

A Week of Wellness

Use this wellness calendar daily to incorporate different activities into your everyday.

you can tailor these activities to fit the needs of your students

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Reflect with your child about someone who has impacted both of your lives for the better. It could be a friend, family member, teacher or coworker.</p> <p>Together with your child write that person a thank-you note. If they're not sure what to say, use the following prompts:</p> <p>What are some of the qualities that made them wonderful?</p> <p>Why are you grateful for them?</p>	<p>Sometimes we get distracted by other people's lives; social media and other methods of influence can lead us to spend a significant amount of time wishing for bigger and better.</p> <p>Ask your child the following questions to have a meaningful conversation.</p> <p>What do you crave/feel distracted by the most about other people's lives?</p> <p>What about yourself do you love/appreciate the most?</p>	<p>Gratitude is not just something you say. It can also be something you experience with each of your senses.</p> <p>Take a nature walk with your child and reflect on the day by answering the following prompts:</p> <p>Name someone you enjoyed talking to recently.</p> <p>Name something you touched that felt good.</p> <p>Name something you saw that was beautiful.</p> <p>Name something that you heard that inspired you.</p> <p>Name something that you ate that tasted amazing.</p>	<p>Listen to your favorite music or a calming playlist to do things like cooking, doing homework or taking a shower.</p> <p>Encourage your child to dance, move and take small actions to inspire and encourage them to care for their mental health.</p>	<p>Flashback Friday: share a moment in your life where you were experiencing increased anxiety, stress or sadness.</p> <p>Share advice / words of encouragement you would give your younger self with your child and invite them to share reflections from the week and advice they would give to their younger selves.</p>

