

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

Session Name	Session Description	Session Leader	Time	Virtual or In Person Outdoors
<b>Vegetarian Cooking</b>	"It's the healthy eating for me. It's the saving the planet for me. It's the humane treatment of animals for me." Whatever your reason, come to Ms. Hamd's vegetarian/vegan cooking demo and you will learn a great new recipe that is healthy, helps to save the planet, doesn't harm any animals, and is very flavorful and super easy to make! Please reach out to Ms. Hamd for the ingredient list if you'd like to cook along with her.	Joyce Hamd	11:00 AM	Virtual
<b>Frame Loom Weaving</b>	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.	Angela Malchionno	10:00 AM	Virtual
<b>Habit Stacking</b>	<i>Who is this session for?</i> Anyone who is interested in becoming more aware of their daily habits, and creating a plan to consistently and successfully integrate new habits into their daily routines! <i>What is habit stacking?</i> Essentially, habit stacking is the act of attaching specific <b>desired habits</b> to <b>habits one already does</b> : <b>After I brush my teeth I will do 10 push ups</b> . <i>What will we do in the session?</i> Learn about habit stacking, how it works, and how to implement it. This will be a workshop, so come prepared to write down your habits, your desired habits, and using habit stacking, create a plan to integrate your desired habits into your routine!	Lydia Chernitsky-Hamd	11:00 AM	Virtual
<b>Bike Ride to Watch the Planes Land!</b>	Mr. Liu and other faculty are leading a bike ride to Gravelly Point Park to watch the planes land at DCA. The planes literally fly right over you before landing! The ride will start at the school and we will catch some wonderful scenery along the way, taking the Metropolitan Branch Trail to Union Station, then following the National Mall and monuments, and then over the 14th Street Bridge to the park. The distance from the school to the park is about 9 miles. You may join us at the school or at one of the designated pick-up points along the way: Brookland Station, Rhode Island Ave. Station, No-Ma Gallaudet Station, Union Station, and the U.S. Capitol.	Lawrence Liu and Carl Hultgren	1:00 PM	In Person - multiple meet up spots
<b>Introduction to Meditation</b>	Mindfulness has been in the news for several years now. However, the common use of the term has also created many stereotypes and misconceptions about what meditation actually is (hint: it's not about stopping thoughts or ignoring bad experiences!). Join us for a short intro to Mindfulness meditation where we'll learn about its application, explore its benefits, and apply our learning to a short meditation.	Parag Bhuvra	Asynchronous - anytime you choose	
<b>How to Be a Garden Boss</b>	Did you know Mr. Torrence started a greenhouse and that Mrs. Seid owns a farm? If you would like some tips and tricks for being resourceful and growing (almost) anything indoors, join Mr Torrence and Ms Seid for a lively discussion of growing. We will be providing a free starter kit for you to pick up from school. If you have any seeds from food you eat, save them!	Rickey Torrence and Laurel Seid	11:00 AM	Virtual
<b>Hiking in Rock Creek Park</b>	Join Mr. Zinck for a hike through Rock Creek Park at 2pm. We will meet on the parking lot side of the Tennis Center (off of Kennedy). We will walk down Morrow Road towards the Park Police Station where we will pick up a trail just west of the creek. We will hike south on that path until we reach Beach Dr. and then take the Valley Trail north. We will then take a path that takes us by Carter Barron Amphitheater, and back to the Tennis Center. It is roughly a 4 mile hike. Bring some water and your walking shoes!	Troy Zinck	2:00 PM	In Person - Rock Creek Park

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<b>Beaded Ornament Making</b>	The holiday season is officially here. No matter what you celebrate a decorative ornament can be just the thing to bring you or others a little bit of joy. We will be using pipe cleaners and beads. You are encouraged to add anything else that you get your hands on to make it even more special. Do not worry about whether or not you think you are creative...this session is open to all ability levels. This session is limited to 15, so sign up immediately if you're interested!	Kerry Richardson	11:00 AM	Virtual
<b>Let's HIIT It!</b>	Get ready to sweat! This virtual HIIT workout will be filled with fun jams and lots of motivation and movement. You will surely feel great after this session, so join me in pursuit of getting a great workout in today!	Jamille Callum	11:00 AM	Virtual
<b>Soul Cafe</b>	Soul Cafe is a space to internally/spiritually re-center ourselves and connect with others. This is what we'll do: briefly introduce ourselves, then listen to 1 or 2 songs to quiet our minds, then read a handful of pre-selected writings, including passages from various sacred traditions, poems, and quotations. Next, I'd invite participants to share anything that uplifts them--a poem, quotation, sacred writing, song, etc.(It's also fine to come and just listen!) Finally, we'd all tell each other about a highlight from our week. The hope is that, by internally/spiritually centering ourselves, we fortify ourselves, and that helps us keep going. In addition, it's hopefully a space where people can get to know one another a bit more and start to create some bridges and some joy.	Elaina Barroso	11:00 AM	Virtual
<b>Nature Journaling</b>	Even the smallest component of the natural world can be a source of infinite beauty, wonder, and restoration for the soul - if we slow down enough to pay attention. Nature journaling is the practice of recording observations and wondering about the natural world using words, drawings, numbers, poetry (or any other form of observation). It requires no special skills or prior experience, just a desire to connect with the world around you in a deeper way. Come to the morning virtual session (10 am) for an introduction; come to the afternoon session (2 pm) in Rock Creek Park for some nature journaling in the park.	John Stiff	10:00 AM virtually	2:00 PM in person
<b>Let's Create a Personal Masterpiece!</b>	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).	Caroline Coleman	9:00 AM	Virtual
<b>Disc Golf</b>	<a href="#">Come learn the basics of disc golf.</a> No experience or equipment is necessary - just show up. We plan to play at school, but can instead meet at Calvert Road Disc Golf to play a free round if enough students are interested.	Corey Martin, Tom Yonker, Rickey Torrence	2:00 PM	In Person - Latin Field
<b>Coloring, Comfort, and Good Company with Ms. Hamm</b>	Coloring is known to inspire and soothe. Spending time making art with colors you enjoy is a great way to take care of yourself, express yourself, and have fun. Best of all, you probably have all the supplies you need at home! Bring your own coloring, drawing or other arts/ crafts to the table and we'll spend some time creating together. For extra comfort, bring a blanket or warm beverage! If you would like some inspiration, Ms. Hamm will send out some printable coloring pages or suggestions for a few coloring apps you can use on a phone or tablet. Be prepared to share your work and chat a bit about what you like to draw or color.	Sereena Hamm	11:00 AM	Virtual

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<b>Coping With the Demands of Everyday Life</b>	Dealing with the everyday stress of Highschool 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. Sibling rivalries becoming intense; the rigorous academic curriculum of WLPCS becoming too much; can't see friends, significant others and family; feeling angry more than usual -- Come to Wellness Education Day (WED) to discuss being a highschooler during 2020.	Avant Griffith	10:00	Virtual
<b>Life Hack: Controlling the Brain to Control Emotions</b>	Have you ever wished that there was a remote for turning off negative emotions? Have you ever wondered why your body reacts in certain ways when you're mad or sad about something (for example, shaking or trembling hands, sweaty palms, hot flashes, flushed-red cheeks, etc.)? Our emotions begin in the brain so knowing how your brain works can help you keep your emotions regulated so that you can feel your best. Come receive a few life hacks for self-regulation to cope with anxiety, fear, anger, sadness, and other emotions!	Aryn Davis	10:00 AM	Virtual
<b>It's Ok Not to Be Ok</b>	When you are experiencing emotional problems, one of the first steps to feeling better is finding a way to talk about how you're feeling. For a lot of us, it can be hard to speak up, and even harder to know how to approach the conversation — who to talk to and what to say. Talking about your issues may not be easy but it's a necessary part of getting the help you need. It's Ok not to be Ok! During our brief time together, we will explore some of the myths and realities of mental and emotional health.	Hope Foster	9:00 AM	Virtual
<b>Burnout</b>	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.	Tiffany Bufort	9:00 AM	Virtual
<b>Stress Reduction, Tropical Fish and Aquariums</b>	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	Jack Werstein	11:00 AM	Virtual
<b>Self Care</b>	In this session, we will explore ways on how to start prioritizing your own wellbeing through practicing self-care. Self-care is an activity or action that we do to take care of all aspects of ourselves. Although it may sound simple, it is something that we often overlook. So join to learn how you can practice self-care to build resilience throughout life and create a more positive mindset.	Dayla Tucker	11:00 AM	Virtual
<b>Yoga</b>	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. The session begins at 11 am.	Caroline Rose	10:00 AM	Virtual

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<b>"You're Not Listening to Me!": How to Engage in Conflict in a Healthy Way</b>	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!	Anna Laura Grant	10:00 AM	Virtual
<b>Books! The original anti-screen antidote</b>	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 <a href="mailto:jabercrombie@latinpcs.org">jabercrombie@latinpcs.org</a>	Jennifer Abercrombie	12:00-3:30 PM	In person - Latin Library
<b>Music Therapy and Synesthesia</b>	The connection between music and relaxation, as well as the connection between music and your senses. It is a combination of art and music therapy.	Eliza Cattaneo and Brian Hotchkiss	10:00 AM	Virtual
<b>Stress Response System</b>	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.	Amy Oberson	10:00 AM	Virtual