

Team cooking class

Recess Breaks

2024 / Grant Cycle

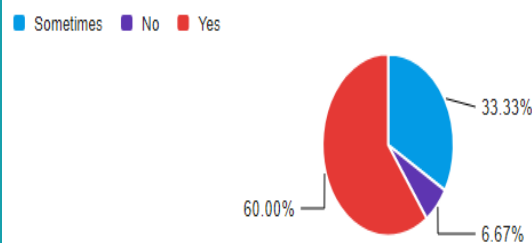
Belle La and FAU
Wellness Champions

Overview

During Recess Breaks, we practice Seven Pillars of Wellness by incorporating physical, social, emotional, financial, environmental, career and spiritual participation. Our Recess Breaks consist of a range of activities, e.g., stretch exercises, scavenger hunts, TedTalks, riddles, team activities, hikes, walks, cooking recipes, competitions, etc. For FY24, we held an in-person Team cooking class. The in-person Thai cooking class brought a lot of laughter, joy and fun, as well as Team engagement. After the event, staff was inspired to try the recipe at home.

Data Snapshot

The aggregate data indicates that 93% of staff mostly like Recess breaks.



Resources

<https://www.instagram.com/reel/C309aJMy7MZ/?igsh=MWQ1ZGUxMzBkMA==>



Project Details

For FY24, we decided to take a longer recess break and venture off for a full-day in-person Thai cooking class. The Team met at [Bite Unite's kitchen](#) in the Mission. We started off with some appetizers and Thai tea. Shortly after, the instructor asked some icebreaker questions and provided a brief history of Thai food and its culture. Each Team member made two dishes and we had a break in between to enjoy the fruits of our labor. In the end, we also had coconut ice cream for dessert.

The Thai cooking class through Bite Unite was an excellent Team-building event that encompassed the social pillar of wellness. Most of us had not made Thai food before, but it turned out to be quite simple. Since this was a new experience for most of the Team, we had the opportunity to learn something new together and more about each other at the event.

Project Challenges

The Thai cooking class was in-person, and we have a team that consists of in-state and out-of-state staff. Initially, we thought staff from out of state would be able to attend. However, due to timing and resources, out-of-state staff were unable to attend. We did not want to exclude staff that were unable to attend the event, so we sent meal kits.

Although staff enjoyed the event, some staff mentioned that they felt they had to catch up on work that they put on pause for the in-person cooking class.

Lessons Learned

Based on feedback following the event, staff really enjoyed the cooking class, but also felt a burden on the work they left behind to partake in the activity. In order for staff to be fully engaged and enjoy a wellness activity, staff must feel supported and comfortable to pause their daily work.