



How full is
your cup?

PURPOSE //

- This activity, helps students identify stress along with their capacity for stress, likening it to an overflowing cup of coffee.
- This activity emphasizes that we can reduce our stress by "emptying our cups," which thus impacts our overall mental well-being.

OBJECTIVE //

The messages of this activity:

- I have a cup and it fills up.
- My cup fills up differently than anyone else's.
- I can learn to empty my cup.

INSTRUCTIONS //**Materials**

- Paper cups
- Hot chocolate
- Post-it notes
- Pens, markers
- Large poster for students to place post-it notes (created ahead of time)
- Pre-made stickers for cups (Optional) - see below

Assembly

1. Set up a table
2. Write on the cups or put stickers on (See example in pictures below)
3. Easel pad sheet or Poster board
4. Serve hot chocolate

Application

- A school club, such as an Erika's Lighthouse Teen Empowerment Club, can lead this activity in the morning as students arrive, at lunch, or as students leave the building in the afternoon.
- Hot chocolate can be served in provided cups (with stickers put on them) to students who participate.
- Students can list their stressors on post-it notes or can list what might help them out at a specific "fullness" level - overwhelmed, overloaded, stressed, busy, occupied, and relaxed.

Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:



@ErikasLH



@ErikasLH



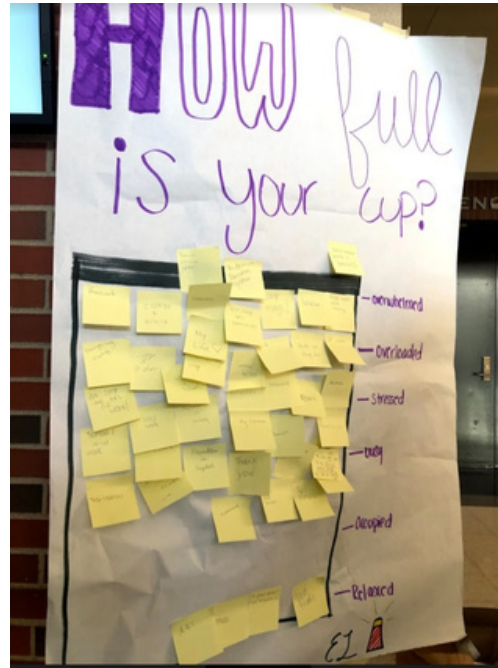
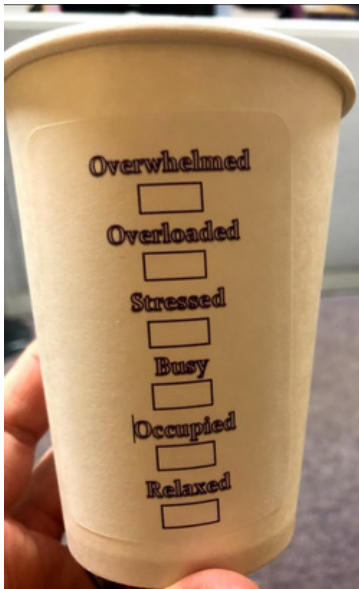
erikas.lighthouse



@Erika's Lighthouse

Contact Nathalia@ErikasLighthouse.org for more information

How full is your cup?



**Photo credits:
Downers Grove
North High
School. Downers
Grove, IL**

Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:



@ErikasLH



@ErikasLH



erikas.lighthouse



@Erika's Lighthouse

Contact Nathalia@ErikasLighthouse.org for more information