

A Bold Vision for Wellbeing Reimagine. Revitalize. Refine.

Self



First Responders

First Responders are heroes who keep our communities safe and calm even under difficult and chaotic circumstances. First Responders:

- Have a desire to help their community, especially when help is needed the most
- Are flexible and adaptable to unexpected and challenging situations in order to help others
- Leverage the resources they have to do the best they can, despite the difficult scenarios they are in
- Recognize that self-care and personal wellbeing are critical to be able to help others

Reflection

In what ways are you like a First Responder in your life? At work? At home? In your community?

How does the work you do impact children, their families, and the greater community?

How does your physical, emotional, and mental wellbeing impact your work and life? Interactions with others?

How can you invest in your own wellbeing more effectively?

What support do you need to be able to fully realize your wellbeing potential?

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Managers & Leaders



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Reflection

In what ways are your team members like First Responders?

How do they do impact children, their families, and the greater community?

How does their physical, emotional, and mental wellbeing impact the work they do and their interactions?

How can you help them to invest in their own wellbeing more effectively?

What additional support do you need or want to help unlock their wellbeing potential?

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Activity Ideas



First Responders

- **Discussion in breakouts or larger groups:** Have them discuss answers to any of the questions in the Self-reflection guide.
 - Think about summarizing the most compelling or inspiring elements and converting them into posters, shirts, or other visual reminders.
 - Take any agreed-upon action items, create realistic timelines for completion, and note who is responsible for them.
 - Create a wishlist of actions that could be possible in the future.
 - Have them share personal commitments and create a buddy system for accountability.
- **Video-based activity in groups:** Have them create a TikTok, commercial, Reel, or video that captures the impact they have on others or why investing in their wellbeing matters to those they serve.
 - You can have them work on this in pairs or small teams and then have each team present their creation.
 - You can make this a friendly competition between schools and have community members vote on their favorite one.
- **Best-case and worst-case scenarios:** Have them think about a potential scenario or person who needs a typical first responder (they can make this up or leverage a situation they know personally or heard about). They can think about whether the situation or person calls for the need for fire services, police, ambulance, hospital, or other first responders. They can then outline the best-case scenario if everything happens perfectly and the best outcome that could then come from that scenario as well as the ripple effects (on that person and what they end up doing as well as others impacted by them). Then have them outline the worst-case scenario in which everything goes wrong (first responders don't respond, they respond too late, they make mistakes, etc.) and then the worst outcome that could come from that scenario as well as any ripple effects. Once they have done this, you can ask them to do the same for the services they provide in feeding children. What are the best-case scenario, best outcomes, and ripple effects (short-term and long-term) and what are the worst-case scenario, worst outcomes, and ripple effects?
 - If you feel that the first part of the activity is unnecessary or you are short on time, you can jump to the second part that is relevant to their roles.
 - Have them present or submit the best and worst-case scenarios so that others can benefit.
 - The idea is for them to see the value and difference in trying to achieve the best case scenario as often as possible.