

WELLNESS WEEK 2025

April 7th-11th

Monday April 7th

MAKE
SOMEONE'S DAY
MONDAY



Be Kind- do
something to
make someone
smile!

Tuesday April 8th

TASTY
TUESDAY



Bring a healthy
snack to school!

Wednesday April 9th

WORKOUT
WEDNESDAY



Wear your favorite
workout clothes
and exercise!

Thursday April 10th

TECH TIME-OUT
TUESDAY



Limit screen time
for the day!

Friday April 11th

STRESS FREE
FRIDAY



Wear your
favorite pajamas
to school!

Additional Wellness Week Activities

- **Daily Wellness Motivational Statements for Morning Announcements:**
 - **Monday:** True wellness comes from nurturing the mind, body, and spirit with kindness, both towards yourself and others.
 - **Tuesday:** Healthy snacks are like superpowers for your body! They give you the energy to play, learn, and grow strong—so grab a healthy snack today and feel your awesome powers kick in!
 - **Wednesday:** Working out is like training to be a superhero! Every move you make helps you get stronger, faster, and ready for any adventure—so keep moving, and watch yourself become amazing!
 - **Thursday:** Time away from the screen is time to explore, create, and have fun! The more you play, imagine, and move, the more awesome things you'll discover in the real world
 - **Friday:** Take a break, relax, and let go of stress—your PJs are the perfect reminder that it's time to unwind and recharge!
- **Get caught eating a veggie/fruit - get a sticker**
- **Staff**

Mind-body exercise by Nicole Corr - April 10, 2025, at 3:20-4:20PM – Sign up using the link by April 3, 2025.

<https://docs.google.com/spreadsheets/d/1RvTJ9ZPQmVPuprwLBmutiLyZVCxEnzaaDC9b2gtOed0/edit?gid=0#gid=0>

Gratitude Wall: We're creating a Gratitude Wall to share what we're thankful for throughout wellness week!

Where: Hallway by the Nurse's Office

Materials: Paper and markers are in the Main Office

Take a moment to write something you're grateful for and add it to the wall. Let's spread positivity and inspire each other!