**Wellness Week Activities**

<table>
<thead>
<tr>
<th>Mindful Monday</th>
<th>Time-out Tuesday</th>
<th>‘We Belong’ Wednesday</th>
<th>Thankful Thursday</th>
<th>Fit Friday</th>
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<tbody>
<tr>
<td>Morning Staff Stretch</td>
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<td>Mindfulness</td>
<td>Stress</td>
<td>Anxiety</td>
<td>Depression</td>
<td>Resilience</td>
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<td>Mindful morning meditation</td>
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<td><strong>Bricks of Belonging Activity</strong>&lt;br&gt;– Bricks for students and staff;&lt;br&gt;- Students write 1 personal strength, and 1 thing that makes a strong community using pictures, words, colors&lt;br&gt;- Wellness Squad picks up at 2:30</td>
<td><strong>School-wide Art activity</strong>&lt;br&gt;– Mandala Puzzle per grade level&lt;br&gt;- Display in class or hallway&lt;br&gt;- Great way to relieve stress</td>
<td><strong>Thankful ‘sticky note’</strong>&lt;br&gt;- Everyone in the class;&lt;br&gt;- Write a note of appreciation to someone;&lt;br&gt;- Give to the person during the day</td>
<td><strong>School-wide Art activity:</strong>&lt;br&gt;– Acrostic Poem – ‘Wellness’&lt;br&gt;- Wellness Squad picks up at 2:30</td>
<td><strong>Yoga period in the gym</strong>&lt;br&gt;- On yoga mats in gym&lt;br&gt;-</td>
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<td>School completes a pre– survey&lt;br&gt;- Asks students what they know about Mental Health, strategies they use to overcome stress, etc.</td>
<td><strong>Ongoing for the week:</strong>&lt;br&gt;Teachers review Mind UP Lesson 11 – Choosing Optimism and prepare to complete this lesson during the week</td>
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**Wellness Week at West Humber**

Parents and Staff, here is a list of activities planned during Wellness Week at West Humber. Thanks goes to the Wellness Teacher Team and Wellness Student Squad for getting this week organized. Each morning, any new activity sheets or materials needed for the day will be in your mailbox. Your enthusiasm and earnest participation will go a long way to making this a meaningful week for all.

The **Wellness Student Squad** includes:
- gr. 4/5 – Yusuf, Tanisha
- gr. 6 – Kushmit, Gurshran, Isha, Ayushi, Nirali, Muhammad
- gr. 7 – Prey, Mann, Shrey, Vraj

**Daily activities:**

- **Morning Stretch** – 8:15 – 8:30am – optional for staff - quiet stretch time – library; starts Tuesday
- Teachers review **Mind-Up Lesson 11** – ‘Choosing Optimism’; teachers complete during the week; provide feedback in Google Classroom by Friday, May 6, once you are finished the lesson and follow up – positive and negative feedback is appreciated

**Mindful announcements include:**

- **Wellness Word of the Day** - definitions provided for each teacher; teachers asked to review new terms with students daily
- **Mindful Morning Meditation** – peaceful breathing on morning announcements

**School Wide Activities:**

- **Wellness Pre Survey and Exit Survey:**
  - Staff administers on Monday and Friday then collects; gathered by Wellness Squad at 2:30pm
- **Bricks of Belonging:**
  - **1 Brick** completed by each student; collected by the Wellness Squad at 2:30pm
  - Each should include: **Name; 1 personal strength; 1 thing that makes a strong community, pictures and images of their choice**

- **Class-wide Stress Relief Art Activity**
  - Mandala puzzles to be completed during the day; cut out; display in hallway

- **Thankful Sticky Notes**
  - Everyone in the class should write a short note of appreciation to someone; encourage students to give out during the day; doesn’t have to be from the school

- **Mental Health Acrostic Poem**
  - Create **acrostic poem** with the word “Wellness”; include a single word or phrase for each letter; at least 1 picture/image
  - Wellness Squad will collect at 2:30pm

- **Yoga**
  - School-wide stretch; bring class to the gym on Friday at specified time