making a gentle humming sound. Demonstrate the technique, and then lead the participants a minimum of 10 breaths. Encourage the participants to customize the experience by concentrating the vibration on a particular area of congestion such as the throat, ears or sinuses. Debrief the activity by asking a few participants to share their observations.

BREATH OF EXPULSION

Benefit: Helps relieve feelings of stress

Supplies: N/A

Instructions: Instruct the participants to stand, take a deep breath through the nose and forcefully exhale through the mouth while making an expelling sound until the lungs are completely emptied. Encourage the participants to visualize stress leaving their bodies during the exhalation. Repeat five times. Debrief the activity by asking a few participants to share their observations.

BREATHING IN MOUNTAIN & PRAYER POSE

Benefit: Centers and calms the mind and body

Supplies: Yoga Mats (optional)

Instructions: Instruct the participants to stand in Mountain Pose, and share the following script: *“With the spine straight and shoulders relaxed, lift through the quads. Your weight should be evenly distributed between the balls of the feet and the heels. Place the hands in Prayer Pose. Inhale, and push the hands above the head. Exhale, and move the hands down and out to the sides. Inhale, and pull the hands in front of the body. Exhale, and pull the hands back to the starting position. This is one complete cycle. Repeat the cycle 10 times.”* Debrief the activity by asking a few participants to share their observations.

HAPPY PLACE

Submitted by: Kathy Andersen, Educator, Aveda Institute Des Moines

Benefit: Calms the mind and body

Supplies: N/A

Instructions: Instruct the participants to close their eyes, and share the following script: *“Think of a place that makes you happy. Take three deep, diaphragmatic breaths, inhaling through the nose and exhaling through the mouth. Bend at the waist with the knees slightly bent, and touch your toes very slowly using the weight of your body. Slowly straighten back up, still keeping eyes closed and still in your happy place. Take three more deep breaths, and open your eyes. Now you are ready for your day.”* Debrief the activity by asking a few participants to share their observations.

RITUALS OF RENEWAL

Benefit: Reinforces the Rituals of Renewal and helps relieve feelings of stress

Supplies:

- Hand Relief™ Moisturizing Creme or Stress-Fix™ Body Lotion
- Assorted Aveda Aromas
- Rituals of Renewal Videos (optional, available on [Aveda PurePro™](#))
- Rituals of Renewal Reference Guide (optional, for reference, available on [Aveda PurePro™](#))

Instructions: Instruct the participants to find a partner. Demonstrate the steps to the Ritual of Renewal of your choice (or show the corresponding video) while the participants practice. When the ritual is complete, instruct the participants to switch roles and repeat. Debrief the activity by asking a few participants to share their observations.

WELCOMING MOMENT OF WELLNESS

Submitted by: Marlo Boyle, Senior Education Planner, Aveda Great Lakes

Benefit: Welcomes and relaxes participants

Supplies:

- Aromatic Steam Towels
- Botanical Kinetics™ Skin Firming/Toning Agent
- Assorted Aveda Aromas
- Aroma Blotters

Instructions: As participants arrive, treat them to a welcoming moment of wellness, and thank them for attending. Give them an aromatic steam towel or spray their hands with Botanical Kinetics™ Skin Firming/Toning Agent followed by a short hand massage. Another idea is to have them layer three different aromas (Chakra™ Balancing Body Mists, Singular Notes, etc.) on an aroma blotter to create new, layered aroma. Instruct them to name their new aroma, and ask a few volunteers to share their aroma with the group. Debrief the activity by asking a few participants to share their observations.

ENERGIZING

212: THE EXTRA DEGREE

Submitted by: Esther Vander Wall, Educator, Aveda Institute Des Moines

Benefit: Inspires action and learning

Supplies: 212: The Extra Degree Video (available on [YouTube](#))

Instructions: Show the video, and ask a few participants to share their observations. Challenge the participants to think of one area of their life where they could try one degree harder and achieve great results.

BANANA SONG

Submitted by: Kate League, Educator, Cinta Aveda Institute

Benefit: Energizes the mind and body

Supplies: Banana Song Lyrics Sheet (available in the Appendix)

Instructions: Lead the group in the call-and-response exercise using the lyrics sheet. Explain that they need to repeat the words and motions after you demonstrate them. Encourage them to let go of their inhibitions, be silly and open up their minds and bodies to new possibilities. Debrief the activity by asking a few participants to share their observations.

BLUE OIL SHOTS

Benefit: Invigorates the senses

Supplies: Blue Oil Balancing Concentrate

Instructions: Instruct the participants to place several drops of Blue Oil Balancing Concentrate in the palm of their hand and briskly rub their hands together. Invite them to hold their hands under their nose and take three deep breaths. Have them rub any excess oil on their hands onto their neck and shoulders. Debrief the activity by asking a few participants to share their observations.

BODY TAPPING EXERCISE

Submitted by:

- Delanna Menard, Director, Aveda Institute Lafayette
- Betsy Guidry, Assistant Director, Aveda Institute Lafayette
- Jami Lucks, Distribution Hair Color Educator, Neill Corporation
- Madelyn Cunningham, Director of Education, Aveda Institute Des Moines

Benefit: Increases circulation and awakens the energy centers in the body

Supplies: Music (an upbeat song of your choice; try Katy Perry's "Firework" or Mandisa's "Good Morning")

Instructions: Instruct the participants to stand up. Play the song, and perform tapping movements with the palm of an open hand down the body (arms, torso, abdomen, lower back and legs) to the rhythm of the music. Keep the knees bent and rocking in time with the music. Debrief the activity by asking a few participants to share their observations.

BRUSH THE HORIZON, PAINT THE SKY

Submitted by: Brett Ailts, Massage Educator, Aveda Institute Minneapolis

Benefit: Energizes the mind and body

Supplies: N/A

Instructions: Instruct the participants to stand with the feet shoulder-width apart and place the hands in front of the body with the palms facing up. Instruct them to extend the arms and hands in front of them until they are level with the chest. Then pull the hands apart, and "brush the horizon" until their arms are straight out at the sides. Instruct them to turn the palms up, slowly raise the arms and hands above the head, turn the palms down and "paint the sky" by lowering the arms to waist-level. Instruct them to bring the hands back to the center below the navel with the palms up. Repeat 5–10 times. Debrief the activity by asking a few participants to share their observations.

DIAPHRAGMATIC BREATHING WITH COOLING BALANCING OIL CONCENTRATE

Benefit: Centers and invigorates the mind and body

Supplies:

- Cooling Balancing Oil Concentrate
- Cotton Balls (optional, 1 per participant)

Instructions: Instruct the participants to apply Cooling Balancing Oil Concentrate to a cotton ball or their hands, and apply it to the back of the neck. Demonstrate how to activate the pressure point located between the thumb and index finger, and lead the participants through a diaphragmatic breathing technique using the following script: *“Sit on the edge of your chair with a straight spine so your abdomen is free to expand. Close your eyes, and take a deep breath. As you inhale, allow your abdomen to expand. As you exhale, allow your abdomen to contract. Continue breathing in this manner for a minimum of ten full breaths.”* Debrief the activity by asking a few participants to share their observations.

DO-IN SELF-MASSAGE

Submitted by: Bart Bonbrest, Director, Aveda Institute Tampa Bay

Benefit: Stimulates the natural energy flow in the body and promotes well-being

Supplies: Do-In Self-Massage Handout (available in the Appendix)

Instructions: Instruct the participants to stand up and make sure they have enough room to move. Lead the participants through the steps on the handout. Debrief by discussing how the participants felt before, during and after the activity.

ENERGY CONNECTION

Submitted by: Amy Self, Massage Educator, Aveda Institute Birmingham

Benefit: Shows the power of energy and connecting with guests

Supplies: Energy Stick (available on [Amazon](#))

Instructions: Ask for two volunteers to play the role of the service provider and the guest. Explain that we all are comprised of energy and that a connection of energy happens between the service provider and the guest through the power of touch. Instruct one of the volunteers to hold the energy stick, and ask the other volunteer to hold the other end (the energy stick should light up to show the energy connection). Share that we all need to be connected to others, and we have the privilege of connecting with our guests every day. Remind the participants that if they don't fully connect with their guests, the energy will not be present. Conclude the activity by asking a few volunteers to share ways they connect with their guests.

FRICTION SELF-MASSAGE

Submitted by: Caile Wilson, Hair Color Specialist, San Diego

Benefit: Energizes the body

Supplies: N/A

Instructions: Instruct the participants to stand up and follow along as you demonstrate how to perform a friction self-massage on the body in the following sequence: face, neck, shoulders, arms, torso, legs and feet. When you move over a bone, perform the movements up and down. When you move over a joint, perform the movements in a circle. When you move over the stomach, perform the movement in a circle moving down on the left side and up on the right side. Debrief the activity by asking a few participants to share their observations.

KNOW YOUR BODY MASSAGE

Submitted by: William Ruffin, Cosmetology Educator, Aveda Institute Charlotte

Benefit: Energizes the mind and body

Supplies:

- Blue Oil Balancing Concentrate
- Ambient Music (optional)

Instructions: Instruct the participants to emulsify a few drops of aroma in their hands and take a deep, diaphragmatic breath. Guide the group through a self-massage, moving from scalp to fingers (scalp, neck, shoulders, arms, palms and fingers). Debrief the activity by asking a few participants to share their observations.

LISTENING MEDITATION VIDEO

Submitted by: Lindsey Raven, Senior Esthiology Educator, Aveda Institute Minneapolis

Benefit: Energizes the mind and body

Supplies: Listening Meditation Video (available on [YouTube](#))

Instructions: Show the video, and ask a few participants to share their observations. Challenge them to spend more time listening and living in the moment every day.

MASSAGE CHAIN

Submitted by:

- Marie Zeidler, Midwest Education Coordinator
- Christy Martini, Salon Development Partner, Cincinnati
- Gillian Archer, Hair Color Specialist, New Jersey/Pennsylvania

Benefit: Energizes the mind and body

Supplies: Blue Oil Balancing Concentrate (optional)

Instructions: Instruct the group to stand, form a circle and place their hands on the shoulders of the person in front of them. Instruct them to massage the neck, shoulders and upper back for 1–2 minutes. Then instruct the participants to switch directions, and repeat the massage on the new person in front of them. Debrief the activity by asking a few participants to share their observations. Incorporate Blue Oil Balancing Concentrate into the massage as an option.

MINDFUL BLUE BOMB

Submitted by: Laura Leverty, Hair Cutting Purefessional™, The Chair Salon, Minneapolis

Benefit: Energizes the mind and body

Supplies: Blue Oil Balancing Concentrate

Instructions: Instruct the participants to place a few drops of Blue Oil Balancing Concentrate in their hands. Invite them to stand with a tall spine and press their palms together at the heart center. Instruct them to close their eyes, and share an inspirational fact about Aveda or current event. For example: *“This holiday season, Aveda is helping change lives in Nepal by employing people to make paper for our holiday gift sets.”* Instruct them to rub their palms together, cup them around their nose, take a deep inhale and exhale. Repeat three times. Debrief the activity by asking a few participants to share their observations.

MUDRAS

Submitted by: Marlo Boyle, Senior Education Planner, Aveda Great Lakes

Benefit: Energizes the mind and body

Supplies: Mudra Moments Guide (available on the [Living Aveda blog](#))

Instructions: Choose one or two mudra hand positions from the guide, and explain the benefits of the mudras you will practice (provided in the guide). Instruct the participants to sit comfortably in their chairs. Demonstrate the mudra positions, and ask the participants to perform and hold each mudra position for a few minutes. Ask a few volunteers to share any noticeable energy shifts or observations. Conclude the activity by encouraging the participants to perform at least one mudra position per day.

POSITIVE ENERGY

Submitted by: Nicki Dixon, Student Professional Development Manager,
Aveda Institute Minneapolis

Benefit: Builds team camaraderie and encourages positive thinking

Supplies: N/A

Instructions: Share the following script: *"We all share energy. When someone walks into a room, we can instantly tell if they give off positive or negative energy. When someone around us is giving positive energy, we automatically become more energetic. Take a moment to think about the positives in your life. It could be work, family, a pet or a vacation you are about to take. Now that our energy is up, let's share our positive energy with each other."* Instruct the participants to stand with their arms out to the sides with the palms facing up. Count to three, and instruct the participants to clap their hands continuously above their heads. Continue until the group is perfectly aligned in their clapping and have the same energy flow. Debrief the activity by reminding them that their energy is felt by others around them. Encourage them to share positive energy every day.

POWER MOVE

Benefit: Energizes the mind and body

Supplies: N/A

Instructions: Share that everyone has a "power move" they perform that makes them feel motivated and energized (a martial arts move, superhero stance, yoga pose, dance move, etc.). Ask the participants to think about their personal power move, and instruct the entire group to perform their power moves simultaneously on the count of three. Repeat a few times. Debrief the activity by asking a few participants to share how they felt before and after performing their power move.

POWER OF ENERGY

Submitted by: Holly Leshovsky, Education Manager Institute Development, Aveda

Benefit: Demonstrates the power of energy and importance of staying energized daily

Supplies: N/A

Instructions: Ask the participants to think about someone they know who exudes energy—the kind of person who walks into a room and shifts the entire mood (good or bad). Give the group a few minutes to think about why the person's energy is so attractive. Debrief by asking the following questions:

- *Is this person's energy more internally or externally focused?*
- *Are they confident and funny? Do they "dance" into a room?*
- *How do they make you feel?*
- *With a show of hands, how many of you chose a person who makes you feel more energized?*

Ask the participants what an exchange of energy between two people would look and feel like. Then instruct the participants to stand in a circle, vigorously rub their hands together and then place their right hand down and their left hand up, placing their hands as close as needed to the person next to them until they feel the energy. Next, facilitate a brainstorm of things the participants currently do or can do to stay energized on a daily basis. Conclude by asking the participants to choose one thing from the list they will do each day to enhance their positive energy.

PRANAYAMA BREATHING FROM BIKRAM YOGA

Submitted by: Prudence Gruss, Hair Color Education Manager, Neill Corporation

Benefit: Energizes the mind and body

Supplies: N/A

Instructions: Instruct the participants to stand with their legs and feet together while interlocking their hands and clasping their knuckles under their chin. Instruct them to inhale through the nose while raising their bent elbows up toward their ears and looking up at the ceiling. Instruct them to hold the position for a few seconds, and then release. Repeat 10 times. Debrief the exercise by asking a few participants to share their observations.

RITUAL DANCE

Submitted by: Lali Munoz, Assistant Director, Aveda Institute Washington, D.C.

Benefit: Energizes the body and uplifts the spirit

Supplies: Music (a favorite dance song of your choice)

Instructions: Share that dancing is a great way to energize the body and uplift the spirit. Play your favorite song, and encourage the participants to let go of their inhibitions and dance. Lead them in some choreographed moves if they need encouragement. Debrief the activity by asking a few participants to share their observations.

SELF-MASSAGE & TAPOTMENT

Benefit: Energizes the mind and body

Supplies: Music (optional)

Instructions: Instruct the participants to stand, and play the music (optional). Demonstrate how to perform self-massage movements up the body using circular motions at the joints and friction movements between joints. After a few minutes, demonstrate how to perform tapotment (drum-like pounding) movements down the body. If playing music, focus on rhythmic tapping. Debrief the activity by asking a few participants to share their observations.

SUN SALUTATION

Submitted by: Trisha Brenna, Admissions Receptionist, Aveda Institute Minneapolis

Benefit: Energizes the mind and body

Supplies:

- Sun Salutation Steps (available in the Appendix)
- Sun Salutation Video (available on [YouTube](#))
- Yoga Mats (optional)

Instructions: Explain that the Sun Salutation is a sequence of 12 positions that form one continuous exercise that should be performed every morning. Instruct the participants to stand on their yoga mats or find a space where they can move freely. Lead the group through the steps on the handout or by showing the video. Debrief the activity by asking a few participants to share their observations.

SYNCHRONIZE ENERGY

Submitted by: Mariana Gaona, Director, Aveda Institutes San Antonio & Corpus Christi

Benefit: Energizes the mind and body

Supplies: N/A

Instructions: Instruct the participants to stand in a circle. On the count of three, instruct the group to take a deep, diaphragmatic breath and exhale by saying, “Aveda rocks!” Debrief the activity by clapping and asking a few participants to share their observations.

TREE IN THE WIND

Submitted by:

- Ann Wheeler, Executive Director, Greater Midwest
- Mandy Froiland, Senior Education Planner, Aveda Midwest

Benefit: Energizes the mind and body

Supplies: N/A

Instructions: Instruct the participants to stand with their arms at their sides and pretend they are trees in the forest. Describe a nice, summer day with a gentle breeze, and instruct the participants to start swaying softly. After 15 seconds, describe a storm approaching and the winds picking up. Instruct the participants to sway wildly in the storm. After 15 seconds, describe the storm subsiding. Instruct the participants to slow their bodies. After 15 seconds, describe a squirrel in the tree that is running up and down the trunk and the branches. Instruct the participants to shake their bodies. After 15 seconds, describe the squirrel leaving the tree, the fall arriving, the leaves falling and the trees quieting down for winter to rejuvenate. After a few moments, instruct the participants to sit down. Debrief the activity by asking a few participants to share their observations.

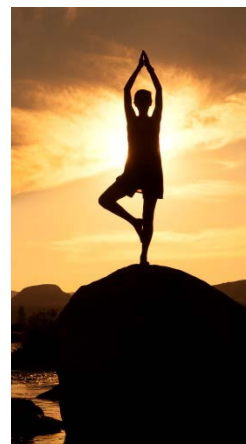
TREE POSE

Submitted by: Nicole Palladino, Director of Education, Rizzieri Aveda School

Benefit: Energizes the mind and body

Supplies: Yoga Mats (optional)

Instructions: Demonstrate Tree Pose before you begin. Instruct the participants to close their eyes and move into Tree Pose. Share that most of them will struggle to stay balanced performing the pose with their eyes closed. Instruct them to open their eyes and try the pose again. Share that when you have a focal point, it is easier to keep your eyes on the goal and perform any task with success. Debrief the activity by asking a few participants to share their observations.



WELLNESS WALK

Submitted by: Erin Stevens, Educator, Aveda Institute Minneapolis

Benefit: Energizes the mind and body

Supplies: N/A

Instructions: Instruct the participants to go on a five-minute wellness walk (outside, if possible). Encourage them to pay attention to their breathing, observe their surroundings and make a positive decision for the day. When the participants return, debrief by asking a few volunteers to share their wellness walk experiences and positive decisions with the group.

WHY CAN'T I DO TWO THINGS AT ONCE?

Submitted by: Meg Maki, Financial Aid, Aveda Institute Minneapolis

Benefit: Energizes the mind and body

Supplies: N/A

Instructions: Instruct the participants to sit comfortably, lift their right foot off the ground and move it in clockwise circles. Then instruct them to draw the number six in the air with their right hand (their foot will change direction automatically). Ask the participants why they think that happens. Accept any answers, and then share the following the script: *"Your foot automatically changes direction because of the difference in height between the hand and foot combined with gravity and the earth's rotation. If you eliminate this height difference by lying down and holding your right leg and arm at the same height, your right foot will be unaffected. However, if you increase the height difference by positioning your right leg above your head and your right hand closer to the floor, the effect will be even more pronounced."* Debrief the activity by asking a few participants to share their observations.

FOCUSING

A GRATEFUL HEART AND GRATITUDE MUDRA SEQUENCE

Submitted by: Anne Skubis, Marketing Director, Inspire Greatness Aveda Institutes, Tucson

Benefit: Encourages positive thinking

Supplies:

- Lotus Mudra Position Image (shown below)
- Chakra™ Balancing Body Mist 4



Instructions: Share the following script: *“Gratitude is powerful. Need some examples? For years, Alcoholics Anonymous has used gratitude lists to support the journey of recovery from drugs and alcohol. Dr. Daniel Amen, M.D., performed brain scans on those who expressed gratitude and found that it helps improve brain function and increase IQ. Shawn Achor, author of The Happiness Advantage and Harvard University professor, discovered through his research that recording three unique things you are grateful for every day helps increase happiness. How can something so simple be so powerful? Everything we have to be grateful for already exists—we just have to start recognizing it.”* Instruct the participants to write down 10 things they are grateful for. Challenge them to do this exercise daily and share their gratitude with a person, place or group on the list. Next, introduce the concept of mudras. Share that they are gestures that influence the flow of subtle energy in our bodies. Spray Chakra™ Balancing Body Mist 4 around the room, and share the following script to demonstrate the Lotus Mudra as the participants practice: *“Sit upright with a tall, graceful spine, and make sure you are comfortable. Bring the hands together in front of the chest in the anjali mudra or prayer position, resting the thumbs on the breastbone. Press the palms and fingers together with strength and intention. Lift the light and gratitude of the heart up into the hands. Inhale, and separate the hands in the middle, keeping the base of the palms, sides of the thumbs and pinkies and fingertips touching, as if you have something very special and fragile inside. Exhale, and spread your fingers open like petals. Elongate the fingers, and stretch them up and open. Inhale, raising your hands and straightening the arms over the head. Look up to the sky. Exhale, bringing the hands back to anjali mudra in front of the chest. Repeat the sequence a few more times. Rest for a moment to feel the effects of the practice. Be grateful for your breath, body and practice.”*

A WORLD MADE MORE BEAUTIFUL

Submitted by: Kacie Detota, Regional Retail Coach, Aveda Institutes South

Benefit: Encourages positive thinking and inspires random acts of kindness

Supplies: A World Made More Beautiful Video (available on [YouTube](#))

Instructions: Show the video, and ask the participants to think about what they desire most in life. Challenge them to perform one random act of kindness per day for one week.

AMBIDEXTROUS THINKING

Submitted by: Charles Orrell, Director, Aveda Institute Atlanta

Benefit: Stimulates both sides of the brain

Supplies: N/A

Instructions: Invite the participants to close their eyes and spend a few minutes focusing on their sensations and feelings and listening to the sounds of their environment. Explain that you want them to avoid symbolically right-handed activities such as speaking and self-evaluating. After a few minutes, invite the participants to open their eyes, stand up and start slowly strolling around the room. As they stroll, invite them to touch things, then smell things and then see things. After a few minutes, instruct the participants to return to their seats. Ask them to attend to their body sensations by closing their eyes and focusing on various parts of the body. Invite them to be aware of their breathing without trying to control it. Finally, invite them to attend to their emotions and identify their mood and emotional state. After one minute, ask them to mentally transfer some part of the symbolically left-handed activities they just completed to their symbolic right hand. Debrief by instructing the participants to find a partner and verbally describe something they sensed or felt during the activity.

AN EXPERIMENT IN GRATITUDE VIDEO

Submitted by: Lindsey Raven, Senior Esthiology Educator, Aveda Institute Minneapolis

Benefit: Encourages positive thinking

Supplies: An Experiment in Gratitude Video (available on [YouTube](#))

Instructions: Instruct the participants to think about the person who has influenced them most in their life, and write a few sentences why they are grateful for that person. Show the video, and ask a few participants to share their observations. Challenge them to call the person they chose and read them what they wrote.

BRAIN TEASER COMPETITION

Submitted by: Erin Stevens, Educator, Aveda Institute Minneapolis

Benefit: Stimulates the brain

Supplies:

- Brain Teasers and Answers (available on [Forbes](#))
- Flipchart and Markers (optional)
- Prizes (optional)

Instructions: Divide the participants into two teams. Using the brain teasers from the list, host a brain teaser competition. Tally the scores on the flipchart, and hand out prizes to the winning team (optional). Debrief the activity by asking a few participants to share their observations.

CALLING TO SAY THANK YOU VIDEO

Submitted by: Lindsey Raven, Senior Esthiology Educator, Aveda Institute Minneapolis

Benefit: Encourages positive thinking

Supplies: Calling to Say Thank You Video (available on [YouTube](#))

Instructions: Instruct the participants to think about the person who has influenced them most in their life, and write a few sentences why they are grateful for that person. Show the video, and ask a few participants to share their observations. Challenge them to call the person they chose, and read them what they wrote.

CHAKRA MEDITATION

Submitted by: Marlo Boyle, Senior Education Planner, Aveda Great Lakes

Benefit: Centers and balances the mind and body

Supplies:

- Chakra™ Balancing Body Mists (1–6)
- [Mister Chakra Website](#)

Instructions: Guide the participants through an Aroma Sensory Journey Ritual using Chakra™ Balancing Body Mists (1–6), and play a meditation of your choice from the Mister Chakra website for the group. Remind the participants of the wellness resources available on the Mister Chakra website, and encourage them to re-introduce guests to the Chakra™ Balancing Body Mists and guide them through the same practice. Debrief the activity by asking a few participants to share their observations.

CHOOSE TO LAUGH

Submitted by: Amy Bell, Admissions Manager, Aveda Institute New Orleans

Benefit: Encourages positive thinking and overall well-being

Supplies: N/A

Instructions: Share the following script: *"Web MD says that 'we change physiologically when we laugh. We stretch muscles throughout our face and body, our pulse and blood pressure go up and we breathe faster, sending more oxygen to our tissues.' Choosing laughter is an effective way to help provide physical and emotional wellness, break down social barriers and promote overall well-being. We're going to do a simple, voluntarily simulated laugh exercise together."* Instruct the participants to lower their inhibitions, take a deep breath in and begin to laugh. Encourage them to laugh whether it feels genuine or not and to laugh as much as they can. Continue for at least one minute. Then instruct the participants to stop laughing, inhale deeply through their nose and exhale out of the mouth. Invite them to observe their heart rate getting slower and notice how much better they feel compared to just several moments ago. Share that we may not always feel like laughing, but we always have the power to choose to laugh and improve our sense of well-being. Debrief the activity by asking a few participants to share their observations.

DRINK IN YOUR INTENTION

Submitted by: Iyara Ferrante, Director, Aveda Institute Las Vegas

Benefit: Encourages positive thinking

Supplies:

- Glasses of Water (1 per participant; use compostable cups or reusable glasses)
- Sticky Notes (1 per participant)
- Markers (1 per participant)

Instructions: Ask the participants to think about all the goals they want to achieve in their life and write words that describe their goals on the sticky note. Instruct them to attach the sticky note to their cup/glass of water. Share that throughout the day, as they drink from their glass, they are ingesting their intentions and bringing wellness to the body by manifesting the intention. Debrief the activity at the end of the day by asking a few participants to share their observations.

FILLING THE CUP

Submitted by: William Molden, Education Manager, Aveda Institute Columbus

Benefit: Encourages positive thinking

Supplies: Ambient Background Music (optional)

Instructions: Instruct the participants to stand, close their eyes and take five deep, diaphragmatic breaths. Share the following script: *“Clear your mind, and visualize an empty room with nothing in it but a thimble with the open end facing up. Start filling your thimble with things that are positives or blessings in your life. Each positive thing or blessing is one drop. Imagine the first drop hitting the empty bottom of the thimble. Now continue to add drops to your thimble until it is nearly overflowing. As the positive drops cascade over the sides of the thimble, notice that they are caught by a goblet just below the thimble. Allow the overflow to fill the goblet until the goblet overflows into a large basin. Allow the large basin to fill and overflow into a larger and larger vessel until it spills into an ocean of positivity. Feel the deep pool of blessings wash over you, sweeping away any negative thoughts or concerns. Take a final deep breath, and open your eyes.”* Invite the participants to focus on how the first thimble may have been a struggle to fill and how the momentum of the positive flow eventually felt easier and almost unstoppable. Encourage the participants to make this a daily practice. Debrief the activity by asking a few participants to share their observations.

FLAMINGO

Benefit: Centers and balances the mind and body

Supplies: N/A

Instructions: Instruct the participants to keep their eyes open and lift one foot slightly off the ground. Have them notice how their eyes help them balance. Then instruct them to slowly close their eyes and focus on keeping their balance. Remind them that if their other foot touches the ground, they should simply lift it up again. Have the participants balance on each foot a minimum of one minute. Debrief the activity by asking a few participants to share their observations.

FOCUSED MORNING MEDITATION

Submitted by: Wendi Hardage, Educator, Aveda Institute Dallas

Benefit: Focuses the mind and body

Supplies: Blue Oil Balancing Concentrate

Instructions: Instruct the participants to stand and stretch for two minutes. Then have them sit comfortably in their chairs, place a few drops of Blue Oil Balancing Concentrate in their hands and take deep, diaphragmatic breaths with their eyes closed for two minutes. Instruct the participants to conclude the exercise by focusing on peace and quiet in their minds for two minutes. Debrief the activity by asking a few participants to share their observations.

FORGIVE AND FORGET VIDEO

Submitted by: Lindsey Raven, Senior Esthiology Educator, Aveda Institute Minneapolis

Benefit: Encourages positive thinking

Supplies: Forgive and Forget Video (available on [YouTube](#))

Instructions: Show the video, and ask a few participants to share their observations. Challenge them to write a letter to a person they need to forgive, and, if possible, share it with that person this week.

FREE HUGS VIDEO

Submitted by:

- Delanna Menard, Director, Aveda Institute Lafayette
- Betsy Guidry, Assistant Director, Aveda Institute Lafayette

Benefit: Encourages positive thinking

Supplies: Free Hugs Video (available on [YouTube](#))

Instructions: Show the video, and ask a few participants to share their observations. Challenge the participants to spread positivity to everyone they meet this week.

GENERATION WAKING UP VIDEO

Submitted by: Lindsey Raven, Senior Esthiology Educator, Aveda Institute Minneapolis

Benefit: Encourages positive thinking

Supplies: Generation Waking Up Video (available on [YouTube](#))

Instructions: Show the video, and ask a few participants to share their observations. Challenge the participants to spread positivity to everyone they meet this week.

GOAL WRITING

Submitted by: Hallie Baurichter, Educator, Aveda Institute Des Moines

Benefit: Helps visualize and achieve goals

Supplies:

- Paper (blank or construction)
- Pens or Pencils

Instructions: Instruct the participants to write their goal for the next month on a piece of paper. Share that there is power in writing down their goals, and encourage them to display their goal somewhere prominent as a reminder. Challenge them to take small steps toward achieving their goal every day.

GOOD KARMA

Submitted by: Melissa Herzog, Makeup Purefessional™, Pure Natur Salon, Illinois

Benefit: Builds team camaraderie and encourages positive thinking

Supplies: Chakra™ Balancing Body Mists (1–6)

Instructions: Instruct the participants to stand in a circle and face to the right. Choose a Chakra™ Balancing Body Mist of your choice, and give it to one participant in the circle. Instruct them to spray the aroma over the person in front of them while sharing a positive thought or compliment about the person. Instruct the person receiving the positive thought or compliment to take deep, meditative breaths with their eyes closed while receiving the positive thought or compliment with an open mind. Instruct the recipient to repeat the exercise with the person in front of them. Continue until everyone in the circle has been the giver and receiver. Debrief the activity by asking a few participants to share their observations.

GRATITUDE LISTS

Submitted by: Marlo Boyle, Senior Education Planner, Aveda Great Lakes

Benefit: Focuses the mind on positive thinking

Supplies:

- Paper (blank or construction)
- Pens or Pencils

Instructions: Explain how important it is to be grateful for the ability to expand our knowledge and have so many resources at our fingertips. Instruct the participants to write down five things they are grateful for outside of their family, job, loved ones and health. Then invite them to share their list with someone in the room who is not at their table. Ask a few volunteers to share their lists with the group. Conclude by encouraging the participants to repeat this practice before bed every night to help them reflect on today and prepare for tomorrow.

HAPPY THOUGHTS

Submitted by: Cassie Dow, Regional Manager, Utah

Benefit: Encourages positive thinking

Supplies: Inspirational Quotes (1 per participant; printed or written on paper, rolled into scrolls and tied with hemp or ribbon)

Instructions: Share that you are inspired by the participants in the unique ways they care for their guests, each other and the Earth every day. Explain that you would like to give them a gift that will be perfect for them today. Give each participant a scroll. Ask them to read it silently to themselves and then share it with the person next to them. Encourage them to keep the quote or pass it on to someone else. Debrief the activity by asking a few participants to share their observations.

INSPIRATIONAL QUOTE

Submitted by: Shelley Morrison, Cosmetology Educator, Aveda Institute New Orleans

Benefit: Encourages positive thinking

Supplies:

- Inspirational Quote (related to the content being taught)
- Flipchart
- Markers

Instructions: Write the inspirational quote on a flipchart, and read it out loud to the group. Ask the participants to think about what the quote means to them. Ask a few volunteers to share their responses with the group, and emphasize the importance of starting any task with a spirit of positivity and inspiration.

KID PRESIDENT VIDEOS

Submitted by:

- Delanna Menard, Director, Aveda Institute Lafayette
- Betsy Guidry, Assistant Director, Aveda Institute Lafayette

Benefit: Encourages positive thinking

Supplies: [Kid President Videos](#)

Instructions: Show a video of your choice, and ask a few participants to share their observations. Try to choose a video that relates to what the participants will learn today. Challenge the participants to spread positivity to everyone they meet this week.

LETTER TO SELF

Submitted by: Iyara Ferrante, Director, Aveda Institute Las Vegas

Benefit: Encourages participants to achieve their goals

Supplies:

- Paper (blank or construction)
- Envelopes
- Pens or Pencils

Instructions: Instruct the participants to write a letter to their future self that includes goals, dreams and words of encouragement. Have them seal their letters in envelopes and turn them in. Give the letters back to the participants at a later date (3–6 months, 1 year, etc.) to reengage them in their goals. Debrief the exercise by asking a few participants to share their observations.

NOTE: This activity is ideal for educators with repeat participants.

LOOK UP VIDEO

Submitted by:

- Kelly Gorham, Educator Coach, Aveda Institute Baton Rouge
- Kelsey Barnum, Educator, Aveda Institute Minneapolis

Benefit: Encourages positive thinking

Supplies: Look Up Video (available on [YouTube](#))

Instructions: Show the video, and ask a few participants to share their observations. Challenge the participants to “look up” and be present more often this week.

LOVE & KINDNESS VISUALIZATION

Submitted by: Alicia Christus, Experience Center and Marketing Team Lead, Aveda Institute Denver

Benefit: Encourages positive thinking

Supplies: N/A

Instructions: Instruct the participants to sit or stand with their hands on their hearts. Share the following script: *“Press your fingertips together, and move your palms away to create an opening through the chest and shoulders. Close your eyes and breathe deeply as you visualize yourself. What do you see and notice when you think about yourself? Breathe into your strengths, talents and the gifts you give to this life. Now offer yourself love and kindness. Breathe in love, and breathe out kindness. Breathe in kindness, and breathe out love. Bring your right ankle to rest on top of your left thigh while sitting. Visualize someone you are currently in conflict with or a negative person in your life. Notice this person's features, qualities and the gifts they give to this life. Now give this person love and kindness, and visualize them receiving it. Breathe into this intention, and notice how you feel. Bring your left ankle to rest on top of your right thigh. Visualize this same person giving you love and kindness, and notice how you feel receiving it. Are you resistant? We hold giving energy on our right side and receiving energy on our left side. Notice how the right and left sides of your body feel similar or different. Return to your original seated or standing position, and take deep, diaphragmatic breaths as you visualize the world while holding your hands on your heart. What do you notice about the world? What's happening in your world? Notice the people, the life events and the energy you see and feel. Start to push your palms forward, away from your heart, keeping the fingers interlaced. Bend your elbows like you are wrapping your arms around a giant ball. Visualize yourself embracing the world in your arms and at your heart. Offer the world your love and kindness, and feel it come back toward you. You get what you give.”* Debrief the activity by asking a few participants to share their observations.

LOVE NOTE

Submitted by: Stephanie Kies, Salon Development Partner, Toledo, OH

Benefit: Encourages positive thinking

Supplies:

- Note Cards
- Envelopes
- Pens or Pencils
- Postage Stamps (optional)

Instructions: Give each participant a note card and envelope, and instruct them to close their eyes. Invite them to think of one person they love, remember the first time they met and think of a specific memory of that person. Instruct the participants to write a quick love note to that person that mentions the things they just recalled during the meditation. Have them put the notes in envelopes and address them. Collect the love notes, and share that you will mail them out today. Debrief the activity by asking a few participants to share their observations.

NOTE: If the participants don't know the address of their recipient, encourage them to email or text the note to the recipient.

MOTIVATIONAL VIDEO

Submitted by:

- Lindsey Raven, Senior Esthiology Educator, Aveda Institute Minneapolis
- Katherine Kilkenny, Cosmetology Educator, Aveda Institute Des Moines

Benefit: Encourages positive thinking

Supplies: Motivational Video (available on [YouTube](#))

Instructions: Show the video, and ask a few participants to share their observations. Challenge them to take a minute to motivate themselves with positive words (or by watching this video) whenever they are struggling with a technique or need an extra boost of motivation.

MR. CHAKRA WELLNESS

Benefit: Balances the mind and body and features the Mr. Chakra website

Supplies:

- Chakra™ Journey Cards (available on [Aveda PurePro™](#))
- [Mr. Chakra Website](#)

Instructions: Using the Chakra™ Journey Cards, take a poll of the group and find out which chakra they are most drawn to today. Go to the Mr. Chakra website, and play the mediation, mantra or breathing exercise audio for the chosen chakra, which will guide the participants through the wellness activity. Debrief the activity by asking a few participants to share their observations.

MY BODY IS A CAR

Submitted by: Nancy Brown, Owner, Brown Aveda Institute

Benefit: Balances the mind and body

Supplies: N/A

Instructions: Instruct the participants to stand, and share the following script: *"Close your eyes, take three deep, diaphragmatic breaths and visualize that your body is a car that drives your spirit around. How will you fuel your body today? Think about the food you will eat, such as steel-cut oatmeal, fresh fruit or a smoothie with kale. Where will your spirit take you? Stretch your arms to the sky, and repeat this quote by author Og Mandino: 'I will greet this day with love in my heart, for love is the greatest secret of success in all ventures.' Now that your body and spirit are aligned, make a commitment to maintain this balance as you journey through this life and set a positive example for your team, your family and your friends."* Debrief the activity by asking a few participants to share their observations.

NEGATIVE THOUGHT THROWAWAY

Submitted by: Lali Munoz, Assistant Director, Aveda Institute Washington, D.C.

Benefit: Encourages positive thinking

Supplies:

- Paper or Sticky Notes
- Pens or Pencils
- Chakra™ Balancing Body Mist 4

Instructions: Instruct the participants to write down a negative thought currently in their minds on a piece of paper or sticky note. As a group, instruct the participants to crumple or tear up their negative thought and throw it in the recycle bin. Then spray Chakra™ Balancing Body Mist 4 around the room, and instruct the participants to take a few deep breaths. Share that chakra 4 represents harmony and is the center of sympathy, empathy and love. Debrief the activity by asking a few participants to share their observations.

PAINT YOUR DREAMS

Submitted by: Iyara Ferrante, Director, Aveda Institute Las Vegas

Benefit: Helps the participants visualize their goals

Supplies:

- Glass Candle Holders (for Shampure™ candles)
- Acrylic Paint (in assorted colors)
- Paintbrushes
- Newspaper/Scrap Paper

Instructions: Instruct the participants to paint their dreams and goals on the glass. When the paintings are complete, go around the room, and ask each participant to present their painting to the group. Encourage them to put their new painted glass candle holders somewhere they will see them every day and be reminded of their dreams. Debrief the activity by asking a few participants to share their observations.

PAPER FLOWERS

Submitted by: Lorna Alexander, Educator, Aveda Institute Columbus

Benefit: Stimulates the brain

Supplies:

- Colored Tissue Paper (6 sheets per participant)
- Scissors (1 per participant)
- Bobby Pins

Instructions: Write the following quote somewhere in the room: *“Dance in the sun wearing flowers in your hair.”* Demonstrate the following steps as the participants perform each step with you:

- Layer the six sheets of tissue paper, and cut into a square.
- Fold the entire square accordion-style (back and forth like a fan).
- Once folded, place a bobby pin in the center of the folded fan.
- Starting on one end, gently pull the tissue paper apart until it resembles a flower.
- Encourage the participants to put their own twist on their flowers.

If teaching a hair styling course, encourage the participants to incorporate their paper flower into their final hair style.

PAY IT FORWARD

Submitted by: Sarah Factor, Administrative Assistant, Aveda Corporate Headquarters

Benefit: Encourages positive thinking

Supplies:

- Sticky Notes or Pieces of Paper
- Pens or Pencils
- Bag or Bowl

Instructions: Brainstorm “Pay it Forward” ideas as a group, and write each one on a sticky note or piece of paper. Share the following examples to get started:

- Hold the door open for someone you don't know
- Call an old friend to tell them how much you appreciate them
- Donate to a food shelf
- Treat a coworker a coffee or tea
- Give a genuine compliment to a stranger
- Let someone move ahead of you in line

Place all the ideas into a bag or bowl. Then instruct each participant to draw an idea to implement within the next 48 hours. If there are more ideas than participants, keep going around the room until all ideas are drawn. Debrief the activity by asking a few participants to share how they are feeling about the challenge.

POWER OF AROMA

Benefit: Engages the senses and focuses the mind and body

Supplies:

- Assorted Aveda Aromas
- Aroma Blotters

Instructions: Select an aroma that aligns with the theme of the day (for example, if it is a high-energy class, you might use the expressive Chakra 5 aroma). Spray the aroma or give a pre-dipped aroma blotter to each participant. Invite the participants to close their eyes, take several deep breaths, clear their minds and focus on what they are going to learn today. Instruct the participants to open their eyes. Debrief the activity by asking a few participants to share their observations.

PRODUCT KNOWLEDGE HEADS UP

Submitted by: Tasha Kanahele, Educator, Aveda Institute Phoenix

Benefit: Focuses the mind and increases product knowledge

Supplies:

- Sticky Notes
- Pens or Pencils

Instructions: Write down the name of an Aveda product on a sticky note, and hand it to a participant. Instruct them to place it on their forehead without looking at what is written on the sticky note. Continue until all participants have a sticky note. Instruct the group to walk around the room and ask each other “Yes” or “No” questions to figure out which Aveda product they are. For example, they could ask, “Am I a hair care product?” or “Am I part of the Brilliant™ family?” Continue until all participants have guessed which product they are. Debrief the activity by asking a few participants to share their observations, and ask if anyone learned anything new about Aveda products during the activity.

SECRET SMILE

Submitted by: Jennifer Leah Haack, Director, Aveda Institute Dallas

Benefit: Encourages positive thinking

Supplies: N/A

Instructions: Share the following script: *“Happiness does not happen **to** us—it happens **by** us. We can have what we want by wanting it and not focusing on what we don’t want. This meditative technique can help cultivate an atmosphere that improves our work, relationships and outlook on life simply by being in a happy environment.”* Instruct the participants to sit or stand quietly and take five deep, diaphragmatic breaths. Invite them to think about what they want today and how they will bring happiness to themselves and their guests. Instruct them to reflect on a happy moment in their life and bring a smile to their face. Have them keep smiling and close their eyes, feeling the effects of their smile and feeling joy and happiness throughout their entire body. Invite them to inhale through the nose and exhale slowly through the smile. Allow the participants to keep smiling and experiencing happiness for one more minute. Debrief the activity by asking a few participants to share their observations and encouraging the participants to make it a beautiful and happy day.

SIMON SAYS

Submitted by: Michael DeMarco, Assistant Director, Aveda Institute New Orleans

Benefit: Focuses the mind

Supplies: N/A

Instructions: Instruct the group to walk around the room when you say “Walk” and stand still when you say “Stop.” Do this for a few rounds. Then instruct the group that “Walk” now means “Stop” and “Stop” now means “Walk.” Do this for a few rounds. Next, instruct the group to say their name when you say “Name” and growl when you say “Monster.” Do all four commands for a few more rounds. Then instruct the group that “Monster” now means “Name” and “Name” now means “Monster.” Do all four comments (with their opposite meanings) for a few final rounds. Debrief the activity by asking a few participants to share their observations.

THANKFUL TREE

Submitted by: Jarret Marshall, Director, Aveda Institute Baton Rouge

Benefit: Creates a spirit of gratitude and sense of connectedness among the participants

Supplies:

- Recycled Aveda Bags
- Construction Paper (1 multicolored stack)
- Scissors (1 per participant)
- Pens, Pencils or Markers
- Tape

Instructions: Before class, construct a tree trunk and branches out of recycled Aveda bags, and tape it on a wall in the room. For the wellness activity, instruct each participant to trace their hand on a piece of construction paper to create a “leaf.” Instruct them to cut out the leaf and write down something they are thankful for. Invite the participants to tape their leaves on the branches to create the thankful tree. Debrief by reading what the group is thankful for, and share that the tree demonstrates a spirit of gratitude and connectedness.



THREE GOOD THINGS

Submitted by: Sara Hallman, Institute Development Administration Manager, Aveda Institute Minneapolis

Benefit: Encourages positive thinking

Supplies:

- Paper (blank or construction)
- Pens or Pencils

Instructions: Share the following script: *“We all tend to get used to the good things in our lives, but that doesn't do much for our happiness. Appreciation creates happiness. By taking the time to consciously express gratitude, we remember that we already have things we should be grateful for in our lives. We're going to do a gratitude exercise together.”* Instruct the participants to write down three good things they are grateful for, and include a brief explanation for each one. Debrief by asking each participant to share one good thing from their list with the group.

VISION BOARD

Submitted by: Jenny Cain, Esthiology Educator, Aveda Institute Des Moines

Benefit: Focuses the mind to help visualize and achieve goals

Supplies:

- Paper (blank or construction)
- Magazines (2–3 per participant)
- Glue Sticks (1 per participant)
- Scissors (1 per participant)
- Markers
- *The Secret* Video (optional)

Instructions: Instruct the participants to write a description of their ideal self and create a vision board that represents their goals and dreams for the future. If available and as time allows, play *The Secret* video in increments while the participants work. Ask a few participants to share their vision boards. Encourage them to spend five minutes a day imagining that they have already achieved the goals on their vision board. Remind the group that they will redesign their goals and create new vision boards as they journey through life.

WHAT ARE YOU GRATEFUL FOR?

Submitted by: Julie Rosenbaum, Hair Color Specialist, Wisconsin-Great Lakes Pod

Benefit: Encourages positive thinking

Supplies: N/A

Instructions: Instruct the participants to identify something they are grateful for today and share their answers with the rest of the group. Debrief the activity by asking a few participants to share their observations.

YESTERDAY, TODAY & TOMORROW

Submitted by: Tricia Sirls, Educator, Aveda Institute Nashville

Benefit: Encourages participants to live in the present moment

Supplies:

- Yesterday, Today & Tomorrow Poem (available in the Appendix)
- Paper (blank or construction)
- Pens or Pencils

Instructions: Give each participant a piece of paper and a pen. Read the poem out loud to the group, and ask them to write down any reflections or responses after hearing the poem. Give them a few minutes to complete the activity, and then ask a few volunteers to share their thoughts with the rest of the group. Debrief the activity by asking a few participants to share their observations.

YOU ARE BEAUTIFUL VIDEO

Submitted by: Lindsey Raven, Senior Esthiology Educator, Aveda Institute Minneapolis

Benefit: Encourages positive thinking

Supplies: You Are Beautiful Video (available on [YouTube](#))

Instructions: Show the video, and ask a few participants to share their observations. Challenge the participants to tell at least one person that they are beautiful before the end of the day.

TEAM-BUILDING

ANONYMOUS ENCOURAGEMENT CARDS

Submitted by: Julie Todd, Director, Aveda Institute Tallahassee

Benefit: Builds team camaraderie and shares positive energy

Supplies:

- Index Cards (3x5)
- Pens and Pencils

Instructions: Give each participant an index card, and ask them to write a note of encouragement to someone they work with. Instruct them to anonymously place the note on their coworker's desk when they return back to their salon, spa, institute or Experience Center. Debrief the activity by asking a few participants to share their observations.

FAST-PACED HIGH FIVE

Submitted by: Charles Orrell, Director, Aveda Institute Atlanta

Benefit: Builds team camaraderie and stimulates both sides of the brain

Supplies: N/A

Instructions: Instruct the participants to find a partner and give each other a high five while focusing on their partner's elbow. Share that when they do this, they will never miss. Instruct them to alternate left and right hands in a series of fast-paced high fives, continuing to focus on their partner's elbow. Debrief the activity by asking a few participants to share their observations.

GETTING TO KNOW YOU

Submitted by: Kelsey Barnum, Educator, Aveda Institute Minneapolis

Benefit: Builds team camaraderie

Supplies:

- Paper (blank or construction)
- Markers

Instructions: Instruct the participants to get into pairs and draw a picture of their partner while asking them the following questions:

- Name
- Where they are from
- Why they chose the beauty industry
- Why they chose Aveda
- Hobbies
- Interesting facts about them
- Career goals
- The last thing that inspired them

Give the pairs five minutes to complete their drawings and interviews. Then have each pair introduce each other to the group. Debrief the activity by asking a few participants to share their observations.

GIVE A COMPLIMENT

Submitted by: Dee Ajayi, Salon Development Partner, Indianapolis, IN

Benefit: Builds positivity and team camaraderie

Supplies: N/A

Instructions: Instruct the participants to give a compliment to the person sitting next to them. Expand the activity by instructing the participants to repeat the exercise with other participants in the room. Debrief the activity by asking a few participants to share their observations.

GRATITUDE CIRCLE

Submitted by: Julie Todd, Director, Aveda Institute Tallahassee

Benefit: Builds team camaraderie and encourages positive energy

Supplies: N/A

Instructions: Instruct the participants to stand in a circle. Share this quote by Marcel Proust: *"Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom."* Go around the circle, and ask each participant to share someone they are grateful for today.

GUESS WHO

Submitted by: Erin Burgett, Educator, Aveda Institute New Orleans

Benefit: Builds team camaraderie

Supplies:

- Paper (blank or construction, cut into strips, 1 strip per participant)
- Scissors
- Pens or Pencils
- Cup

Instructions: Give each participant a strip of paper, and instruct them to write something about themselves that no one knows on the strip of paper (interest, hobby, experience, etc.). Collect the participants' strips of paper in the cup. Draw one fact at a time from the cup, and have the group guess who wrote the interesting fact. Continue until all the facts have been read and the cup is empty. Debrief the activity by asking a few participants to share their observations.

HEART CHAKRA

Submitted by: Lali Munoz, Assistant Director, Aveda Institute Washington, D.C.

Benefit: Uplifts the spirit

Supplies: Chakra™ Balancing Body Mist 4

Instructions: Spray Chakra™ Balancing Body Mist 4 around the room, and share the following script: *“Chakra 4 is the center of sympathy, empathy and love. When the heart chakra is balanced, one feels love and connection to self and others. When the heart chakra is imbalanced, one feels depression, loss of connection and lack of caring.”*

Share how much you appreciate each participant from the bottom of your heart. Debrief the activity by asking a few participants to share their observations.

HUG IT OUT

Submitted by: Laurel Whiteis, Educator, Aveda Institute Minneapolis

Benefit: Builds team camaraderie and encourages positive thinking

Supplies: N/A

Instructions: Instruct the participants to find a partner and give them a hug. Continue until each participant has hugged at least three people in the room. Debrief the activity by asking a few participants to share their observations.

INSPIRING NAMES

Submitted by: Paula Buccini, Educator, Aveda Institute Tucson

Benefit: Builds team camaraderie

Supplies:

- Paper (blank or construction)
- Markers
- Masking Tape

Instructions: Instruct the participants to find a partner, and write an acrostic poem using inspiring words about their partner. Share the example of Paula: **P**retty, **A**wesome, **U**nique, **L**ovely and **A**marzing. When the acrostic poems are complete, ask each participant to present their acrostic poem about their partner to the group. Hang them on the wall for the remainder of the day. Debrief the activity by asking a few participants to share their observations.

NOTE: This activity is ideal for a team or group who knows each other well.

LIST OF QUALITIES

Submitted by:

- Julie Todd, Director, Aveda Institute Tallahassee
- Dana Benson, Esthiology Instructor, Aveda Institute Birmingham
- Iyara Ferrante, Director, Aveda Institute Las Vegas

Benefit: Builds team camaraderie and encourages positive energy

Supplies:

- Paper (blank or construction)
- Pens or Pencils

Instructions: Give each participant a blank sheet of paper, and instruct them to write their name in the center. Instruct them to pass their paper to the person on their right. Based on the name in front of them, have them write one word that describes the person (creative, beautiful, kind, funny, smart, etc.). Keep passing the papers around until they return to the correct participant. Invite the participants to read through the list of qualities their team or co-workers believe about them. Debrief the activity by asking a few participants to share their observations.

NOTE: This activity is ideal for a team or group who knows each other well.

MONSTER

Submitted by: Matt Humphrey, Gary Manuel Aveda Institute

Benefit: Builds team camaraderie

Supplies:

- Paper (blank or construction)
- Pens or Pencils

Instructions: Instruct the participants to get into groups of three. Fold a piece of paper into thirds. Without revealing the drawings, have the first person draw a head, the next person draw a body and the last person draw the legs. Then unfold the paper to reveal your monster. Debrief the activity by asking a few participants to share their observations.

PAPER TELEPHONE

Submitted by: Matt Humphrey, Gary Manuel Aveda Institute

Benefit: Builds team camaraderie

Supplies:

- Paper (blank or construction)
- Stapler
- Pens or Pencils

Instructions: Staple together as many pieces of paper as there are participants in the class. Starting with one participant, instruct them to write down a word or phrase that inspires them, and pass it to the participant on their right. That participant then draws a picture of the word or phrase on the next piece of paper and passes it to the participant on their right, making sure to conceal the original word or phrase. That participant then looks at the picture and writes the word or phrase they think is being conveyed on the next piece of paper. Continue until every participant has had a chance to draw or write the word or phrase. Share the results with the entire group. Debrief the activity by asking a few participants to share their observations.

POSITIVE ENERGY CIRCLE

Submitted by: Lali Munoz, Assistant Director, Aveda Institute Washington, D.C.

Benefit: Builds team camaraderie and encourages positive thinking

Supplies: N/A

Instructions: Instruct the participants to stand in a circle and hold hands. Then choose one person to start, and ask them to squeeze the hand of the person on their left, and so on. Perform this three times, and see how fast you can move around the circle. Share that the positive effects of good energy and the negative effects of bad energy travel fast and affect many. Encourage the participants to only share positive energy with the group during class.

SPEED FACES

Submitted by: D'Anna Ashcraft, Cosmetology Educator, Aveda Institute Minneapolis

Benefit: Builds creativity and team camaraderie

Supplies:

- Paper (blank or construction, 1 sheet per participant)
- Markers (2–3 per participant)
- Tape

Instructions: Give each participant a piece of paper and markers. Instruct the participants to write their name on the top of the paper and pass their paper to the person on their left. That person will draw the face shape of the person whose name is on the paper. Next, instruct the participants to pass their paper to the left again, and that person will draw another facial feature of the person whose name is on the paper (eyes, ears, nose, mouth, etc.). Continue until the paper returns to its original owner and is placed face down in front of them. Go around the room and reveal each participant's "face" on the paper that is a compilation of features drawn by the group. Hang the portraits up in the room. Debrief the activity by asking a few participants to share their observations.

TEA EXCHANGE

Submitted by: Iyara Ferrante, Director, Aveda Institute Las Vegas

Benefit: Hydrates the body and builds team camaraderie

Supplies:

- Individual Tea Bags (participants to bring; educator to bring extras)
- Hot Water
- Mugs or Disposable Hot Cups

Instructions: Instruct the participants to bring in an individual tea bag of one of their favorite teas. Ask each participant to share which tea they brought and why. Then place all the tea bags into a bag or bowl, pass it around the room and have each participant choose a different tea bag. Encourage the participants to enjoy their tea at some point during the day. Debrief the activity at the end of the day by asking a few participants to share how they liked their new variety of tea.

TRUST BALANCE

Submitted by: Laurel Whiteis, Educator, Aveda Institute Minneapolis

Benefit: Builds team camaraderie and encourages positive thinking

Supplies: N/A

Instructions: Instruct the participants to stand in two lines facing each other. Make sure each person has a partner across from them. Instruct the pairs to touch their toes together and grasp their hands while slowly leaning back to find the balance point. Encourage the participants to trust each other, be conscious in the moment and try to maintain a steady balance. If time allows, have the participants try the exercise with different partners. Debrief the activity by asking a few participants to share their observations.

WHEN YOU SMILE AT THE WORLD

Submitted by: Carrie Bellus, Aveda Hair Cut/Style Purefessional™ and Women's Hair Cutting Coach, Aveda Institute Denver

Benefit: Builds positivity and team camaraderie

Supplies: Laughing Video (available on [YouTube](#))

Instructions: Share the following script: *"It's been said that 'When you smile at the world, the world smiles back at you.' Laughter has been known to help boost the immune system and help reduce stress hormones such as cortisol and epinephrine. When we laugh, the brain releases endorphins that can help relieve some physical pain."* Show the video, and then try the concept with the group by asking a courageous volunteer to stand in front of the group and start laughing until each participant has joined in. Debrief by asking the participants how they can bring this concept to life with their coworkers and guests.

WISH BRACELET

Submitted by: Iyara Ferrante, Director, Aveda Institute Las Vegas

Benefit: Builds team camaraderie

Supplies:

- Assorted Beads (1 per participant)
- Hemp String (1 pre-cut strand (6–7”) per participant)

Instructions: Instruct each participant to choose a string and a bead and place the bead on the string. In pairs, instruct the participants to make a wish while their partner ties the bracelet on their wrist. Debrief the activity by asking a few participants to share their observations.

STRETCHING

GROUP STRETCH

Benefit: Balances the body

Supplies: Yoga Mats (optional)

Instructions: Demonstrate how to perform one or two of your favorite yoga poses/stretches while the participants follow along. Then ask a few volunteers to lead the group in their favorite yoga poses/stretches. Perform five yoga poses/stretches, and thank the volunteers for participating. Debrief the activity by asking a few participants to share their observations.

LIVE, LOVE, LAUGH, LEARN

Submitted by: Marlo Boyle, Senior Education Planner, Aveda Great Lakes

Benefit: Stretches the body and encourages positive thinking

Supplies: N/A

Instructions: Instruct the participants to stand up and create space around them. Explain that they will practice breathing and stretching with the positive actions of LIVE, LOVE, LAUGH and LEARN. Instruct the participants to take a deep breath while raising their arms above their heads. On the exhale, instruct them to say the first positive action word (LIVE) as they bring their arms back down. Repeat three more times with the words LOVE, LAUGH and LEARN. Before each exhale, remind the group of the word they should say. When all four breaths are complete, instruct the participants to find a partner and share how they will implement all four positive actions into their daily life. Conclude the activity by reminding the participants to stay positive every day.

SEATED TWIST

Benefit: Activates the recovery process in the mind and body

Supplies: Yoga Mats (optional)

Instructions: Instruct the participants to sit comfortably on the floor with the spine erect, and share the following script: *"Twist to the right at the waist. Hold this position, and inhale while lengthening the spine. Now exhale, and twist to the right even farther. Repeat the inhale and exhale cycle three times. Hold the final position for three seconds, and relax back to the center. Repeat on the left side."* Debrief the activity by asking a few participants to share their observations.

STRETCH YOUR MIND AND BODY

Submitted by: Jami Lucks, Distribution Hair Color Educator, Neill Corporation

Benefit: Centers the mind and body

Supplies: N/A

Instructions: Instruct the participants to stand, keep their eyes open and stretch one arm out in front of them with a pointed index finger. Instruct them to swing their arm across their body as far as possible and make a mental note of what they are pointing at. Next, instruct the participants to massage their ears from the lobes to the tops. With their eyes closed, instruct them to stretch out their arm and try to swing their arm across their body as far as possible again. Instruct them to open their eyes and notice what they are pointing to (they should be pointing further than the first time). Share that the ears have many nerve endings that allow you to expand your body and mind. Debrief the activity by asking a few participants to share their observations.

WRISTS/ELBOWS/ARMS/BACK STRETCHES

Submitted by: Delanna Menard, Director, and Betsy Guidry, Assistant Director, Aveda Institute Lafayette

Benefit: Promotes wellness for repetitive stress injuries

Supplies: A local chiropractor

Instructions: Invite a local chiropractor to share stretches for the wrists, elbows, arms and back that are good for repetitive stress injuries that are common with hair professionals. Debrief the activity by asking a few participants to share their observations.

YOGA CARDS

Submitted by: Iyara Ferrante, Director, Aveda Institute Las Vegas

Benefit: Energizes the mind and body

Supplies:

- Yoga Cards (purchased or handmade; many varieties are available on [Amazon](#))
- Assorted Aveda Aromas

Instructions: Instruct the participants to choose an aroma and a yoga card from their tables and practice the movement on the card while experiencing the aroma. Then instruct the participants to stand in a circle, and ask a few volunteers to share their experiences. As they share, the volunteers should lead the entire group in their yoga pose.

ZEN STRETCHES

Submitted by: Erin Stevens, Educator, Aveda Institute Minneapolis

Benefit: Helps relieve feelings of stress and tension

Supplies: 5 Stress-Relieving Stretches (available on [zenfullydelicious.com](#))

Instructions: Share the importance of wellness in the beauty industry, and lead the participants in one or more of the Zen stretches to help relieve feelings of stress and tension. Debrief the activity by asking a few participants to share their observations.

MISCELLANEOUS

A BODY IN MOTION

Submitted by: Lea Crawford, Salon Development Partner, New York

Benefit: Encourages healthy eating and exercise habits

Supplies: A Body in Motion Daily Challenge (1 per participant; available in the Appendix)

Instructions: Give each participant a handout, and explain that this daily wellness activity has two parts—eating at least one healthy food a day and performing four 15-minute exercise intervals of walking, stretching, meditating and strengthening. Share the following script: *“We often try to eat healthy, but once we eat something unhealthy or fattening, we abandon our plan and eat unhealthy for the rest of the day. Instead, if you eat something unhealthy for lunch, like a burger and fries, try having a handful of nuts with some dark chocolate for protein and anti-oxidant benefits or eating a side of spinach and garlic at dinner. The idea is to incorporate healthy foods and snacks even if you are not always eating healthy for every meal. Your body will feel different, and you may even trigger your mind and body to start craving the healthy foods.”* Debrief by asking the participants to commit to trying this daily wellness exercise at least one day this week.

BIGGER OR BETTER

Submitted by: Travis DeSart, Educator, Aveda Institute Phoenix

Benefit: Builds team camaraderie and raises money for charity

Supplies: Paper Clips (1 per participant)

Instructions: Divide the participants into groups of five, and give each group a paper clip. Give the groups one hour to walk around the neighborhood and ask people if they have something “bigger or better” they can give them in exchange for the paper clip. Remind the participants to explain that all goods and/or monies will be donated to charity. Share that the goal is for them to return to class with the “biggest” or “best” item possible. When the groups return, have each group give a presentation about their final object or money total and share the story behind it. Conclude by choosing a winning team and donating all goods and monies to charity.

CLEAN WATER

Submitted by: Caile Wilson, Hair Color Specialist, San Diego, CA

Benefit: Reminds participants of Aveda's commitment to clean water and the importance of hydration

Supplies:

- Aveda Tea Cups or Glasses
- Drinking Water

Instructions: Give an Aveda Tea Cup or glass filled with drinking water to each participant. As a group, invite them to drink the water. Remind them of the benefits of staying hydrated and the importance of preserving this valuable natural resource. Debrief the activity by asking a few participants to share their observations. This is a great wellness activity to perform during Earth Month and share Aveda's commitment to providing clean drinking water to communities around the world.

HAIR COLOR EXTENSIONS

Supplies:

- Pre-Colored Wefts (1 per participant; multicolored using Pure Pigments)
- Bobby Pins
- Control Force™ Firm Hold Hair Spray

Instructions: When reviewing hair color theory, instruct the participants to incorporate the wefts into their hair styles.

IS YOUR SHOWER CURTAIN TOXIC?

Submitted by: Suzanne Bettendorf Weyer, Executive Director, Institute Development

Benefit: Encourages wellness choices at home

Supplies:

- [U.S. News Article](#)
- PVC shower curtain
- Cloth/environmental shower curtain

Instructions: Read the article as a group, and demonstrate the difference between the two shower curtains. Encourage the participants to replace harmful toxic items in their homes with healthier options. Emphasize that little changes can make a big difference.

LIP SYNC CHALLENGE

Submitted by: Jarret Marshall, Director, Aveda Institute Baton Rouge

Benefit: Builds team camaraderie

Supplies:

- Music (provided by lip sync contestants)
- Speakers
- Microphone (optional)

Instructions: Invite students and staff to choose two lip sync contestants to perform at the beginning of a meeting or assembly to start the day with high energy. Instruct each contestant to choose a song of their choice and “battle” in front of the group. After the performances, ask the audience to vote for a winner.

MONTHLY TEAM LUNCHEONS

Submitted by: Jasmine Locarno, Director, Aveda Institute New York

Benefit: Builds team camaraderie and relationships

Instructions: Take time for a team luncheon once a month to celebrate the team's successes.

TED^x IN MY CHAIR VIDEO

Submitted by: Amanda Fye, Cosmetology Educator, Aveda Institute Charlotte

Benefit: Inspires participants to give outstanding service to guests

Supplies: TED^x In My Chair Video (available on [YouTube](#))

Instructions: Show the video, and ask a few participants to share their observations. Challenge the participants to think about how they act behind the chair and how it can affect a person's life. Remind the participants to remember to perform every aspect of the Aveda Service Cycle—even if you're running behind—because every person deserves your full attention.

TWO TRUTHS & A LIE

Submitted by: Lali Munoz, Assistant Director, Aveda Institute Washington, D.C.

Benefit: Builds team camaraderie

Supplies:

- Paper (blank or construction)
- Pens or Pencils

Instructions: Instruct the participants to write down two truths and one lie about themselves on a piece of paper. Ask each participant to read their three statements to the group, and instruct the group to guess which one is the lie.

APPENDIX

A BODY IN MOTION DAILY CHALLENGE

Part 1: Eat at least one of these healthy foods each day.



Part 2: Perform four 15-minute exercise intervals each day: walking, stretching, meditating and strengthening.



BANANA SONG LYRICS SHEET

Leaders say the words in *italics* accompanied by a gesture that represents the words. Participants repeat the words and actions in response.

Make Banana! Make, Make Banana!
Make Banana! Make, Make Banana!

Peel Banana! Peel, Peel Banana!
Peel Banana! Peel, Peel Banana!

Make a Cow! Make, Make a Cow!
Make a Cow! Make, Make a Cow!

Milk the Cow! Milk, Milk the Cow!
Milk the Cow! Milk, Milk the Cow!

Churn the Butter! Churn, Churn the Butter!
Churn the Butter! Churn, Churn the Butter!

Make an Orange! Make, Make an Orange!
Make an Orange! Make, Make an Orange!

Squeeze the Juice! Squeeze, Squeeze the Juice!
Squeeze the Juice! Squeeze, Squeeze the Juice!

Make a Corn! Make, Make a Corn!
Make a Corn! Make, Make a Corn!

Pop the Corn! Pop, Pop the Corn!
Pop the Corn! Pop, Pop the Corn!

Make Banana! Make, Make Banana!
Make Banana! Make, Make Banana!

GO BANANAS! GO, GO BANANAS!!
GO BANANAS! GO, GO BANANAS!!

DO-IN SELF-MASSAGE HANDOUT

Do-In: A Self Massage

This is an ancient Chinese technique. Practice this routine daily to stimulate the natural flow of energy within the body and promote well being.

1. **Rub hands** together in front of face and clap 2 times. Breathe deeply and slowly to massage your own system.
2. **Gently shake** joints loosely at fingers - wrists - elbows - shoulders.
3. **Hold right** elbow with left hand - make a loose right fist - keeping wrist loose, gently pound upper left back - shoulder - side of neck. *This should feel good and very relaxing.*
4. **Continue** gently pounding down the inside of the left arm and up the outside. Do this 3 times.
5. **Pressure Points** (on these points - use a gently circular motion) on the arm:
 - 3 MILE** - front of forearm, below elbow.
 - LUNG POINT** - thumb base.
 - HO-KU** - between thumb and index finger (large intestines).
 - PALACE OF WEARINESS** - middle of palm (heart).
6. **Rotate thumb** - fingers - gently flex wrist - gently shake hand, arm and shoulder.
7. **Repeat #3** through 6 reversing side.
8. **Gently tap** head at spiral with fingertips - then use knuckles. Using fingertips tap: forehead, nose and chin. Gently rub: cheeks and ears. Pinch: ear perimeters and tug on earlobes. Press: boney part behind ear and around the underneath of chin and jaw. Massage temples gently with the flat part of your fingertips. *Check breathing and relax.*
9. **With both fists**: Gently pound chest and abdomen - go down inside and up outside. Gently pound back - go as high as possible onto the rib cage. Be careful to go lightly or skip over kidneys located between the ribs and buttocks. Firmly pound buttocks - remember to keep the wrists loose.
10. **With left fist** - gently pound down outside of left leg and go up inside. Do 3 times.
11. **Bend knee** - with thumbs: press middle left calf (Bladder) - exhaling with each press. Do the length of calf 3 times. Loosen calf muscle by gently pounding. Firmly pound left sole and massage foot. Use a comfortable pressure.
12. **Pressure Points** on leg and foot:
 - BUBBLING SPRING**: sole of foot (kidney).
 - 2 POINTS**: on each side of heel (sex organs).
 - HAPPY CALM**: between big toe and second toe (liver).
 - YIN CROSSING**:
 - 1st - Inside of leg, little finger on anklebone - 4 finger widths (kidney, spleen, liver).
 - 2nd - 3 finger widths above 1st point (spleen, sexual organs).
 - 3rd - Widest part of calf - inside leg (stomach, liver).
13. **Repeat #10** through 12 reversing side.
14. **SIT BACK** - Gently bounce legs breathe - slowly and deeply. This can be done more than once a day.

**If you have any questions
regarding this exercise, please call
the person who gave you this information.**

MISSION SCRAMBLE CARDS

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SUN SALUTATION STEPS

(Courtesy of drnick.ca)

Sun Salutations

are a sequence of twelve positions performed as one continuous exercise. Each position counteracts the one before, alternately expanding and contracting the chest to regulate breathing while stretching the body and strengthening muscles. Practiced daily, it will bring great flexibility to your spine and joints and keep you feeling healthy.

- * Start by practicing four rounds and gradually build up to twelve.
- * One round of sun salutation consists of two sequences, the first leading with the right foot in steps 4 and 9, and the second leading with the left.
- * Keep your hands in one place from steps 3 – 10 and try to coordinate your movements with your breathing.

1.



Stand erect with your feet together and hands in the prayer position in front of your chest. Make sure your weight is evenly distributed. Exhale.

2.



Inhaling, stretch your arms over your head and arch back from the waist, pushing the hips out, legs straight. Relax your neck.

3.



Exhaling, fold forward, and press your palms down to the ground, finger-tips in line with toes. Bend your knees if necessary.

4.



Inhaling, bring one leg back. Place the knee on the floor if necessary. Arch back and look up, lifting your chin while keeping your hands in place.

5.



While you hold your inhalation, bring the other leg back and support your weight equally on your hands and feet.

6.



Exhaling, lower your knees, then your chest, followed by your forehead, keeping your hips up, your toes curled under, and body off the ground.

7.



Inhaling, lower your hips, point your toes and bend back. Keep legs together and shoulders down. Look up and back.

8.



Exhaling, curl your toes under, raise your hips and pivot into an inverted "V" shape. Try to push your heels and head down and keep your shoulders back.

9.



Inhaling, step forward and place your foot between your hands and look up. Rest the other knee on the floor in necessary.

10.



Exhaling, bring the other leg forward and bend down from the waist, keeping your palms as in position 3.

11.



Inhaling, stretch your arms forward, then up and back over your head, bending back slowly from the waist, as in step two.

12.



Exhaling, gently come back to an upright position and bring your arms down by your sides.

For more exercises and information

DrNick.ca

YESTERDAY, TODAY & TOMORROW POEM

Yesterday, Today & Tomorrow

Author Unknown

Today is the tomorrow I worried about yesterday
And today was such a lovely day,
that I wondered why I worried about today yesterday
So today I am not going to worry about tomorrow
There may not be a tomorrow anyway
So today I am going to live as if there is no tomorrow
And I am going to forget about yesterday.

Today is the tomorrow I planned for yesterday
And nearly all my plans for today did not plan out the way I thought they would yesterday
So today I am forgetting about tomorrow and I will plan for today
But not too strenuously
Today I will stop to smell a rose
I will tell a loved one how much I love her
I will stop planning for tomorrow and plan to make today the best day of my life.

Today is the tomorrow I was afraid of yesterday
And today was nothing to be afraid of
So today I will banish fear of the unknown
I will embrace the unknown as a learning experience full of exciting opportunities
Today, unlike yesterday, I will not fear tomorrow.

Today is the tomorrow I dreamed about yesterday
And some of the dreams I dreamt about yesterday came true today
So today I am going to continue dreaming about tomorrow
And perhaps more of the dreams I dream today will come true tomorrow.

Today is the tomorrow I set goals for yesterday
And I reached some of those goals today
So today I am going to set slightly higher goals for today and tomorrow
And if tomorrow turns out to be like today
I will certainly reach all of my goals one day!