

Here's an early preview of the Wellness Day Activities – students will be allowed to select 8 different activities and will be scheduled for 4 based on availability.

1. **Guided meditation:** relax in a quiet, safe space
2. **Making friendship bracelets** (with string): various beads and strings to make a keepsake!
3. **Brainteaser puzzles & riddles:** various crosswords, Sudoku
4. **Music hang session:** listen to music, talk music, sing a longs.
5. **Playing cards:** crazy 8s, etc.
6. **Origami:** learn to fold various patterns and make a keepsake
7. **Introduction to drawing:** learn the basics on how to draw and have time to doodle your heart out
8. **Fabric painting:** make your own reusable canvas tote bag
9. **Board games:** Clue, Connect 4, Monopoly etc.
10. **Jigsaw puzzles-** various sizes
11. **Bingo:** play various bingo rounds to win prizes
12. **Poetry Workshop/Blackout poetry:**
13. **Trivia:** play against others
14. **Yoga:** stretch, breathe at your own pace
15. **Tabletop-role paying games:** like Dungeons and Dragons
16. **Independent reading:** find a book, get cozy and read whatever you'd like!
17. **TikTok Dancing:** practice, make your own, post them all
18. **Manicures:** take time to treat yourself
19. **Collage Mood Boards:** A vision board or mood board is a collage (set of photos, text, icons) where all the images or text help you spark an emotion, feeling or motivation to achieve a goal or succeed. It's about giving free rein to your creativity in a fun and open way, so you can express the goal you want to. Participants may wish bring images/magazine and/or photos to cut up and collage with but it is not a must as supplies will be available to use
20. **Social media "share-out":** sit with others and share your favorite Instagram accounts, TikToks etc.
21. **Coloring:** various designs to color and doodle on
22. **Creative Writing Workshop:**
23. **Acting Exercises** - Take part in group "games" designed to help you practice control of your voice, body, and movements and challenge your creative and imaginative spirit!

24. **Dialect Coaching** - Learn tricks and tips on how to speak in various accents such as English (RP or "proper"), English (Cockney/Londoner), American Southern, Scottish, Irish, Australian, and more!
25. **Podcasting**: learn the power of broadcasting
26. **Painting Warhammer**: paint your own miniature Warhammer character
27. **Movies**: watch various movies and kick back
28. **Tie-Dye**: bring your own T-shirt to tie-dye
29. **Crepe & Coffee**: make yourself a snack and enjoy
30. **Anime Room**: all things anime
31. **Solve a Crime**: use evidence to work a case file
32. **Knitting/Crochet**: learning basic stitches or show off your skills.
33. **Sculpture**: get a piece of clay to model into a keepsake
34. **Make a macramé plant hanger**:
35. **Quiet Competitive Puzzling**: offers a range of jigsaw puzzle opportunities. There will be a larger jigsaw puzzle to work on. An "advanced challenge" consists of three 350 piece puzzles mixed together; you may sort through the pieces and complete what you can. A range of puzzles will be available for individual use.
36. **Found Poems**: Students will choose words from books, cut and paste them to form a poem. The physical tasks of viewing, finding, cutting, and gluing tends to free the creative spirit. Most likely you will be quite amazed at what you come up with.
37. **Create a calming jar**: create your own keepsake for when you're stressed
38. **Basketball**: play the game
39. **Volleyball**: play the game
40. **Create your own calming jar**: working with water, glue and glitter- create a jar to help you calm down when stressed
41. **Hour of Code**: Intro to Programming activities using Code.org online learning platform (you must bring your computer to this)