

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
Grab some cans of soup from the cupboard and “lift weights!” Focus on a slow curl up to really work those muscles. See if you can do 3 sets of 10 curl ups. Are there any other exercises you could use the weight for? Just make sure you don’t drop them!
Emotional/Mindful Activity
<p>Name that Feeling!</p> <p>We are all experiencing a wide range of emotions right now (some good, some not so good). Why not take this time to learn about our feelings, put a name to them, and figure out how we can deal with them in a safe way. What are some coping strategies that are working great for you? What strategies have you heard of that just don’t seem to help you? When we name our emotions we are better equipped to deal with them.</p> <p>Alternative: Provide 5 different scenarios and either ask yourself, or ask your child how they would feel in that situation. How could you/they work through that situation?</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. Proverbs 12:25 – Worry makes a man’s heart heavy. But a kind word cheers him up. 2. Proverbs 16:24 – Kind words are like honey. They are sweet to the spirit and bring healing to the body. <p>What kind of word do you use? How do you feel when others speak kindly to you?</p>
Family Bonding
<p>Have a picnic.</p> <p>Pack up some of your favourite foods and grab a blanket to sit on. Head outside, sit down and eat a meal together. Talk about your days, what you would like to do after the picnic, etc. Use this time to connect with each other.</p>