

Washington Latin - Wellness Day, Wednesday April 28, 2021 - Middle School Sessions

Session Name	Session Description	Time	Session Leader	Grades
Pizza D'oh!	Hi, I'm Mr. Green. You may remember me from such Wellness Day Activities as Baking Club and...Baking Club! Well, for this Wellness Day, I'm adding an excellent twist, and jiminy jillickers is it going to be great! This Wellness Day, I will be combining pizza with The Simpsons. Things are coming up Milhouse! It will be even better than an all-syrup Super Squishy or finding the prized jagged metal Krusty-O in your box of Krusty-O's! We will be making pizza dough, and I will be sprinkling some Simpsons clips throughout the journey (mmm....sprinkles....). This pizza dough recipe is simple and requires only a few ingredients, which I will send out to those who register. (Watching the actual Simpsons clips is optional, of course -- feel free to hit mute button when they come on.) Please note that we will only be making the dough -- you can make the actual pizza on Wednesday night for dinner, and wash it down with a nice carton of Milk or a cold glass of turnip juice. And don't worry, we will be done in time for Matlock! If this sounds like fun to you, then take out your dialing wand and type in "Pizza D'oh" on your registration form for Wellness Day! (Feel free to email me at jgreen@latinpcs.org if you know how many Simpsons references I put in this course description!)	10:00 and 11:00 AM	Mr. Green	All Grades
Boys Group-"Must Haves" - Identifying and Discussing Basic Needs for Self-Improvement	The Boys Group will try to focus on more important things that are important in life as they are basic needs for goals. Group members should try to share "must haves" or basic needs that are personally important for making progress in each area.	10:00 & 11:00	Mr. Coleman	All Grades
Come Walk with Us, Talk With Us, Tell Us Your Stories!	Come join Mr. Edmundson and Dr. Smith on an hour-long walk in Rock Creek from 1:30 - 3:30 on Wellness Education Day! Please meet us in the parking lot at the corner of Carter Barron parking lot near the tennis courts 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!	1:30-3:30	Dr. Smith and Mr. Edmundson	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.	9:00	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
The Goodness in Granola!	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 and Madelyn Zeller	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.	9:00 & 10:00	Mr. Birkenhead	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	Ms. Breitman	All Grades
Hair Care For The Soul	Love, peace, and hair grease! Hair is an extension of who we are and definitely a special part of our wellness routine. Come join us to talk about your hopes and dreams about your hair care routine	10:00 & 11:00 AM	Ms. Bradley, Ms. Davis, Ms. Tucker	All Grades
The Blood Orange Cicadas Are Coming	In May, the Blood Orange Cicadas will emerge when the ground reaches 64 degrees Fahrenheit after spending 17 years underground. These extremely clumsy insects will descend in 15 states, including DC, Maryland, and Virginia, by the millions this spring. Join Ms. Griffith to learn about cicadas and what we all have to look forward to in the upcoming weeks.	9:00	Ms. Griffith	All Grades
Yoga	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

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
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 & 11:00	Mr. Staten	All Grades
LGBTQ+/GSA wellness	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!	11:00	Ms. Friedman and Quinn Frankiewicz	All Grades
Craft Circle	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
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.	9:00	Ms. Malchionno	All Grades
Pet Care	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
"The Art of Journaling & Journaling as Art"	Art and Science of Journaling: Do the blank pages of a journal intimidate you? Do you feel that journaling is only for the well-seasoned writers or poets? Journaling has been around for centuries and can be a tool to be used to deal with the past, present, and even future. Scientific research has proven the many benefits of journaling to our mental and physical well-beings. Journaling isn't just for avid writers- it can be used simply and briefly but also used to reflect, express, brainstorm, vent, and even track goals and dreams. There are NO RULES in journaling and together we'll explore the many avenues one can take in journaling to best suit your individualistic needs.	11:30-12:30	Mr. Werstein and Ms. Oberson	All Grades

Nature Scavenger Hunt: Rock Creek Park	Love exploring the outdoors and looking at all forms of life big and small? Join us for a nature scavenger hunt! Work in teams to find different elements of springtime in our natural surroundings. Time: 10-11am. Pierce Mill, Rock Creek Park.	10:00	Ms. Barlev and Ms. Sisk	15 student cap. All Grades
Ms. Dorsey's Game Room	Come and have some virtual fun with Ms. Dorsey. This is a great space to meet new people, have some healthy competition, and take a break from your normal zoom schedule!	10:00	Ms. Dorsey	All Grades