



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

2023 Wellness Day



| 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 | Follow along with Gabby's Dollhouse: Cat-Tastic Dance Along | Read/listen to Who was Here? Discovering Wild Animal Tracks then make some animal prints in the snow/mud | Make an obstacle course with at least 5 actions and see how fast you can accomplish it | Conduct an interview with a family member or family friend | Use the Food Scientist Placemat at a mealtime |
| Color the Sweet Dreams coloring page | Explore the GoNoodle YouTube page with a parent and follow along with 3 videos | Complete a Nature Treasure Hunt | Create a happy playlist with your family | Have a staring contest | Complete the Eat the Rainbow Activity |
| Listen to a sleep meditation before nap or bedtime and see if it helps your body be calm | 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 | Play Emotion Charades | Build your own Taste Test for mealtime or a snack |
| Get 10 hours of sleep | Play hopscotch with a friend for 10 minutes | Create a bark rubbing | Visit a museum with your family | Make and play with Conversation Cubes | With a grown up, explore myplate.gov and then complete the Build Your Plate |

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| | | | | | activity |
| Talk to an adult about 3 ways you can rest your body without taking a nap or going to bed | Use the Movement ABC cards by doing the action for the letters in your name | Paint rocks with glow-in-the-dark paint and display on windowsill | Pick a video activity from the P.E. with Mr. G YouTube page | Read Healthy Interaction Picture Books | Read a picture book about healthy eating habits |
| Pick 3 things you need to make your bedtime most cozy | Work on the Before and After chart with a parent | Read/listen to The Sun Is My Favorite Star then play Shadow Tag outside with friends | Ride on Trax with your family | Play the Emotion Matching Game | Browse the Food Network's Cooking with Kids site and pick a meal to make with your family |
| Do some PJ Yoga before bedtime | 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 |
| Complete the Bedtime Snack activity with a parent | Do a Family Workout together or go for a walk | 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 |
| Work with your family on your Grateful Stars and hang them in your room | 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 |
| | Pick a book to read/listen to from the Exercise Picture Book List | Collect rocks outside, paint them with hearts, then hide them around your neighborhood | Make a happy memory scrapbook | Find a buddy and complete a Listening Map together | 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> |
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| Colorea los Sweet Dreams para colorear | Explore la página de YouTube de GoNoodle con un padre y siga junto con 3 videos | Completa una búsqueda del tesoro de la naturaleza | Elija una actividad de video de P.E. con la página de YouTube de Mr. G | Juega charadas de emociones | Completa la actividad Come el Arcoíris |
| Duerme 10 horas | Realice un Rainbow Walk con su familia y completen la actividad juntos | Hacer y exhibir un atrapasol de copos de nieve | Viaja en Trax con tu familia | Haz y juega con Conversation Cubes | Con un adulto, explore myplate.gov y luego complete la actividad Construir mi plato |
| Haz algo de PJ Yoga antes de acostarte | Hagan un entrenamiento familiar juntos o salgan a caminar | Crear un roce de corteza | Visita la biblioteca | Lea un libro ilustrado sobre cómo tener interacciones sociales saludables | Elija algo para plantar en el interior durante la temporada más cálida y tome una foto |
| Complete la actividad Snack para la hora de acostarse con un padre | Visita un parque con tu familia | Elija algo para plantar en el interior durante la temporada más cálida y tome una foto | Haz una creación de origami y compártela con alguien especial | Juega el juego de combinación de emociones | Obtenga 5 seguidos en su tarjeta de Bingo de la tienda de comestibles |

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| Trabaja con tu familia en tus Grateful Stars y cuélgalas en tu habitación | | Recoge rocas afuera, píntalas con corazones y luego escondelas en tu vecindario | | Haga preguntas ; Qué preferiría a su familia y/o amigos? | |
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Activities Modified for Students with Accommodations



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| 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 |