Weekly Wellness Plan

These activities are completely voluntary. They are meant to encourage health and wellness across many areas. They can also be adapted as needed.

Enjoy and have fun with this!

Physical Wellness Activity
Using the sheet provide can you exercise to your name? What about your nickname? Your first, middle, and last name?
Emotional/Mindful Activity
Mindful Colouring – sit down and colour for 20 minutes (if able). Focus on what colours you are going to use and where you are going to use them. If your mind starts to wander to other things bring your focus back to the picture you are colouring. Usually mandala's are used, however use whatever pictures you have available to you (even Paw Patrol pictures are great!)
Spiritual
Read the following verses. What are they telling you about kindness? How should we treat other people? How do the versus make you feel? 1. Proverbs 12:25 – An anxious heart weighs a man down, but a kind word cheers him up. 2. Jeremiah 9:24 – '…but let him who boasts boast about this: that he understands and knows Me, that I am the Lord, who exercises kindness, justice and righteousness on earth, for in these I delight,' declares the Lord. 3. Luke 6:31 – Do to others as you would have them do to you
Family Bonding
Read Together - Pick a book, a comfortable spot, maybe even a snack and sit together as a family and read out loud. - For older students, pick a chapter book and take turns reading. - For younger students show them the words as you read.

Fit activity for kids

what's your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- **A** jump up & down 10 times
- **B** spin around in a circle 5 times
- **C** hop on one foot 5 times
- **D** run to the nearest door and run back
- **E** walk like a bear for a count of 5
- **F** do 3 cartwheels
- **G** do 10 jumping jacks
- **H** hop like a frog 8 times
- **I** balance on your left foot for a count of 10
- **J** balance on your right foot for a count of 10
- **K** march like a toy soldier for a count of 12
- **L** pretend to jump rope for a count of 20
- **M** do 3 somersaults
- **N** pick up a ball without using your hands
- **O** walk backwards 50 steps and skip back
- **P** walk sideways 20 steps and hop back
- **Q** crawl like a crab for a count of 10
- **R** walk like a bear for a count of 5
- **S** bend down and touch your toes 20 times
- **T** pretend to pedal a bike with your hands for a count of 17
- **U** roll a ball using only your head
- **V** flap your arms like a bird 25 times
- **W** pretend to ride a horse for a count of 15
- **X** try and touch the clouds for a count of 15
- **Y** walk on your knees for a count of 10
- **Z** do 10 push-ups

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