

## Washington Latin - Wellness Day, Wednesday February 17, 2021 - Middle School Sessions

Session Name	Session Description	Time	Session Leader	Grades
<b>Empowering and Fun H.I.I.T. workout with Mr. Mariotti</b>	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.	9:00	Mr. Mariotti	All Grades
<b>Poetry/Self-Portrait Collages</b>	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	Ms. Breitman	All Grades
<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	9:00	Ms. Rose	All Grades
<b>Weaving as Meditation</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.	9:00	Ms. Malchionno	All Grades
<b>Paper dolls</b>	Let's dress you up! Print out a favorite picture of yourself (full body). You will use various materials to dress you up. 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
<b>The Goodness in Granola!</b>	Granola is a healthy and delicious start to your day! Join Ms. Moore to make a batch of granola that your whole family can enjoy	9:00 & 10:00	Ms. Moore	All Grades
<b>Mindful Improv</b>	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.	9:00 & 10:00	Mr. Birkenhead	All Grades

<b>LGBTQ+/GSA wellness</b>	A LGBTQ+ meetup! This is for people who are in the LGBTQ+ community or for people who want to learn more about it. In this session we will do some talking and answering questions and community building!	9:00 & 11:00	Ms. Friedman and Quinn Frankiewicz	All Grades
<b>Skincare! Homemade Face Masks</b>	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	Ms. Bradley	All Grades
<b>Baking Club</b>	Soft, warm, blueberry muffins on a chilly winter's day. Is there anything more satisfying? I didn't think so! If you are looking to bake a dozen delicious blueberry muffins that you can eat and share with your loved ones, then please join me for Wellness Day Baking Club, where we will make these muffins from scratch. You will not be disappointed -- they are scrumtrulescent. Don't know what "scrumtrulescent" means? Well, that's just one more reason for you to come to Wellness Day Baking Club! Please note: You Will Need an Electric Mixer (either a standing mixer or a hand mixer) To Make These Muffins! If you do not have one, you should probably choose a different activity. Sorry! I hope you can and will join us!	10:00	Mr. Green	All Grades
<b>Full Body Workout For Beginners</b>	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
<b>Girls on the Run</b>	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	Ms. Eleby-El and Ms. Figueroa	5th and 6th
<b>Together Again!</b>	Join Ms. Griffith at 10:00 am on Wellness Education Day (February 17, 2021) to explore feelings and thoughts about transitioning from virtual learning to in-person learning. We will discuss student perceptions about the transition and identify what is in our control versus what is outside of our control. The change will occur eventually, and understanding that letting go of situations outside of our control can improve our mental health and self-care.	10:00	Ms. Griffith	All Grades
<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.	10:00	Ms. Bufort	All Grades
<b>TBD</b>		10:00	Ms. Davis	

<b>Craft Circle</b>	Craft Circle session for the next wellness day. A place for students to bring whatever crafts they enjoy: knitting, crochet, embroidery, cross stitch, felting, paper crafts, etc. We would work on our projects, talk while we work, and students could show off what they are creating or ask one another about the different craft projects.	10:00	Ms. Dobler	All Grades
<b>Boys Group</b>	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
<b>Reworking Your Workspace</b>	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
<b>Storytime in America</b>	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 & 11:00	Mr. Staten	All Grades
<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!	11:00	Ms. Grant	All Grades
<b>Guacamole and Imagination</b>	Two things that humans need are social interaction and food. Come join Ms. Oberson and Ms. Oran as we combine these two activities for your enjoyment and to fulfill those needs! This is a virtual activity where we'll make guacamole from scratch together while participating in exercises that will have us using our imaginations as a way to calm our bodies and to eat mindfully. Your imagination is free and can be used anytime and anywhere for any situation! (Food items will be provided and dropped off at your houses on the day before the event).	11:00	Ms. Oberson and Ms. Oran	All Grades
<b>Pet Care</b>	This session is a fun way to show off your pets at home! Whether you have a pet or not, you are welcome to join us. If you do have a pet, you can show off their tricks, explain how you take care of them, explain their daily routines, describe what you feed them, and much more!	11:00	Ms. Mujal and Maisie Scherger	All Grades
<b>Come Walk with Us, Talk With Us, Tell Us Your Stories!</b>	Come join Mr. Edmundson and Dr. Smith on an hour-long walk in Rock Creek from 1:30 - 3:00 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!	1:00-3:00	Dr. Smith and Mr. Edmundson	All Grades