

Student Wellness Choice Board

<p>Name your strengths. What do you know, how are you brave, what do you do well in relationships, how do you treat others, and what do friends like about you? Make a list of your strengths.</p>	<p>Eat the rainbow. How many different colors can you eat today? Micronutrients matter. Eat fruits and vegetables and drink lots of water.</p>	<p>Go positive. No matter how challenging a day has been, take a moment to notice a few things that have gone well. This can be as simple as a smile or a compliment you received.</p>	<p>Find the funny. Seek out people and media that make you laugh. Find a joke book, watch a comedy, ask your friends for their funniest YouTube videos. Laugh and laugh well.</p>
<p>Practice gratitude. Write down at least three things you are grateful for today. Be specific.</p>	<p>Find joy in movement. Discover some type of movement you love: intense cardio, a hike in the forest, yoga, or cycling. Engage in 30 minutes of happy movement today.</p>	<p>Practice random acts of kindness. Help someone who could use support. Smile at everyone you pass by. Connect with people in your community you don't often talk with. Try to make someone laugh or smile.</p>	<p>Seek beauty. Find something beautiful in your school or neighborhood. Take the time to notice and appreciate it. Share what you have found with someone else.</p>
<p>Prioritize your peers. Show your friends how much you appreciate them. Use your time, words, and actions to bolster your friendships.</p>	<p>Seek healthy challenges. Want to try a Zoom dance class? Test out Duolingo in a new language? Cook a recipe you haven't tried before? Read a book from a new genre? Today is the day to go for it.</p>	<p>Sleep—the ultimate pause. Get at least 8 hours of sleep tonight.</p>	<p>Reflective practice. Write a journal entry on the most important lesson you have learned this year.</p>

Source: Kathryn Fishman-Weaver and Stephanie Walter, via Edutopia