



S.E.L.F.I.E.

2023 Wellness Day



Sleep	Exercise	Light	Fun	Interaction	Eating Well
Get 10 hours of sleep	Explore the Kidz Bop Dance Tutorials and pick one to learn	Make and observe a bird feeder	Make an obstacle course with at least 5 actions and see how fast you can do it	Conduct an interview with a family member or family friend	Engage all 5 senses while planning your food choices
Make a list of how to rest your body without sleep	Complete a 10 minute Exercise with Ryan on YouTube	Research North American birds and complete a bird research project	Create a happy playlist with your family	Complete a MadLib with a friend	Complete the Eat the Rainbow Activity
Make a change in your bedroom to help you fall asleep	Go on a Rainbow Walk with your family and complete the activity together	Make and display a snowflake suncatcher	Learn to play a new game	Complete a random act of kindness for someone/thing you care about	Listen to a guided mindful eating meditation before or during a meal
Complete the "Sweet Dreams" Coloring page	Build an indoor obstacle course with at least 7 steps	Create a bark rubbing	Visit a museum with your family	Make and play with Conversation Cubes	Browse the Food Network's Cooking with Kids site and pick a meal to make with your family
Watch a YouTube clip about knowing how to recognize when your body and mind need a rest	Complete a Deck of Cards Workout	Paint rocks with glow-in-the-dark paint and display on windowsill	Plan and present a talent show with your family and/or neighborhood friends	Read Healthy Interaction Picture Books	Read a picture book about healthy eating habits and pick a healthy habit to work on for a week (for a certificate!)

Read or listen to The Darkest Dark and talk to an adult about how it could help kids who are afraid of the dark	Work on the Before and After chart with a parent	Read/listen to How Maui Slowed the Sun and complete a short book report	Ride on Trax with your family	Play the Emotion Matching Game	With a grown up, explore myplate.gov and then complete the Build Your Plate activity
Do some Bedtime Yoga before getting ready for bed	Get 5 in a row on your Exercise BINGO card	Pick something to plant inside for the warmer season and take a picture	Visit the library	Get a group together and play Blindfold Obstacle Course	Pick something to plant inside until it's ready to eat in the spring/summer
Plan your bedtime snacks with a coloring and writing activity	Do a Family Workout together	Make nature prints with Play Doh or homemade dough	Make an origami creation and share it with someone special	Ask Would You Rather questions to your family and/or friends	Join your family for grocery shopping and play the Supermarket Scavenger Hunt
Read Orion and the Dark with a parent at bedtime. Tell them how you feel before and after you read together	Visit a public play place	Make nature inspired Valentines with things you find outside to share with friends	Build a blanket fort for a read-a-thon or movie night	Build a Story with a group of friends or your family	Conduct a Blind Taste Taste with your family
Listen to Can't Sleep Without Sheep and complete the activity	Pick a book to read/listen to from the Exercise Picture Book List and tell your parent one thing you learned from the book	Collect rocks outside, paint them with hearts, then hide them around your neighborhood	Make a happy memory scrapbook	Play Simon Says with a group of friends	Get 5 in a row on your Grocery Store Bingo Card

En Español



S.E.L.F.I.E.

2023 Wellness Day en español



Sleep <i>dormir</i>	Exercise <i>ejercicio</i>	Light <i>luz</i>	Fun <i>diversión</i>	Interaction <i>interacción social</i>	Eating Well <i>comiendo bien</i>
Duerme 10 horas	Explore los tutoriales de baile de Kidz Bop y elija uno para aprender	Hacer y observar un comedero para pájaros	Crea una lista de reproducción feliz con tu familia	Completa un acto de bondad al azar para alguien/cosa que te importa	Involucra los 5 sentidos mientras planifica sus elecciones de alimentos
Mire un clip de YouTube sobre cómo dormir bien	Haz un entrenamiento de 10 minutos con la ayuda de este video de YouTube	Hacer y exhibir un atrapasol de copos de nieve	Aprende a jugar un juego nuevo	Haz y juega con Conversation Cubes	Completa la actividad Come el Arcoíris
Haz algo de Yoga antes de acostarte	Realice un Rainbow Walk con su familia y completen la actividad juntos	Elija algo para plantar en el interior durante la temporada más cálida y tome una foto	Viaja en Trax con tu familia	Haga preguntas ¿Qué preferiría? a su familia y/o amigos	Explore el sitio Cooking with Kids de Food Network y elija una comida para hacer con su familia
Planifique sus refrigerios antes de acostarse con una actividad para colorear y escribir	Hagan un entrenamiento familiar juntos	Haga San Valentín inspirados en la naturaleza con cosas que encuentre afuera para compartir con amigos	Visita la biblioteca	Construye una historia con un grupo de amigos o tu familia	Únase a su familia para comprar comestibles y juegue a la búsqueda del tesoro en el supermercado

	Visita un lugar de juego público	Recoge rocas afuera, píntalas con corazones y luego escóndelas en tu vecindario	Haz una creación de origami y compártela con alguien especial	Juega a Simon Says con un grupo de amigos	Obtenga 5 seguidos en su tarjeta de Bingo de la tienda de comestibles
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Activities Modified for Students with Accommodations



Sleep	Exercise	Light	Fun	Interaction	Eating Well
Listen to Llama Llama Nighty Night and tell a grownup one thing you can do like Llama before bed	Explore the GoNoodle YouTube page with a parent and follow along with a video	Complete a Nature Treasure Hunt	Make an obstacle course with at least 5 actions and see how fast you can accomplish it	Have a staring contest	Read a picture book about healthy eating habits
Color the Sweet Dreams coloring page	Use the Movement ABC cards by doing the action for the letters in your name	Make nature prints with Play Doh or homemade dough	Make a happy memory scrapbook	Read Healthy Interaction Picture Books	Join your family for grocery shopping and play the Supermarket Scavenger Hunt
Listen to a sleep meditation before nap or bedtime and see if it helps your body be calm	Get 5 in a row on your Exercise BINGO card	Make nature inspired Valentines with things you find outside to share with friends	Visit the library	Play the Emotion Matching Game	Get 5 in a row on your Grocery Store Bingo Card