



# WEEKLY HEALTH + WELLNESS ACTIVITIES

May 4 - 8

## Mindful MONDAY

Find a rock outside and paint it with a positive/encouraging message. Something that would bring a smile to a stranger's day.

[Click Here to read about the Kindness Rocks Project](#)

## Tasty TUESDAY

Try to make this new recipe. You can change the fruit inside the sushi from banana to something else:

[Click Here for Recipe!](#)

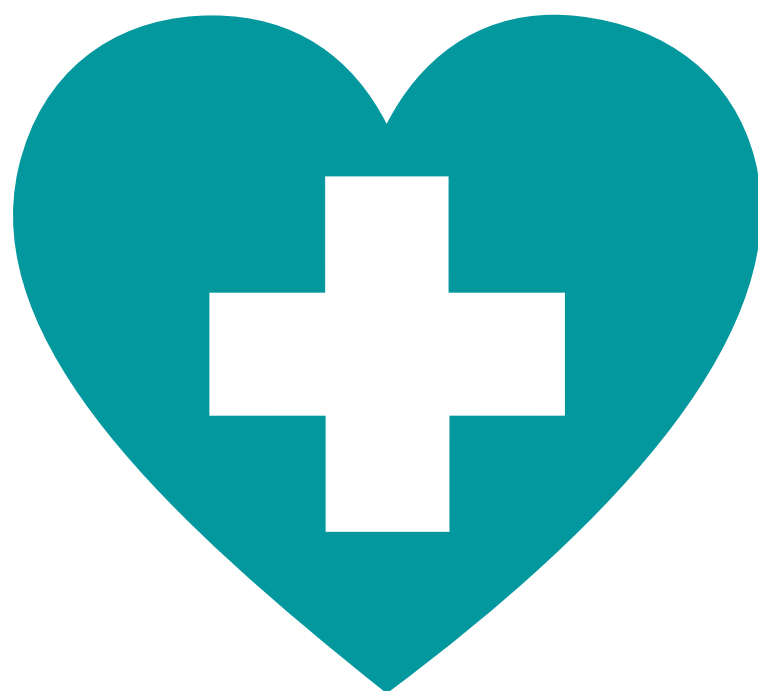
## Wiggly WEDNESDAY

Go on a nature walk. Take your rock that you created on Monday with you and place your rock somewhere you think a positive message would be helpful for someone to see.

## Thoughtful THURSDAY

We are going to make a sensory calm bottle to add to our calm down kit:

[Click here for easy instructions!](#)



MRS. LEWIS  
MRS. HANS

## Fun FRIDAY

Write a thank you letter/draw a picture/make a card to your teacher or some other front line worker you know. Find a stamp and send it the mail!

## GOAL OF THE WEEK:

Spread some kindness and work on how to manage your moods.