

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 |
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| <p>It's time to crank some music and DANCE!</p> <p>YouTube Just Dance video's and dance along, or if you are feeling more adventurous turn on your favorite dance song and have some fun. Dancing for at least 30 minutes is a great way to get your heart rate up (which is good physical activity) and it also improves your mood, leaving you feeling better!</p> |
| Emotional/Mindful Activity |
| <p>Discuss how you feel today. Don't focus on just the "good" feelings, its' okay to be sad, mad, angry, lonely, etc. All feelings are okay, its' how we express them/deal with them that matters.</p> <p>For younger students use the prompt - "Tell me something (feeling) from today." Again use a wide range of emotions. You can also use the prompt "Tell me a time your felt (feeling). How did you handle that feeling?"</p> |
| Spiritual |
| <p>Read the following verses. What are they telling you? How do they make you feel?</p> <ol style="list-style-type: none">1. Psalm 55:22 – Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.2. Philippians 4:6-7 – Don't worry about anything. Instead, tell God about everything. Ask and pray. Give thanks to him. Then God's peace will watch over your hearts and your minds because you belong to Christ Jesus. God's peace can never be completely understood. <p>When you are feeling overwhelmed or worried, God is there for you.</p> |
| Family Bonding |
| <p>Connect with loved ones!</p> <p>Human's need social interactions, which is part of why quarantine is so difficult. Just because we need to maintain some physical distance doesn't mean we need to miss out on our social needs – we just need to adjust them.</p> <p>Connect with a family member by phone, FaceTime, Skype, etc. Sometimes just hearing a loved ones voice can help. Using the video call option allows an even closer connection. Still not close enough? Visit a family member while following safe social distancing guidelines - small groups (less than 5 people), staying at least 2 metres apart, and staying away from long term care homes. If you are feeling ill, stay home.</p> |