

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
<p>Eat well and stay hydrated!</p> <p>Have you ever noticed that you don't always feel that great when you eat too much junk food? That's because our bodies get their energy from the foods we eat. When we don't eat well, we don't get the right kind of energy – it doesn't last very long. This week watch what you eat. Eat lots of fruits and veggies! Healthy eating is important to overall physical (and mental) health!</p> <p>As the weather keeps getting warmer we need to be aware of what we are drinking too. Make sure you get at least 8 glasses of water in each day to keep hydrated!</p>
Emotional/Mindful Activity
<p>5 Finger Breathing – using the provided sheet practice this breathing technique to help calm down a busy mind.</p> <p>What other breathing exercises have you heard of? Do you have a favourite?</p> <p>Images from Pinterest.</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. Deuteronomy 31:8 – The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged 2. Proverbs 3:5-6 – Trust the Lord with all your heart and lean not on your own understanding; in all ways acknowledge him, and he will make your paths straight. <p>Times can be very confusing. Last week we turned to God when feeling overwhelmed or worried, this week we see that God is always with us and will help us on our journeys.</p>
Family Bonding
<p>Go Camping!</p> <p>With this change in weather make use of the great outdoors (or if it ends up raining, your living room!). Head outside for a night of star gazing, story-telling, and family bonding. Don't forget the snacks!</p>

Materials: whatever you have on hand

- Blankets / sleeping bags
- Camp out foods / snack foods
- Flashlight

Take Five



Place your hand here, if you please.

Trace each finger as you breathe.

Inhale, trace up.

Exhale, trace down.

Turn your frown upside down :)