

Washington Latin - Wellness Day, Wednesday December 9, 2020 - Middle School Sessions

Session Name	Description	Time	Lead	Grade
"You're Not Listening to Me!": How to Engage in Conflict in a Healthy Way	Do you have a hard time expressing yourself when you're upset? Or find yourself fighting with others often? Would you rather avoid conflict altogether? Come to this session to learn practical skills on how to engage in conflict in a healthy way. In this session, Ms. Grant, who runs our conflict resolution program, will share skills to help you and give you space to practice these skills. Learn to express what you're really feeling in a healthy way and how conflict isn't something you need to be afraid of!	11:00	Ms. Grant	All Grades
Baking Club	What better way to celebrate Wellness Day than to bake yourself some delicious (and reasonably healthy) cookies! These are called Banana Everything Cookies. For all of the vegans out there, these cookies are vegan! For non-vegans, you won't even notice the recipe is vegan because the cookies are so tasty! If you are a beginner who knows nothing about baking or even cooking, do not fear because the recipe is easy! Don't want to clean up afterward?	11:00	Mr. Green	All Grades
Books! The original anti-screen antidote	When's the last time you read a book just for fun? Recently? Great, then it's time to find yourself another great read. It's been a minute? Then no better time than Wellness Day to head to the WLCS library. You can sign up for half hour book browsing/check out sessions (COVID safety procedures in place) from noon to 3pm. Space is limited so be sure to reserve your spot today! Questions: email Ms. Abercrombie, Library Assistant, jabercrombie@latinpcs.org	12:00-3:00	Ms. Abercrombie	All Grades
Boys Group	This wellness session is for our male students. Learn how to take care of yourself, organize your time, and still do all the things you love. This session will be filled with fun and community.	10:00 & 11:00	Mr. Coleman	All Grades
Come Walk with Us, Talk With Us, Tell Us Your Stories!	Come join Ms. Davis and Dr. Smith on an hour-long walk in Rock Creek from 1:30 - 2:30 on Wellness Education Day! Please meet us in the parking lot at the corner of Blagden and Beach Drives! Wear shoes appropriate for tromping in the woods, and be sure to have plenty of warm clothing. And get those Fitbits charged up!	1:30-2:30	Dr. Smith and Ms. Davis	All Grades
Creative Writing Workshop	Throughout the ages, humans have used art as a way to express their many thoughts, ideas, and emotions. Today is no different- art can elevate our mood or convey important messages reflective of our own life experiences. I'd like to offer you the opportunity to practice wellness through the art of writing. Creative writing happens in many forms- poems, short stories, novels, writing scripts, writing song lyrics, etc. Please join me on Wednesday at 10:00 am for a creative writing workshop, where you will use words to ease the mind and soothe your soul. We will do short creative writing activities and share our work with one another with the aim of inspiring each other to develop new insights and think deeply. All you need for this activity is something to write on, something to write with, and your authentic selves.	10:00	Ms Lee-Bey	All Grades

Digital Drawing	Students will learn about how to draw using several digital drawing tools from their peers! Students will learn how to use the drawing application on google docs. If time permits, students will learn about coloring, shadowing, and other tricks. Lastly, students will get to draw a few things on their own on a shared google document.	10:00	Mr Kelly, Thalia Ehrenpreis, Noa Smudde	All Grades
Empowering and Fun H.I.I.T. workout with Mr. Mariotti	We could all use a little fun right now, especially in our at-home workouts. So, if you're ready to sweat, stretch, strengthen your entire body and smile from the comfort of your own home, congratulations! This is H.I.I.T.: the workshop tailored for you without the hassle of any gym equipment and where you learn how easy it is to create your own H.I.I.T. circuit. I am so excited you chose to join me for this fun, empowering, and effective H.I.I.T. workout.	10:00	Mr. Mariotti	All Grades
Full Body Workout For Beginners	This session will include a 30 minute workout that aims to hit all the major muscle groups in one single session, including exercises for back, legs, chest, shoulders, arms and core. Followed by a 10 minute stretch after. Students will not need any materials other than a water bottle and a towel.	10:00	Ms. Smith	All Grades
Girls on the Run	Join Ms. Eleby-El and Ms. Figueroa for some fun workout exercises. This session is designed to build strength and endurance and will include circuit training, cardio and core exercises as well as stretching for a complete workout. We will also discuss the importance of setting SMART physical health goals, especially in these winter months. All fitness levels are welcome. Make sure to have a water bottle, comfortable clothes, tennis shoes and a mat is optional.	10:00 AM	Ms. Elbey-El and Ms. Figueroa	5th and 6th
Let's create a personal masterpiece!	You will use various materials to create a mixed-media collage that represent a subject of your own choosing. All you'll need is your imagination and a few materials, which range from pencils (colored and graphite), crayons, glue stick, paint (colors of your choosing), newspaper and/or magazines (will be cutting it up; don't use something you're keeping), scissors and paper (size of your choosing).	9:00	Ms. Coleman	All Grades
All Good Things Start With Chocolate Chip Cookies!	Grab your aprons! Sharing food is one way to care for ourselves and others. Join Ms Moore to live out her motto that food is love. We will make chocolate chip cookies to enjoy and share with those we love	10:00&11:00	Ms. Moore	All Grades
Mindful Improv	Say YES to the collective, cooperative and creative joy of improvisation! Improvisation is inherently mindful as it takes you out of your head and into the present moment through fun and interactive games. We will provide a relaxed, nonjudgmental and safe environment for people to be in the moment, let loose and play. The class will include an introduction to improvisation with a warm-up exercise, and large and small group improvisation activities.	10:00 and 11:00	Mr. Birkenhead	All Grades
Coloring Fun!	Come get some COLOR THERAPY! Join in this session of coloring mandalas if you want to 1)Relieve stress 2) Refresh your Brain, and 3) Spark creativity. No experience is necessary. You will receive some mandalas (on paper), colored pencils or markers. Low stress, big fun!	9:00	Ms. Richardson	All Grades

Poetry/Self-Portrait Collages	With so much time spent at home, it is hard to lose track of what we love about ourselves. This poetry/self-portrait collage will give you a chance to reflect on what makes you feel strong, smart, loved, and connected to the world. Students will draw an image of themselves and write lines of poetry to go around the picture. The result will be a great mood-booster and reminder of inner strength and confidence, to post near your desktop when you feel disappointed and defeated, so you can keep yourself feeling positive and loved. All you need is a notebook, sheet of paper, or access to Google Docs and Google Draw	9:00 & 10:00	Ms. Breitman	All Grades
Reworking Your Workspace	Do you have a hard time keeping track of your distance learning materials? Are you bored with your work space? Is too much clutter distracting you from getting your work done? If you answered yes to any of these questions, this Wellness Day workshop is for you! In this session, we will do a deep dive into what makes a productive and effective workspace, how to combat clutter, and best practices for adding productivity boosting personal touches to your desk or work area!	10:00 & 11:00	Ms. Reed	All Grades
Skincare! Homemade Face Masks	Create your own zen with this special workshop! Face masks are a great way to do something kind for your skin especially with our new normal of wearing Covid-19 prevention face coverings all the time. Grab some hot cider/ hot cocoa, your favorite PJS, and some special ingredients to create a true self care moment.	9:00 & 10:00 AM	Ms. Bradley	All Grades
Stress Response System	Are you curious to learn about stress and why our bodies respond in certain ways? Stress impacts our brain development, mood, and even our physical health, like our gut and immune system. Social drama, home struggles, tests or quizzes, gossip, bullying are just some examples of stress students face and these can have long-term consequences if they aren't dealt with appropriately. You'll learn how your brain is triggered when you encounter stress and even why you get stomach aches when you feel completely overwhelmed! We all have stress in our lives but there's hope in that there are ways we can combat these- with healthy coping skills. You'll learn ways to distract yourself from incoming stress but also learn ways to process unpleasant feelings in healthy and productive ways.	9:00	Ms. Oberson	All Grades
Weaving as Meditation	Frame loom weaving is super easy, just a simple over under and you got it. What makes it self care/meditation? You can really relax and get lost in the process. Even better, you can put it down and pick up where you left off: no patterns or counting stitches necessary. We'll learn the basics and how to make a loom from materials you have at home.	10:00	Ms. Malchionno	All Grades
Wellness Education	Sibling rivalries becoming intense; unable to wake up for school on time; can't see friends and family; feeling sad more than usual -- Come to this Wellness Education Day (WED) session to discuss strategies and techniques as a community. Dealing with the everyday stress of middle school has become increasingly difficult during a global pandemic. Join Ms. Griffith in learning about social, physical, intellectual, emotional, occupational, environmental, financial, and spiritual coping skills for dealing with stress.	9:00	Ms. Griffith	All Grades

Yoga	<i>You can practice yoga anytime, anywhere! On Wellness Day, learn the basics of yoga and how it can help you become stronger and feel more relaxed. Then we'll practice with an easy, stretchy flow. All are welcome--no prior experience or equipment necessary. Feel free to use a yoga mat or towel if you have one, and wear comfy clothes that you can move around in</i>	9:00	Ms. Rose	All Grades
Make Your Own Paper Snowflakes	Looking to get into the holiday spirit? Grab your hot cocoa, turn on some holiday music, and join Ms. Sisk in making paper snowflakes to decorate your windows and rooms with! All you will need is paper and a pair of scissors.	9:00	Ms. Sisk	All Grades
Burnout	What is burnout? Do you understand the term "burnout"? Do you know how to identify when you are burnout? During this session, you will learn the signs and symptoms of feeling burnout. In addition you will learn the difference between stress and burnout. We will review and practice healthy strategies for you to use to avoid feeling burnout.	10:00	Ms. Bufort	All Grades
Stress Reduction, Tropical Fish and Aquariums	Pet therapy has been shown to improve one's satisfaction, energy levels, self-esteem, and mood, as well as decrease depression. Additional benefits include increased motor skills and movement, improved social skills and verbal communication, decreased boredom, and a more positive outlook. Given the glowing health benefits pets provide, I'm not sure why everyone doesn't have either a dog, cat, rabbit, birds or fish! Speaking of fish 🐟🐠🐡, our WED program will speak to the virtues of how and why owning and caring for an aquarium can improve your overall mind-body wellness. It offers the chance to bring the calming effects of nature right into your (possibly for Christmas?) home. If there is any stress connected with owning an aquarium it is on the initial set up. An aquarium need not be large. There are now mini-aquariums that can sit on your desk and can have the same effect as the large ones. Also, this need not be expensive and, when you think about it, is a good investment in your emotional and physical well being. In our hectic daily lives filled with work, zoom, family, teachers (!), it is important for all of us to have ways of relieving the pressure all of this creates. An aquarium provides a way for you and your entire family to participate in its benefits. Along with exercise, meditation and yoga, owning fish are a wonderful way to reduce anxiety and stress	10:00	Mr. Werstein	All Grades
Storytime in America	One of the oldest traditions in history returns with Mr. Staten as we gather for storytelling and storytime as he shares two creative stories he's working to have published in the not too distant future. Normally done around a campfire, but today over Zoom, at 10:00 AM Mr. Staten shares The Chronicles of Rayvenhart: The Shadows of the West, a fantasy war story that draws influences from medieval epics and Japanese manga while at 11:00 AM, he shares Mr. Sterling and the Sixth Grade Guardians of History a comedy adventure that might be an alternate universe retelling of something really familiar...	10:00	Mr. Staten	All Grades