



Wellness Wednesday Ideas

Consider a branded (Roadmap to Wellness logo) PowerPoint slide for each one of these. These could be shown each Wednesday for in first period or advisories for a ten minute activity. Repeat as needed.

1. Practice 10 minutes of [mindfulness](#)
2. Share 3 things you are grateful for
3. Share your favorite song
4. Dance party for 10 minutes
5. Journal for 10 minutes
6. Color, paint, or draw
7. Learn a new [yoga move](#) (stretch)
8. Clean / Declutter (your notebook, backpack, locker, desk, classroom)
9. [5 fingers Breathing](#)
10. [Box Breathing](#)
11. [Breathe Bubble](#)
12. Read a book
13. Write a list of things you are thankful for
14. Listen to music
15. Laugh – watch silly videos
16. [Work2BeWell Emotional First Aid Kit Part 1](#) (Facilitator must review first.)
17. [Work2BeWell Emotional First Aid Kit Part 2](#) (Facilitator must review first.)
18. [W2BW Stress Lesson](#) unhealthy vs healthy ways to Cope (W2BW Checklist) (Facilitator must review first)
19. Consider the difference between anxiety and depression ([Work2BeWell lesson](#)) Facilitator must review first
20. [Work2BeWell Resources / Youthline](#) - Who to turn to for help: Do you know who is on your campus wellness team?
21. Tell jokes
22. Make a well-being fortune teller - see document for idea
23. Identify a grudge you have been holding and let it go as a gift to yourself.
24. Draw or write about how you are feeling today.
25. Explore [Work2BeWell's module on dealing with grief](#) (Facilitator must review first)
26. Explore [Work2BeWell's E-CPR Module](#) (Emotionally Connect, Partner, and Respond) (Facilitator must review first.)
27. Talk with someone you don't know well and find five things you have in common (not obvious ones like you are in class, live in this neighborhood, are a teenager, etc. Then find five things that are different about each of you.)
28. Make a list of things you could do to help someone else.
29. Discuss organizations in your school and how students can be involved.
30. Share with one another where your name came from (why you have that name).
31. Escape the [Virtual Cafeteria with #icanhelp](#). (Facilitator should review first. This can be done as individuals, groups, or teams.)