



WEEKLY HEALTH + WELLNESS ACTIVITIES

May 11-15

Mindful MONDAY

Help your kids reflect on their feelings while playing a fun game of Tic Tac Toe. Fun Sesame Street theme!

[Click Here for game instructions and printable](#)

Tasty TUESDAY

Put a variety of snacks in a muffin tray. Have different snacks in each of the 12 cups. Use your 5 senses to describe each snack and identify an emotion you feel when you are eating that snack.

Example: You may put fishy crackers in one cup. What do they look like? How do they smell? How do they taste? How do they feel? How do they sound when you eat them? What emotion do you feel when you eat them?

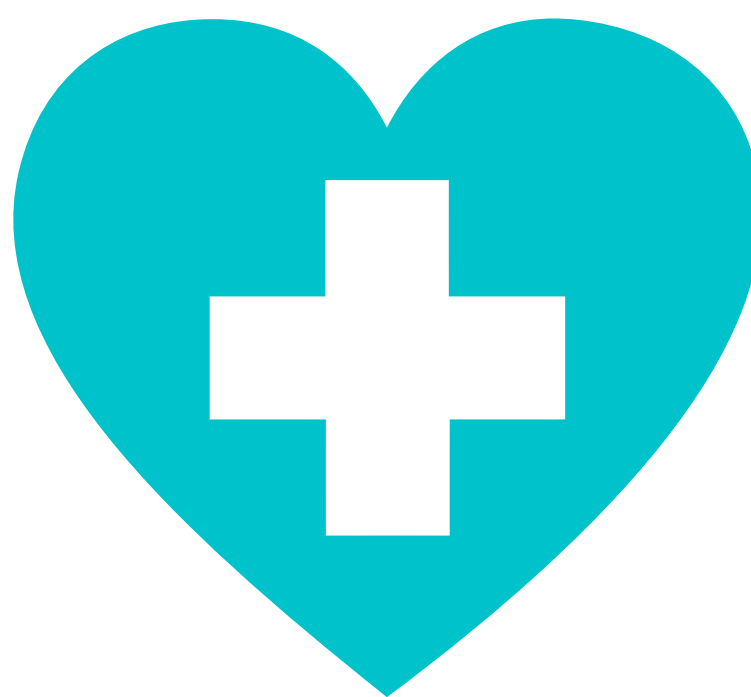
Wiggly WEDNESDAY

Explore, name and act out your emotions as you go on a mood walk with Blazer Fresh!

[Click here to check out the mood walk!](#)

Thoughtful THURSDAY

Create a collage of magazine cut-outs that represent different emotions. Add as many different emotions as you can find. Once you have completed your collage, add it to your calm down kit. You can now use this as a tool to help you identify your emotions and how something makes you feel.



MRS. LEWIS
MRS. HANS

Fun FRIDAY

Grab some popcorn and watch the movie "Inside Out". This movie is about how five emotions represent the characters Anger, Disgust, Fear, Sadness and Joy and how they try to control the mind of an 11-year-old girl named Riley. Available on Disney +

GOAL OF THE WEEK:

To bring awareness and identify different emotions.