



Wellness Wednesday

2022-2023

From Sarah Kellett, via Edutopia

Our Why

Goal:

Setting aside an intentional day (or moment) each week to remember to take a breath, find moments of mindfulness, slow down, reset, and recharge.

Why use Mindfulness and support Social Emotional practices?

Mindfulness practices can help us to increase our ability to regulate emotions to decrease stress, anxiety, and depression. It can also help us to focus our attention, as well as to observe our thoughts and feelings without judgment. It provides the opportunity for us to recenter and ground ourselves.

The five social emotional learning (SEL) skills are self-awareness, self-management, responsible decision making, social awareness, and relationships skills. Development in each of these areas helps students to collaborate, understand perspectives, manage emotions, and become independent, successful adults.

Wellness Wednesday Structure

Weekly

- Use intentional devoted time to add a mindfulness or SEL practice to your Wednesday.
- School-appropriate wellness attire and comfortable shoes are permitted for staff and students.
- Choose one thing to try yourself at home too!

Monthly

- An introduction to a topic, idea, or practice will occur on morning announcements on the second Wednesday of every month.
- There will be intentional EXTENDED time to complete planned activity as a follow-up to viewing videos.
- School-appropriate wellness attire and comfortable shoes are permitted for staff and students.
- An adult activity has been created for staff enjoyment.



Monthly Mindfulness and Social Emotional Learning Activities

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Monthly Dates and Themes

August 24	September 14	October 12	November 9	December 14	January 11
February 8	March 8	April 12	May 10		

Monthly Highlights


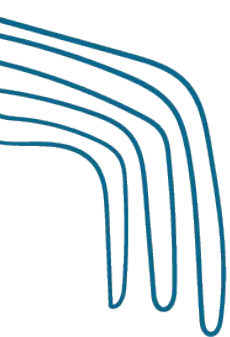

Student Activity and Resources

Staff Activity and Resources

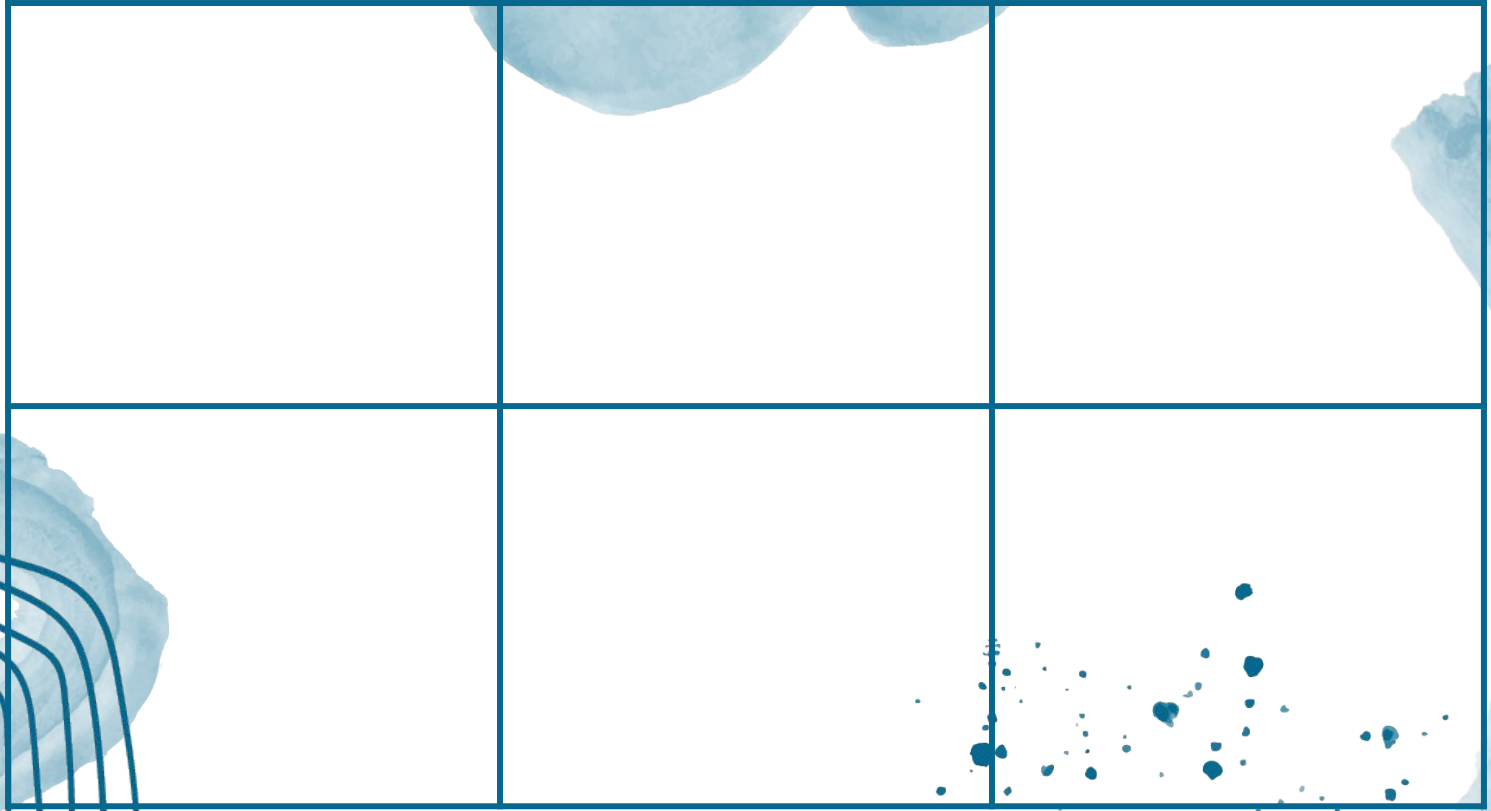


Weekly Mindfulness and Social Emotional Learning Activities

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Archives