

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

Session Name	Session Description	Session Leader	Time	Virtual or In Person Outdoors
Mindful Photo Walk	10 minutes slideshow and writing. Mindfulness practice. 10 minutes walk (independently, indoors or outdoors) looking for COLOR. Regather as group: New 10 minutes slideshow and writing. 10 minutes walk looking for LIGHT. Come back and SHARE photos and debrief.	Danielle Feist	9:00	Zoom
Coping with 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.	Tiffany Bufort	9:00	Zoom
Introduction to Meditation	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	9:00	Zoom
Classical Cafe	Whether you're a fan of classical music or just interested in broadening your studying playlist, come enjoy and be refreshed by listening to the glory of harmony in instrument and voice. We'll be playing selections from Georgian polyphony, Handel's Water Music, Bach's Goldberg variations, and much more. Feel free to bring a book to read, a piece of art to work on, or just your quiet presence as you tune in.	John Stiff	9:00	Zoom
Total Core with Ms. Trevino	Total Core With Ms. Trevino is an energizing (45 minute) core workout that makes you feel empowered and ready to take on the day! Using some of the most versatile yoga and plyometric moves, your abdomen will be strengthened as we move along some traditional pi-yo postures while focusing on activating the core! You will get a huge motivation from fun and liberating music as we move along some cardio moves to warm up in the beginning of the class (10 minutes). This energizing workout pushes fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body targeting the core muscles (25 minutes). The last 10 minutes of class we focus on slowing down the heart rate and cooling down the body preparing for savasana and ending the class with a guided mantra to set the intentions of the day in full motion. Perfect for all levels and those looking for a modified workout, it recreates the original moves you love at a lower-intensity as you have the freedom to move and advance at your own pace!	Jacqueline Trevino	9:00	Zoom
Letter/Card Writing	When has it ever been a bad thing to write someone you miss or have been thinking of a kind note to say so? Never. Come join me in writing to those near, far, and anywhere in between. Let's share some love. Bring paper, a writing utensil, an envelope, and a stamp. Or don't bring a stamp. We'll find one later if that's your hold up! Join me in spreading love, it's the old school way.	Kara Brady	10:00	Zoom

<p>Backyard Birding</p>	<p>The more closely you look at something, the more you notice. Everyone's probably aware that there are different sizes and colors of birds here in DC. But there's more to know and observe about them besides small and large, brown and gray. And even a few minutes' quiet attention can show you more about the complexity of birds' behavior and appearance -- whether you're looking out the window, on the street, or in the woods. In this session we will construct simple birdfeeders that may attract a variety of different urban bird species (how much variety depends on exactly who your avian neighbors are). We will also learn about different bird species in our city, so we can keep a better eye out for both the usual and the more remarkable avifauna we share our environment with. You will need to pick up from school a pinecone and a bag of birdseed (or supply your own); you will need to have peanut butter (or another nut butter) handy.</p>	<p>Nathan Day</p>	<p>10:00</p>	<p>Zoom</p>
<p>Acts of Kindness</p>	<p>There are scientifically-proven benefits to being kind! It makes us happier and healthier, and it does the same for the person receiving the kindness. So, in this session, after a quick introduction, we're going to take 25 minutes to do an act of kindness in our various locations. Afterwards, we'll tell each other about what we did and reflect on the power of small, kind actions.</p>	<p>Elaina Barroso</p>	<p>10:00</p>	<p>Zoom</p>
<p>Coloring, Comfort, and Good Company</p>	<p>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.</p>	<p>Screena Hamm</p>	<p>10:00</p>	<p>Zoom</p>
<p>Yoga</p>	<p>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 10 am.</p>	<p>Caroline Rose</p>	<p>10:00</p>	<p>Zoom</p>
<p>"You're Not Listening to Me!": How to Engage in Conflict in a Healthy Way</p>	<p>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!</p>	<p>Anna Laura Grant</p>	<p>10:00</p>	<p>Zoom</p>
<p>Paper Doll Making</p>	<p>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).</p>	<p>Caroline Coleman</p>	<p>10:00</p>	<p>Zoom</p>

<p>Vision Boards</p>	<p>Make 2021 memorable! Don't just think about what you want this year to look like.. visualize it on a board using pictures, images, quotes, items that bring you joy, etc. We will walk through the process, and take the time to bring unique, one of a kind manifestations to life. For this activity you will want a poster board, magazines, glue, and scissors. A suggested list of additional items will be provided. No experience necessary...just a desire to create your own magic.</p>	<p>Kerry Richardson</p>	<p>10:00 -11:30</p>	<p>Zoom</p>
<p>Journaling</p>	<p>If you are interested in some calm, guided journaling, this session is for you! What to expect in this session: Powerpoint slides that offer a selection of prompts. You will choose one prompt and you are to write for 5 minutes, without stopping, about what the prompt makes you think, or anything that comes to mind. Afterwards we will take some time to reflect on what we've written, and move on to another prompt. Here is an example of a prompt: What is the one greatest thing I can do to improve the relationships in my life today?</p>	<p>Lydia Chernitsky-Hamd</p>	<p>11:00</p>	<p>Zoom</p>
<p>Transition to and from Virtual Learning</p>	<p>Join Ms. Griffith at 11:00 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. Although the shift is inevitable, we will learn and understand how letting go of situations and events outside of our control can improve our mental health and self-care.</p>	<p>Avant Griffith</p>	<p>11:00</p>	<p>Zoom</p>
<p>The Fun of Plant Propagation</p>	<p>This session will outline the steps for propagating indoor houseplants which, in turn, helps you actually care for yourself! Introduction to various types of plants--from fiddle leaf figs to monstera, succulents and cacti--and the best ways to cut them. Next steps: what vessels work best to place them in, the water needed and how often to refresh or replace that water. How to transition the cutting from water to soil once the roots have developed. Q&A about any specific plant specimen from the student's home. (*Key message*: Ask permission from guardian before making any plant cutting for propagation purposes.)</p>	<p>Danielle Feist</p>	<p>11:00</p>	<p>Zoom</p>
<p>Let's Move: A HIIT Workout</p>	<p>Get ready to sweat! This virtual HIIT workout will be filled with fun jams and lots of motivation and movement. Join me in pursuit of getting a great workout in today! You'll also receive tricks and tips on a number of at-home workout exercises you can do anytime!</p>	<p>Jamille Callum</p>	<p>11:00</p>	<p>Zoom</p>
<p>Pizza Making with Ms. Hamd!</p>	<p>It's Friday night! Woo hoo! That means pizza! And pizza means either a lot of money or a very unhealthy meal or both, unless you come to Ms. Hamd's pizza making demo, where you can learn how to make your own healthy, delicious and inexpensive pizza. Plus, you can learn how to make your own bread with the leftover dough! You will need a large bowl, hot water, yeast (any kind is fine) sugar, flour, salt, grated cheese (mozzarella and parmesan are good) tomato paste or sauce, oregano and garlic powder, and whatever toppings you like! To bake the pizza you can use a specific pizza pan, or a cookie sheet, or any kind of metal baking dish, or a pizza stone.</p>	<p>Joyce Hamd</p>	<p>11:00</p>	<p>Zoom</p>

Resiliency, a brief introduction	What <i>is</i> it, and what <i>it</i> is?; is it innate, intrinsic? A birthright, a skill? How do we develop it (if at all)? Does it break down along the lines of male/female, race, age, mind/body, physical attributes, creed, education, etc. Powerpoint, Handout, video clips, list of books and movies (Fact & Fiction).	Jack Werstein	11:00	Zoom
Reflecting with Gratitude	Surviving trauma or simply overcoming a difficult day can be a matter of taking a moment to appreciate what we have. Being grateful has been scientifically proven to reduce anxiety and boost immunity. In this session, we will name and share the blessings that surround us everyday. We will read a brief article about gratitude to learn how some people use being grateful to triumph and we will discuss various ways to make gratitude a part of our everyday lives. Join me for a period of reflection and thanks.	Sander Porcelli	11:00	Zoom
Guacamole and Imagination	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).	Becca Oran and Amy Oberson	12:00	Zoom
Lego Masters	Remember the good old days when you could LEGO for hours and build cool structures instead of . . .doing math homework? Relive your childhood as a LEGO Master with Ms. Raskin (and Little Raskin)! Bricks and some minifigures will be provided. Bring your own ideas and inspiration!	Emily Raskin	12:00	In Person - At Latin
Bike Ride and Lunch Union	Participants will meet at school and we will bike together down the Metropolitan Branch Trail to Union Market to have an outdoor, socially-distanced lunch at the market. If you are unable to meet us at school for the bike ride, you may also meet us at Union Market at 1:00 for the lunch portion of the event. Depending upon the number of sign-ups, we may need to split into smaller groups. This ride will be 10 miles round trip and helmets are required!	Lawrence Liu, Carl Hultgren, Luke Edwards-Stuart	12:15-2:30	In Person - Meet at School
Extreme Bocci Ball	Bocce Ball, also know as Italian Lawn Bowling, is one of the oldest know lawn games dating back to Egypt in 5000 bce. Traditionally Bocce is played on a hard packed grass or gravel court where a small ball, the Jake, is thrown into the court, followed by players attempting to throw their Bocce Ball closest to the Jake. Join us on from 1:00 to 2:00 at Latin's campus to play Extreme Bocce Ball where we will take the structure of Bocce and make the school campus is our court. We will traverse the fields seeing who has the best aim to get their Bocce Ball closest to the Jake, crown them winner and then begin again. Laughing, walking outside, and friendly competition will be our key ingredients to Wellness. This session is open to the first 8-10 participants, so sign up quickly!	Adam Keller	1:00-2:00	In Person - Latin's Field
National Arboretum Exploration	Did you know that "arbor" means "tree" in Latin? And that an Arboretum is a big space with a lot of trees? And that there is one right here in DC? And that it's free? If you're interested in exploring the beauty of the Arboretum, looking for eagles, climbing the (permitted) trees, and wandering around 446 acres, join us at 1:00 on 2/17!	Bill Clausen	1:00	In Person - National Arboretum

<p>Wildlife Scavenger Hunt</p>	<p>If you enjoy a walk in the woods and want to learn to identify some local species of plant life or pay a bit more attention to what nature is doing in February, come to Rock Creek Park for a wildlife scavenger hunt. You'll be handed a map that includes pictures of various plant species and the general location of where they're growing. Come search for beech trees with their quietly rustling leaves, young hemlocks, mountain laurel, red maple buds as they're starting to bloom, and more. You could compete with others to see who can find more, or just come and enjoy the search and the time in the forest. We'll start at Equitation Field and keep to about a 1-mile radius. Dress warmly!</p>	<p>John Stiff</p>	<p>1:30</p>	<p>In Person - Rock Creek Park</p>
<p>Rock Creek Park Hike</p>	<p>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!</p>	<p>Troy Zinck and Meg Kovach</p>	<p>2:00</p>	<p>In Person - Rock Creek Park</p>
<p>Disc Golf</p>	<p>Come learn the basics of disc golf. 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.</p>	<p>Corey Martin, Tom Yonker, Rickey Torrence</p>	<p>2:00</p>	<p>In Person - Calvert Road Park Disc Golf Course</p>
<p>Kickball with Ms. Foster</p>	<p>Maybe the greatest schoolyard game of all. Come join for some social yet safe and competitive fun! No experience necessary.</p>	<p>Hope Foster</p>	<p>2:00</p>	<p>In Person - Latin's Softball Field</p>
<p>Urban Birdin'</p>	<p>Wildlife might not be the first thing that comes to mind when you think of the city. But DC is home to over 300 different bird species, from sparrows and starlings to hawks and herons, and lots of them stick around in the winter! Wear your warm clothes and walking shoes. Binoculars encouraged, but certainly not necessary! Meet at Latin and we'll walk to Fort Totten Park!</p>	<p>Aaron Baum</p>	<p>2:00</p>	<p>In Person - Meet at School</p>