



HEY WTE!
JOIN THE TWO WEEK
WELLNESS CHALLENGE!!

A HEALTHY HEART

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A HEALTHY MIND



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A HEALTHY YOU!



WEEK OF MARCH 16, 2020

| Monday | Tuesday | Wednesday | Thursday | Friday | Sat-Sun |
|--|--|---|--|--|---|
| <p>1. List/draw 2 specific reasons that you are grateful/thankful</p> <p>2. Eat 2 foods that come directly from the Earth and are colorful.</p> <p>3. Run/walk/roll around the outside of your house/apartment 2 times</p> <p>4. Think/write about 2 “happy places” for you.</p> | <p>1. List/draw 2 specific reasons that you are grateful/thankful</p> <p>2. Try at least 2 bites of a food that you have not eaten before.</p> <p>3. Dance to 2 of your favorite songs.</p> <p>4. Count to 10 while breathing evenly and deeply. Repeat.</p> | <p>1. List/draw 2 specific reasons that you are grateful/thankful</p> <p>2. Drink at least 2 full glasses of water.</p> <p>3. Spend 20 minutes picking up toys/clutter around your house.</p> <p>4. Spend 2 minutes imagining that you are in one of your happy places.</p> | <p>1. List/draw 2 specific reasons that you are grateful/thankful</p> <p>2. Eat at least 2 pieces of fruit.</p> <p>3. Try to jump rope or hop like a bunny for 20 minutes.</p> <p>4. Say 5 things you see, 4 things you hear, 3 things you feel, 2 things you smell, the best thing you’ve tasted today.</p> | <p>1. List/draw 2 specific reasons that you are grateful/thankful</p> <p>2. Drink/eat 2 items that contain Vitamin C (orange juice, strawberries, broccoli, tomatoes, etc.)</p> <p>3. Stretch your body out (yoga, floor stretches, etc.) for 20 min.</p> <p>4. Smile at least 20 seconds.</p> | <p>SPEND TIME WITH YOUR FAMILY – play a board game, dance, or go for a nature walk.</p> |



WEEK OF MARCH 23,2020

| Monday | Tuesday | Wednesday | Thursday | Friday | Sat-Sun |
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| <ol style="list-style-type: none"> 1. List/draw 2 specific reasons that you are grateful/thankful 2. Pick 2 favorite junk foods that you will not eat this week. 3. Complete 2 chores for your parents that are not normally yours. 4. Give a family member 2 sincere compliments. | <ol style="list-style-type: none"> 1. List/draw 2 specific reasons that you are grateful/thankful 2. Talk with your parent/learn about 2 vitamins that are healthy for your body. What foods have them? 3. Do 20 jumping jacks. 4. Thank 2 people for something they do for you that you appreciate. | <ol style="list-style-type: none"> 1. List/draw 2 specific reasons that you are grateful/thankful 2. Fill up and drink a large water bottle 2 times. 3. Multiply your age times 2. Do that many push-ups. Try your best! 4. Spend 20 min. doing an activity with a family member that they enjoy doing. | <ol style="list-style-type: none"> 1. List/draw 2 specific reasons that you are grateful/thankful 2. Eat at least 2 leafy vegetables. 3. Go to bed 20 minutes early. 4. Write notes/texts or draw pictures to 2 people, telling them why they are important to you. | <ol style="list-style-type: none"> 1. List/draw 2 specific reasons that you are grateful/thankful 2. Protein is so important. Talk to an adult about it & eat 2 foods that are protein-filled. 3. Ask a family member what her favorite 2 songs are. Dance to them! 4. Hug two family members for at least 20 seconds | <p>SPEND HEALTHY, FUN TIME WITH YOUR FAMILY!!</p> |



Rules of the TWO WEEK WELLNESS CHALLENGE!

1. ALL students and family members are welcome to join this challenge! The more the merrier! Every time a student completes one of the challenges (or something comparable and parent-approved), he/she should record it on the tally sheet provided.
2. Each challenge is worth one blue ticket. Therefore, if a student completes 30 challenges over the two weeks, that student will receive 30 blue tickets. There are 44 challenges listed. Feel free to do ALL of them or just some of them. It is up to you and your family! A maximum of 44 blue tickets may be earned.
3. Parents - please supervise these challenges and make them as meaningful and fun as possible for your kids!

PLEASE RETURN TALLY SHEETS TO MRS. BLAKER ON OUR FIRST DAY BACK (hard copy or email to mblaker@wcasd.net).



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Shared from Fern Hill Elementary School

Resources

<https://www.commonsensemedia.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty>

<https://www.commonsensemedia.org/espanol/blog/consejos-para-usar-la-tecnologia-en-familia-durante-la-crisis-del-coronavirus>

<https://www.commonsensemedia.org/best-for-character-development-lists>

<https://www.commonsensemedia.org/movie-lists>



<https://www.commonsemmedia.org/video/espanol>

<https://www.commonsemmedia.org/lists/the-best-kids-books-of-the-decade-2010-2019>

<https://www.commonsemmedia.org/best-for-learning-lists>

<https://www.commonsemmedia.org/lists/fun-apps-that-dont-need-wi-fi-or-data>

<http://www.nourishinteractive.com/nutrition-games/childrens-educational-healthy-food-games/wellness-messages>

<http://blog.healthadvocate.com/2016/01/fun-physical-activity-ideas-for-the-whole-family/>

<https://www.verywellfamily.com/active-games-for-family-game-night-4065145>