



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

2023 Wellness Day



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

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

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

## En Español



<b>Sleep</b> <i>dormir</i>	<b>Exercise</b> <i>ejercicio</i>	<b>Light</b> <i>luz</i>	<b>Fun</b> <i>diversión</i>	<b>Interaction</b> <i>interacción social</i>	<b>Eating Well</b> <i>comiendo bien</i>
Escuche <a href="#">una meditación quiada para dormir</a> mejor y piense en cómo podría ayudar a quienes tienen dificultades para dormir	Aprende y graba un baile	<a href="#">Elija algo para plantar</a> en el interior durante la temporada más cálida y tome una foto	<a href="#">Elija una actividad</a> que no sea TikTok para pasar el tiempo	En la cena, haga algunas preguntas divertidas de las <a href="#">tarjetas de inicio de conversación</a>	Aprende <a href="#">sobre la alimentación consciente</a> y piensa en formas en las que puedes incorporar lo que aprendes en tu vida.

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

# Activities Modified for Students with Accommodations



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