

These ideas could be presented in a morning announcement, a homeroom or advisory class as quick tips or made into 5-15 min mini lessons. They can be student led or teacher led. Check out more Wellness Wednesday Ideas on Instagram @work2bewell

1. Practice -- minutes of mindfulness
2. Sensory Walk
3. Eat lunch outside
4. Share 3 things you are grateful for
5. Share your favorite song
6. Dance party for -- minutes
7. Journal for -- minutes
8. [Practice Self-Affirmations](#)
9. Lie on your back and look at the clouds
10. Color, paint or draw
11. Blow bubbles
12. Learn a new yoga move (stretch)
13. Practice Covert Compliments (like secret Santa)
14. Clean / Declutter (your notebook, backpack, locker, desk, classroom)
15. Meditation
16. Talk to a friend / Walk & Talk
17. Drink Water
18. Try something new
19. Benefits of unplugging
20. [5 finger Breathing](#)
21. [Square Breathing](#)
22. Read a book
23. Learn to make healthy snacks
24. Visualizations
25. Get Cozy
26. Listen to music
27. Laugh – watch silly videos
28. Garden – plant something and watch it grow!
29. Board / Card Games
30. Make a list of all the things you love about yourself
31. W2BW [Emotional First Aid Kit](#) Part 1 (Items #1-3)
32. W2BW [Emotional First Aid Kit](#) Part 2 (Items #4-6)
33. W2BW [Stress Lesson](#) unhealthy vs healthy ways to Cope ([W2BW Checklist](#))
34. W2BW [Resources / Youthline](#) - Who to turn to for help
35. W2BW How to start a tough conversation ([Critical Conversations](#)) – Role Play
36. Listen to a [Talk2BeWell Podcast](#) – handout (30-45 minutes)
37. Benefits of Sleep – how to get good sleep
38. Make a [well being fortune teller](#)
39. [Anxiety Grounding Techniques](#)