

Parent Guide for Wellness Day Activities



Welcome to Jordan School District's Health and Wellness Day! This special day is dedicated to nurturing the physical, emotional, and mental well-being of our children. Participating in the suggested activities can enhance your child's wellness and create lasting family memories.

How Do I Access Wellness Day Student Content?

Begin by opening the website where all activity ideas are listed by grade-level (wellness.jordandistrict.org/stress-busters). **These activities are self-guided and can be adjusted or adapted to your student's unique wellness needs and goals.** The stress-busters framework is meant to give broad categories that have a significant impact on well-being.

What Are Stress-Busters?

A Stress-Buster is an action, habit, or practice that is scientifically proven to help your brain and body effectively handle the daily pressures and stressors you encounter. We've selected 5 key Stress-Busters and created activities for our District's patrons to practice at home. The five stress busters are Quality Sleep, Supportive Relationships, Balanced Nutrition, Physical Activity, and Mindfulness Practices.

What's My Role as a Parent or Guardian on Wellness Day?

Because wellness is approached differently by each family, this is an opportunity to spend quality time prioritizing wellness in your own way. Remember, your enthusiasm is contagious! Participating with your child can show that wellness is a family priority. Praising efforts and participation, regardless of outcomes, and allowing your child to choose activities they are most interested in enhances motivation. Remind your child that they are eligible to win a prize after completing a wellness activity (just complete [this form](#) or scan the QR code when finished)!

After Wellness Day

Discussing what activities your child enjoyed and what they learned can help reinforce positive experiences. Decide together what types of stress-busters your family can incorporate into daily life. This content will remain available for use throughout the year!

How do I enter the prize drawing?

Use [this link](#) or scan the QR code below to enter our prize drawing. Wellness Day is a fantastic opportunity to prioritize health and well-being in a fun and engaging way, so the real prize is enhanced well-being! By actively participating and supporting your child, you can help foster a lifelong appreciation for wellness.



| wellness.jordandistrict.org