



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

					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>
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

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