Wellness Wednesday Ideas

The goal of Wellness Wednesday is to raise awareness about the importance of taking care of one's mind, body, and soul and to provide practical tips and resources for individuals to do so.

1. Put out coloring pages and crayons at lunch
2. Create a gratitude wall for people to share 3 things they are grateful for
3. Share your favorite song
4. Announce a hydration challenge – drink lots of water and no soft drinks for a day!
5. Encourage teachers to start each period with brain teasers or puzzles for fun
6. Do chair yoga
7. Place positive affirmations written on sticky notes on bathroom mirrors
8. Clean / Declutter (your notebook, backpack, locker, desk, classroom)
9. Teach the 5 fingers Breathing technique
10. Teach the Box Breathing technique
11. Practice 10 minutes of mindfulness
12. Read a book
13. Write a list of things you are thankful for
14. Take a music break
15. Laugh – watch silly videos
16. Invite therapy animals to school for a petting session
17. Share tips for reducing stress
18. Conduct the W2BW Stress Lesson unhealthy vs healthy ways to Cope (Facilitator must review first)
19. Sponsor line dancing classes after school
20. Publicize who to turn to for help: Do you know who is on your campus wellness team?
21. Tell jokes
22. Make a well-being fortune teller
23. Identify a grudge you have been holding and let it go as a gift to yourself.
24. Draw or write about how you are feeling today.
25. Host a lunch and learn session on wellness topics like nutrition, stress management, or mental health.
26. Make a list of things you could do to help someone else.
27. Discuss organizations in your school and how students can be involved.
28. Share with one another where your name came from (why you have that name).
29. Sponsor a digital detox day and encourage students & staff to talk with some icebreaker questions.
30. Healthy selfies – have people share photos doing healthy activities with others and tag them with #wellnessat(schoolname)