



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

2023 Wellness Day



Sleep	Exercise	Light	Fun	Interaction	Eating Well
Listen to a guided meditation for better sleep and write 3 sentences about how it might help struggling sleepers	Learn and record a dance with friends or on your own	Listen to a podcast about the great outdoors and take a selfie outside using this sign	Pick an activity other than TikTok to spend some time	Conduct an interview with a family member or family friend	Listen to a guided mindful eating meditation before or during a meal
Visit the free mandala coloring website and complete a mandala. Pay attention to how you feel before, during, and after the coloring	Pick a workout from this article and give one of the options a try!	Spend outdoor time getting to know Salt Lake County	Create a "boost" playlist of songs that make you feel happy	At dinner, ask some fun questions from the Conversation Starter cards	Watch this YouTube clip and complete a summary based on what you learn
Get 10 hours of sleep	Pick a walking trail near you, get a group of friends, and do the scavenger hunt	Pick something to plant inside for the warmer season and take a picture	Host a themed movie party	Play MadLibs with friends	Review the Dole Superfoods brochure and complete an Eat More T Chart with the info that you learn
Brainstorm 5 ways you can rest without	Read this article and take the associated	Increase the natural light in your home	Get a group of friends together and	Complete a random act of kindness for	Watch this YouTube video about body

sleep	quiz	by washing the windows	play Fugitive	someone/thing you care about	image and commit to some Body Positivity Challenges
Read and complete a bedtime checklist	Complete a Deck of Cards Workout . No deck of cards? Try the dice version!	Increase the natural light in your room by making a mirror DIY craft and hang it where it can reflect the sunlight	Put together a tournament with friends and family (basketball, pickleball, a card game, a board game, a video game, etc.)	Read this article and complete a SMART (phone) Goal	Meal prep for one week using this activity and see if it's something you'd like to continue
Read and quiz yourself on an article about sleep aids and alternatives	Study habits and post your exercise habit pledge to Facebook or Instagram	Motivate yourself to let the light in by decorating your window with DIY window clings	Pick 5 outfits you like from social media or magazines and see if you can recreated them with clothes you already own	Read this article with a friend and make a list of your No More Lonely Days Checklist	Talk to family members and friends and collect recipes that they love. Turn it into a cookbook or recipe cards!
Do some restorative yoga in bed before falling asleep	Complete a Before and After worksheet before and after you exercise	Prep and track your progress on a Light Challenge	Get a group together and complete a Mall Scavenger Hunt	Watch this YouTube clip. Draw/design a picture to represent what you learned (see some examples here) and post it to social media!	Prepare for college by learning to make one of the 19 Easy Recipes Every College Student Should Know
Research different healthy bedtime snack options with a matching activity	Make your Movement Month chart	Get a group together and play an outdoor sport for at least an hour	Visit an escape room	Listen to this podcast episode with a family member and discuss the following prompt together: How do you think self-care and caring for others are related? Explain your answer using examples from your own	Research the Food is Medicine infographic and make a plan on how you can regularly incorporate these foods into your meals

				experience.	
Complete the Gratitude Jar activity for a mindful moment craft	Identify your heart rate zones for healthy movement	Make nature inspired Valentines with things you find outside to share with friends	Ride on Trax with friends or family	Organize a PowerPoint party with a group of friends (click here to see an example from YouTube)	Make your favorite restaurant meal at home (click here for recipe ideas or do a Google search!)
Read about ideas of what to do when you can't sleep and prepare an SOS Can't Sleep Kit	Take a class at a local rec center or gym	Collect rocks outside, paint them with hearts, then hide them around your neighborhood	Make a memory scrapbook	Complete the Values Activity with your best friend or a trusted family member	Make a microwave dessert for your friends

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>
Escuche una meditación quiada para dormir mejor y piense en cómo podría ayudar a quienes tienen dificultades para dormir	Aprende y graba un baile	Elija algo para plantar en el interior durante la temporada más cálida y tome una foto	Elija una actividad que no sea TikTok para pasar el tiempo	En la cena, haga algunas preguntas divertidas de las tarjetas de inicio de conversación	Aprende sobre la alimentación consciente y piensa en formas en las que puedes incorporar lo que aprendes en tu vida.

Duerma 10 horas	Elija un sendero para caminar cerca de usted, reúna a un grupo de amigos y haga la búsqueda del tesoro	Aumenta la luz natural en tu hogar lavando las ventanas	Organice un torneo con amigos y familiares	Completa un acto de bondad al azar para alguien/cosa que te importa	Mire este video de YouTube (haga clic aquí para aprender cómo activar los subtítulos en español) y complete un resumen basado en lo que aprendió
Lluvia de ideas sobre 5 maneras en las que puedes descansar tu cuerpo y tu mente sin dormir	Lea este artículo y responda el cuestionario asociado	Motívese para dejar entrar la luz decorando su ventana con adhesivos para ventanas de bricolaje	Elige 5 conjuntos que te gusten de las redes sociales o revistas y ve si puedes recrearlos con ropa que ya tienes	Lea este artículo y complete una meta SMART	Revise el folleto Dole Superfoods y complete un cuadro Eat More T-chart con la información que aprenda
Leer y completar una lista de verificación para la hora de acostarse	Complete una hoja de trabajo Antes y Después antes y después de hacer ejercicio	Reúna a un grupo y practique un deporte al aire libre durante al menos una hora.	Reúna un grupo y complete una búsqueda del tesoro en el centro comercial	Completa la Actividad de Valores con tu mejor amigo o un familiar de confianza	Mire este video de YouTube (haga clic aquí para aprender cómo activar los subtítulos en español) sobre la imagen corporal y comprométase con algunos Desafíos de Positividad Corporal
Haz algo de yoga reparador en la cama antes de quedarte dormido	Tome una clase en un centro recreativo o gimnasio local	Recoge rocas afuera, píntalas con corazones y luego escóndelas en tu vecindario	Montar en Trax con amigos o familiares		

Activities Modified for Students with Accommodations



Sleep	Exercise	Light	Fun	Interaction	Eating Well
Make a bedtime snack smoothie to promote better sleep	Learn and record a dance with friends or on your own	Prep and track your progress on a Light Challenge	Host a themed movie party	At dinner, ask some fun questions from the Conversation Starter cards	Watch this YouTube video about body image and commit to some Body Positivity Challenges
Read and complete a bedtime checklist	Pick a walking trail near you, get a group of friends, and do the scavenger hunt	Get a group together and play an outdoor sport for at least an hour	On your own or with friends, complete a Mall Scavenger Hunt	Play MadLibs with friends and family	Together with your family, plan meals for a week using this activity and see if it's something you'd like to continue
Complete the Gratitude Jar activity for a mindful moment craft	Complete a Dice Workout	Make nature inspired Valentines with things you find outside to share with friends	Make a happy memory scrapbook	Complete a random act of kindness for someone/thing you care about	Make your favorite restaurant meal at home (click here for recipe ideas or do a Google search!)