

## Washington Latin - Wellness Day, Wednesday October 20, 2021 – 5<sup>th</sup> Grade Sessions

Session Name	Session Description
<b>Outdoor Games</b>	Let's play! We will take the field for some outdoor fun. Games will include Where the Wind Blows, Red Rover, Freeze Tag, and more.
<b>Indoor Game Room</b>	Game on! A chance to relax and play some board games and card games with friends. There will be a choice of games that you already know and a chance to try some new ones.
<b>Engineering Challenges</b>	Let's design and build together! You and your team will put your problem-solving skills to work as you create the tallest towers and strongest bridges using simple materials.
<b>Nature Walk</b>	Exercise your body and your mind. Join us for an outdoor nature walk and scavenger hunt and see how many items you can spot along the way!
<b>Creative Card-Making &amp; Decorating</b>	Making a card is a wonderful way to show someone that you care. Join us to create and decorate your own colorful cards and notes for special occasions!
<b>Write Something</b>	Time to be creative! We will use our imaginations and have fun writing short stories and poems with each other. Your creation may be silly, scary, or whatever you choose! Learn some new techniques and share your ideas with us.
<b>Creative Arts</b>	Express yourself through art! You will have a chance to create, sketch, draw, and design your own mini character and bring it to life.

## Washington Latin - Wellness Day, Wednesday October 20, 2021 – 6<sup>th</sup>-8<sup>th</sup> Grade Sessions

Session Name	Session Description
<b>Poetry Stories</b>	Tell about a moment that gave you pride and joy in a memoir poem. You can describe the best soccer goal you scored, mountain you climbed, or the moment when you felt loved. These free verse poems will combine story-telling, sensory details, similes, and fun! Let your inner Langston Hughes/Maya Angelou/Walt Whitman/Amanda Gorman free! Sing a song of yourself!
<b>Craft Circle</b>	Come craft with us! Bring your knitting, crochet, cross stitch, felt work, or other crafts and enjoy time working together. Students will have the option to share what they are working on and ask questions of other crafters too.
<b>Soccer</b>	Want to get some energy out and compete against your friends? Let's play soccer together out on the field. Bring your water bottle and a good attitude!
<b>Creative Comedy</b>	Are you someone who can think on your feet? Do you have a quick wit? Creative Comedy will allow students to utilize those skills through improvisational comedy! What is improvisational comedy, you ask? It is the ability to create humor without preparing something beforehand. In other words, you do not write the script or plan the scene; you are given the premise and you make up everything -- what you do, what you say, and how you say it, all on the spot. This Wellness Day option will include a variety of games and challenges, and it will give students a chance to unleash their inner-comedian! All students are welcome, so if this sounds like fun to you and you can see yourself engaging and participating in these games, please sign up!
<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. We're gathering around a campfire as 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 and "Mr. Sterling and the Sixth Grade Guardians of History" a comedy adventure that might be an alternate universe retelling of something really familiar...
<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.
<b>Crocheting for the Homeless</b>	Did you know that crocheting can relieve stress and anxiety? It can also keep those without shelter a little warmer on those cold winter days. Join us in learning to crochet/knit to make hats and scarves for those in need this winter. This calming activity combines creativity, community and compassion. Put a smile on someone's face this winter by making them a beautiful hat or scarf!

<b>Hip Hop Dance</b>	Students will be guided through a warm-up, short hip hop dance combination, and cool down to a popular Top 40 song. Come groove, have fun, and build confidence as you share your creative expression with the world!
<b>Pumpkin Painting</b>	Let's have some fall fun by painting pumpkins together! Each student will receive a small pumpkin and some paints so we can decorate for the fall season. Participants may bring pre-packaged snacks to share while we paint (as long as the weather allows us to be outside).
<b>Good Vibes Only</b>	Come color, drink apple cider, and listen to some good vibes only music with Ms. Bradley. We will start with setting intentions for our time together and dive into some color therapy!
<b>Photographic Walk</b>	We will meander around the neighborhood and take pictures of the fall foliage, home decorations for fall and Halloween, and any other scenes that allow us to relax and breathe and commune with nature. We will create a photo collage of your favorite images for the Yearbook.
<b>Flow Yoga</b>	Join this session and move your body! Stretch, experience stillness, and get your blood flowing with flow yoga! Bring a mat or a towel! This session will be outside : ).
<b>Finding Peace with Puzzles</b>	Jigsaw puzzles, crossword puzzles, sudoku, and more! Exercise your brain and enjoy the moment!
<b>Model United Nations</b>	Secretary-General of the UN is looking for a new generation of young ambassadors for world peace. Help us to solve some of the world's greatest challenges: Climate Change; Immigration; Women's Rights; Child Labor; Peace in the Middle East; Pandemics; LGBTQ Rights; Black Lives Matter Movement; etc.
<b>Reading Meditation!</b>	Come and find your calm while reading! Bring your favorite book or find one in the library!
<b>Newspaper Club!</b>	Are you interested in being a journalist? Do you have a passion for writing and telling stories? Come learn more during this wellness day session!
<b>LGBTQ+/GSA Wellness</b>	A LGBTQ+ meetup run by the Rainbow Club! This session is open to anyone who is in the LGBTQ+ community or would like to learn more about it. In this session we will do some talking, answering questions and community building!