

Wellness

Activity One

Appreciation Thoughts

Goal: When we can take a moment to appreciate and reflect on the people, experiences, and things that bring us happiness, we can begin the day feeling more positive.

Step 1: For this week, sketch, draw, write down, or tell someone about a person, experience, or thing you appreciate.

You can collect these ideas in a journal, post it notes on your mirror, or express it to someone each day in your home.

Step 2: At the end of the week, select one or two of the ideas you wrote down or shared and write a reflection on how this person, experience or thing affected you.

Activity Two

What is Wellness?

How would you define wellness for yourself?

- Are you someone that needs to find space to be alone?
 - Do you need to be with someone to relax?
 - Think of a time when you were happy? What were you doing?
 - How do your friendships, family connections and connection to the community support your wellness?
- Share your thoughts with someone in your household and ask them what works for them.
- What worked for them when they were your age?
 - What works for them now?
 - Did you learn anything new?

Activity Three

Be Thankful and Kind

Taking time to write down what you are thankful for can shift our thoughts to become more positive. This can have a positive effect on you and on others.

Gratitude Jar – Each day, use a slip of paper to record something you are grateful or thankful for. Use the prompt: "I am grateful for..." or "I am thankful for..." Put these notes in a jar or container. When the jar is full, reread your notes or share your thankful messages with your family.

Share a Positive Message – Write a positive message for a family member or create a sign to post on your door or window.

Lending a Helping Hand- Consider ways you can help out someone else at home.

Activity Four

Be Active – Have Fun!

Dancing is a great way to get some exercise and have fun!

Dance Through the Decades – With a family member, learn a dance style from another decade. How many different dances do you know? Can you teach an older family member a new dance move? Can they teach one to you?

Family Dance Group – With a family member, create a dance and perform it together. Can you synchronize your movements?

Freeze Dance- Have someone play music to dance to, when the music is playing, dance! When the music stops, freeze!



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Activity Five

Affirmations

Affirmations are positive statements that we can say to ourselves or that we can give to others to help overcome negative thoughts.

Step One: Write, draw, or sketch one affirmation statement about yourself each day. Your affirmation statement can include positive things you believe about yourself, goals you have, or things you hope to learn. For example, you might say: "I am a helpful; I don't give up easily." You can also ask someone in your home to share an affirmation statement about you.

Step Two: Create a song or an art display board of your affirmations by drawing or gathering pictures.

Activity Six

Advocacy

How can you be an agent of change for your own wellness? Your response can be in the form of a journal, picture, cartoon, poem or storyboard.

- Reflecting on the last two weeks, how did your understanding of self-awareness affect your decision-making?
- How is your wellness affected or shaped by different aspects of your life?
- Consider how you feel and act when you are in class, school, with your family, with your friends or within your community?

Are there things that you can do within these situations to improve your happiness or reduce your stress or bring yourself to calm?



Activity Seven

Be Active – Move!

Try one of these activities to get your heart rate up. Remember to make sure you have a clear space and that you warm up your body.

- **Simon Says** – This can be an active game that can include balance and exercise (e.g., balance on one leg, jump on the spot, twist, do arm circles, etc.)
- **Mirror Image** – With a partner, take turns copying a fitness activity (e.g., body twist, frog jump, stretch like a cat, etc.)
- **Scavenger Hunt Walk** – write a list of items to look for on a family walk. You could look for colours, an item for each letter of the alphabet, signs and much more.
- **Fitness Pyramid**- select three exercises (e.g., squats, lunges, burpees). Start with 10 repetitions, then 9 repetitions, 8 repetitions, etc.

Activity Eight

Make a plan to support self & others

Create an Infographic to represent your plan for your own continued wellness or how you can support the wellness of someone else.

Consider:

- Your definition of wellness
- Actions that make you or someone else happy
- How does your relationship with your family and friends impact your wellbeing?
- How do we deal with being irritated or upset?
- How do you/someone else maintain a calm state?
- How does your physical being play a role in happiness or being calm?
- What specific strategies are you going to focus on in your plan?