

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

Session Name	Session Leader	Session Description	Time	Virtual or In Person Outdoors
<b>Billy Goat Trail Hike</b>	John Stiff and Carl Hultgren	If a real change of scene would do you good, come join Mr. Stiff and Mr. Hultgren in hiking one of the DMV's most magnificent outdoor offerings - the Billy Goat Trail! This is a real deal hike: we'll be scrambling over boulders at times, climbing up "the Traverse", and hiking along 1.7 miles of gorgeous overlooks of the Potomac River. Are we challenging you? Maybe. But if you've never walked along the Potomac, or if beautiful views, fresh air, and a rigorous hike in the glory of nature and the company of your friends are your thing, you won't regret it. Details: We'll be driving two school vans (windows down, masks on, one space between students) of 6-8 students each from Latin at 12 pm and will return at 4. If a van ride is not your thing, you could also meet us at the trailhead across the street from the Old Angler's Inn to join in for just the hike . Because this is a long hike, you are not required to sign up for another Wellness Day session if you choose this option.	12:00-4:00PM	Bill Goat Trail - school van transportation will be provided (MAX 14 STUDENTS)
<b>Disc Golf</b>	Tom Yonker	Come join Mr. Yonker, and possibly Mr. Torrence, for a round of disc golf. No experience or equipment is necessary - just show up dressed for the weather, and wear shoes you don't mind getting dirty. We will meet at Calvert Road Park Disc Golf (Campus Dr, College Park, MD 20740) at 1pm. Plan to be picked up between 2:30pm and 3:00pm. Please note that you are responsible for your own transportation, and that Latin faculty need to leave at 3pm and should not be expected to wait for you to be picked up. We will not play if it is raining.	1:00-2:30PM	Calvert Road Park Disc Golf Course
<b>Mini Golf</b>	Emily Raskin and Becca Oran	Join Ms. Oran and Ms. Raskin for a round of miniature golf at the East Potomac Golf Club. Located a 1/4 of a mile from the National Mall at 972 Ohio Drive SW, we will enjoy outdoor fun, laughs, and friendly competition with views of the Potomac. We will be meeting at the miniature golf entrance at 1pm. The cost of the activity is \$6 per person.	1:00-2:30PM	East Potomac Mini Golf Course
<b>Farming!</b>	Laurel Seid and Brian Hotchkiss	If you would like to spend a few hours with the warm sun on your shoulders and the gentle wind on your back, then sign up to spend a few hours working on an actual farm. There are always jobs to be done: fence mending, mucking the barn stalls, blazing a new trail through the forest. You can choose your adventure. You will need to wear boots and jeans (or heavy workpants). Bring a pair of work clothes, if you have them. You will get some homemade biscuits and other treats for your hard work. Note: the van departs Latin at 12 and returns at 6.	12:00-6:00PM	Ms. Seid's Farm! (Sharpsburg, MD) - school van transportation will be provided (MAX 7 STUDENTS)
<b>Kickball</b>	Hope Foster and Dayla Tucker	Maybe the greatest schoolyard game of all. Come join for some social yet safe and competitive fun! No experience necessary.	12:30-1:30PM	Latin's Softball Field

<b>Rock Creek Park Hike</b>	Meg Kovach and Tom O'Brien	Join Ms. Kovach and Mr. O'Brien 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!	2:00-3:45PM	Rock Creek Park
<b>Soccer Kick Around</b>	Geneva Jost	Kick around with Ms. J! Break out your cleats or your sneaks and join Ms. J for some socially distanced soccer fun! You can plan on practicing some passing, showing off your juggling skills, and maybe even getting a few shots on goal (space permitting). No experience required!	1:00-2:00PM	Latin Field
<b>Decorative Houseplants</b>	Corey Martin and Caroline Coleman	House plants can improve concentration and productivity, increase memory retention, lower blood pressure, and make your space look and feel more pleasant. Some are even edible! Want one? Come to school between 1:00pm and 2:30pm. You'll be able to pick a plant, put it in a pot, and decorate the pot. Mr. Martin and Ms. Coleman will be on hand to help with potting and decorating. There is a suggested donation of \$5 to help cover the costs.	1:00-2:30PM	Latin's Courtyard
<b>Shuttlecock Kicking and Hacky Sack</b>	Xiaoming Han	Come and join Ms. Han to learn a new game that you can play anywhere anytime--shuttlecock kicking and hacky sack games!! No experience or equipment necessary. You will exercise your body, strengthen your legs, coordinate with others, and enhance your concentration. We will meet at our school parking lot at 1 pm and we will do this exercise on the field. Make sure to wear comfortable shoes and bring some water.	1:00-2:00PM	Latin's Field
<b>Bird is the Word</b>	Aaron Baum	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, and more of them are coming back now that it's springtime! Wear your walking shoes. Binoculars encouraged, but certainly not necessary! Meet at Latin and we'll walk to Fort Totten Park.	1:00-2:00PM	Meet at Latin
<b>Bike Ride - This is for the avid rider</b>	Lawrence Liu and Luke Edwards-Stuart	Discover the beauty of the Anacostia river Eastern shore by bike! Join us on a circular 20 mile ride through Hyattsville, over the Anacostia river, along the river trail for 10 miles to Benning Road bridge and back to school via the Metropolitan Branch trail. You'll need to commit to the first 12 miles through Maryland, but once back in DC you should be able to ride directly home with parental consent.	12:00-2:30/3:00	Meet at Latin
<b>Coloring, Comfort, and Good Company</b>	Sereena Hamm and Liz Foley	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. Bring your own coloring, drawing or other arts/ crafts to the table and we'll spend some time creating together, or don't, and we'll supply materials for you. You'll also enjoy some snacks while we create!	12:00-1:30PM	On Campus

<b>Mindful Photo Walk Part 2</b>	Danielle Feist	No prerequisites needed. We'll use the cameras on our cell phone to take a mindful walk in the neighborhood around Latin. Today's theme will be seeing color. We'll take our time noticing our breath, our footsteps on the ground, and the environment around us. We'll notice what colors we are drawn to in the moment. We will play and experiment with capturing images of color that we are moved to photograph. This assignment is all about exercising mindfulness, following intuition, and capturing color. Together, let's create space to playfully explore color. When we regather as a group, we'll have the option of sharing our favorite photo captured from the photo walk.	2:00-3:00PM	Meet in Latin's Courtyard
<b>Free Write in the Great Outdoors!</b>	Daniel O'Brien	When was the last time you sat down to write a short story? A poem? Some flash fiction? Whether it was in English three years ago or just yesterday, join Mr. O'Brien in Rock Creek Park for an afternoon of socially distanced writing! He'll have some prompts handy, but please bring something (a) to sit on, (b) to write on, and (c) to write with! Can't wait to write with you all! Where: Peirce Mill (in RCP), 2401 Tilden St NW, Washington, DC 20008	2:00-3:30PM	Peirce Mill (RCP)
<b>Gardening</b>	Joyce Hamd	Everything that slows us down and forces patience, everything that sets us back into the slow circles of nature, is a help. Gardening is an instrument of grace.” – May Sarton Do you need to slow down and feel the grace that nature provides? Gardening with Ms. Hamd is for you! We will meet over zoom, in our yards/on our decks or patios, and learn about: planting seeds, transplanting small flowers/herbs, planting flowers/vegetables/herbs in the ground, weeding, dead-heading and generally enjoying the grace given by nature. You will need gloves, some kind of dirt (bagged or from the yard) and a small spade or shovel or even spoon to dig with. Each activity listed below also includes some specific necessary items. <b>Planting seeds:</b> small seedling pots, (WalMart and Lidl both have them) potting soil or any dirt from your yard, a pack of seeds (you can also save seeds from vegetables and plant them!) <b>Transferring small plants:</b> small plant already in a container (you can buy one at any store) a larger pot, some dirt. <b>Planting in the ground:</b> a small plant already in a container, a place in your yard to dig. <b>Weeding:</b> your gloved hands! <b>Deadheading flowers:</b> your gloved hands!	11:00	Zoom
<b>Flowers in Your Neighborhood</b>	Alexander Porcelli	Walking around DC this time of year, you will find every crevice and patch of dirt bursting with life. Plants are so different from us and yet, they have some of the same needs. Take some time to notice, appreciate, and name these plants and flowers and you'll never be short of something to wonder at and learn. From March's early blooming daffodils and helleborus to April's elegant tulips, stunning azalea, yellow forsythia and blossoming magnolia to May's wonderful clematis, peonies, and lilies. During this session we will gather to discuss plants and their mysteries and then walk and share. We'll use PlantSnap to gather pictures and information about the plants around us. Come discuss the secret life of plants!	9:00	Zoom
<b>Guided Journaling</b>	Lydia Chernitsy-Hamd	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?	11:00	Zoom

<b>Self Care, Meditation and Journaling</b>	Anna Laura Grant	Join Ms. Grant in taking care of yourself! Do a grounding meditation and then spend some time journaling while listening to music. Sometimes the best thing you can do to take care of yourself is to just be with yourself and practice peace!	10:00 AM	Zoom
<b>Coping with Burnout</b>	Tiffany Bufort	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.	9:00	Zoom
<b>Music and Lyrics</b>	Hope Foster	Have you ever been in a funk and all you needed was your favorite song or playlist to help change your mood? Music has healing powers! Whether you need to get through a tough time or stay motivated, music is powerful! During this session, I need you to use your DJ skills and create those playlists that will help you heal, keep you motivated, and keep you going through those good and not so good times!	11:00	Zoom
<b>The Fun Part of College: what every student should know when choosing the perfect school</b>	Avant Griffith	College is a beautiful experience full of self-exploration, academic achievement, and unforgettable memories. If we have learned anything through this pandemic, social engagement is as meaningful as academic achievement. Join Ms. Griffith in a lively conversation about what all college-bound students should know when choosing the right college for them. Come prepared to discuss fraternity/sorority life, residential living, the importance of socializing, and campus offices that all schools have to protect the rights of all students.	10:00 AM	Zoom
<b>The Art of Journaling and Journaling as Art</b>	Jack Werstein and Amy Oberson	"Journaling". For some the very word sounds like another chore you have to do when you're done with everything else. But Journaling is not just a little thing you do to pass the time, or to just write down your memories—though it can be—Journaling is a strategy, an action plan that has helped brilliant, powerful and wise people, some like yourselves, become better at what they do, not matter what they do: athlete, technician, mechanic, soldier, teacher, parent, student, cab driver, etc. You'll learn not only how to journal, but also about the benefits of journaling, the famous journaling of the past 2,000 years, the best journals to use, and more. We will also be telling you about creating an art journal. It is the same as a written journal, except that it incorporates colors, images, patterns, and other materials. Some art journals have a lot of writing, while others are purely filled with images. It's a form of creative self-care. An art journal is a visual diary; it combines elements of writing, drawing, painting, collage, and even printmaking to express yourself, to free your mind to gain clarity and to arrive at a sense of purpose and meaning. Journaling is about thinking and feeling and not just about your emotions alone. In short, you get the best benefits of journaling when you're telling your personal story, not just writing or drawing about your feelings on their own. It's a great example of how telling your own personal story can make a huge difference in your well being and in your life"	10:00	Zoom

<b>Building Inner Stability</b>	Parag Bhuva	"Our personal demons come in many forms. We experience them as shame, as jealousy, as abandonment, as rage. They are anything that makes us so uncomfortable that we continually run away. We do the big escape: we act out, say something, slam a door, hit someone, or throw a pot as a way of not facing whatever is happening in our hearts. Or we shove the feelings under and somehow deaden the pain. We can spend our whole lives escaping from the monsters of our own minds. If you're interested in how to build the inner stability needed to weather life's challenges, not run away, and have the awareness to be with the present moment, then this Wellness Day session is for you. All over the world, people are so caught in running that they forget to take advantage of the beauty around them. We become so accustomed to speeding ahead that we rob ourselves of joy." -Pema Chodron	9:00	Zoom
<b>Letter/Card Writing</b>	Kara Brady	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. If you need supplies beforehand, please reach out to Ms. Brady and we can plan a pick up of materials at school for you. Come zen out to some soft tunes with Ms. Brady and write to people you love and miss!	10:00 AM	Zoom
<b>Weaving</b>	Angela Malchionno	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 AM	Zoom
<b>Fix Your Crown</b>	Kerry Richardson	They say that we should always stand tall and wear our crown. Come have fun learning a few head wrap styles you can proudly wear anywhere. All you need is some fabric that is a decent length. Fabric can include clothing items like shirts and even leggings... so many things can be styled into headwraps. Once you sign up we will decide as a group if we are meeting in person or virtually. If you come in person I will have additional fabric on hand for you to practice with. I can't wait to help you fix your crown!	TBD	TBD
<b>A Wellness Day session on procrastination? I'll do that later...</b>	John Stiff	Why do we procrastinate? Is it self-sabotage, or a highly sophisticated defense mechanism? What does it have to do with self-worth, or with the dopamine levels in our brains? If you're interested in any of these questions - whether in theory or because of your own masterful practice - come by the session for an honest look at a habit that affects just about all of us. This will be a presentation with opportunities throughout for reflection on your own habits and a discussion of best strategies.	10:00	Zoom
<b>Love, Peace, and Hair Grease!</b>	Aryn Davis	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.	11:00 AM	Zoom