

Washington Latin - Wellness Day, Wednesday October 20, 2021 - Upper School Sessions

Session Name	Session Leader	Session Description	Time	Location
Shenandoah National Park Hike	John Stiff and Carl Hultgren	Leave the city and all its cares truly behind: come join Mr. Hultgren and Mr. Stiff on a day trip out to Shenandoah National Park. If you love the outdoors, being in the woods in the early fall, taking in the view from the top of a mountain, dipping your feet (or more) in a mountain stream - or if you've never done those things and want to give them a try in the company of your friends, this might just be the Wellness Day trip for you. Details: This is a full day trip. It's a two hour drive out to Shenandoah, so we'll be taking a school van from Latin at around 7 am and returning in the late afternoon/early evening. While no previous hiking/climbing experience is required, be prepared for some serious exercise as we climb to the top of a Shenandoah peak. There is a cap of 12 students for this trip, and you are not required to do a second Wellness Day session if you sign up for this option.	All Day - depart at 7:00am return close to 4:00pm	Meet at Latin (school van) 7:00am
Disc Golf	Tom Yonker and Rickey Torrence	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 2:00pm and 2:30pm. Please note that you are responsible for your own transportation, and that Latin faculty need to leave at 2:30pm and should not be expected to wait for you to be picked up. We will not play if it is raining. Participants need to find their own transportation to and from this location.	1:00-2:00pm	Calvert Road Park Disc Golf (Campus Dr, College Park, MD 20740)
National Gallery of Art	Bill Clausen	There's nothing like beauty to soothe your soul. We will be spending a couple of hours walking around the National Gallery, wondering about the architecture, finding interesting paintings and statues, and enjoying a pace slower than we do on our usual crazy days. Some of the time will be spent as a whole group, but there will also be time for individual exploration. Participants need to find their own transportation to and from this location.	1:00pm-3:00pm	National Gallery of Art located between 3rd and 9th Streets, at Constitution Avenue NW
Farming!	Laurel Seid and Aaron Baum	Would you like to see a farm in action? Play with lambs and puppies? Then this day is for you. There are several jobs we need to do that involve light construction and painting. You will spend the whole day at this historic farm in Sharpsburg. Mr Baum will drive you to Ms Seid's farm from school, departing at 8:30 and returning by 3. There is a cap of 12 students for this trip, and you are not required to do a second Wellness Day session if you sign up for this option.	8:30 departure from Latin 3:30 return	Ms. Seid's farm - Sharpsburg, MD (school van) 8:30am
Kickball	Kena Allison	Maybe the greatest schoolyard game of all. Come join for some social yet safe and competitive fun! No experience necessary.	1:00pm-2:00pm	Latin's Field

Rock Creek Park Hike	Emily Raskin and Brian Hotchkiss	Get outside and peep Peak Fall Foliage with Mr. Hotchkiss and Ms. Raskin on a hike through Rock Creek Park at 12:00 p.m. We will meet at the parking lot of the Rock Creek Tennis Stadium (off of Kennedy/Morrow on Stage Road NW). 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 Stadium. It is roughly a 4-mile hike. Bring some water and your walking shoes! Participants need to find their own transportation to and from this location.	12:30-2:00PM	Carter Barron/Tennis Courts Parking Lot Rock Creek Tennis Stadium (off of Kennedy/Morrow on Stage Road NW)
Knock Out	Hope Foster	Are you the Queen or King of Knock Out? Prove it. Come join Ms. Foster for a Knock Out tournament in the Latin gymnasium. The first 25-30 students who sign up get slots!	2:00pm-3:00pm	Latin's Gym
Origami	Jennifer Abercrombie and Nathan Day	This session is for anyone who is interested in origami, the Japanese art of paper folding. We will teach models in a variety of levels from easy to more advanced, so all are welcome regardless of previous experience.	1:00-2:00pm	Room 015 at Latin
Mixed Martial Arts	Corey Martin	Come join Mr. Martin for some mixed martial arts at Capital MMA in Takoma Park, MD. We will be doing Brazilian Jiu Jitsu at 1pm, and Muay Thai at 2pm, and you can come for one activity or both. No experience is necessary, and you will not be asked to spar. Due to the close nature of this activity, we ask that only vaccinated students attend. Reach out to Mr. Martin at cmartin@latinpcs.org for more details if you'd like to participate. Participants need to find their own transportation to and from this location, but should reach out to Mr. Martin if they need help arranging transportation.	Afternoon time TBD	Capital MMA located at 6836 New Hampshire Ave, Takoma Park, MD 20912
Extreme Bocce Ball	Adam Keller	Bocce Ball, also known 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 at Parking Lot 1 by Peirce Mill parking lot in Rock Creek Park (3998 Spring of Freedom St NW, Washington, DC 20008) to play Extreme Bocce Ball. For Extreme Bocce Ball we will take the structure of Bocce and make Rock Creek our court. We will traverse the fields, woods, and streams 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. Participants need to find their own transportation to and from this location.	1:00pm-2:00pm	Parking Lot 1 by Peirce Mill parking lot in Rock Creek Park (3998 Spring of Freedom St NW, Washington, DC 20008)
Bike Ride	Lawrence Liu, Luke Edwards-Stuart, Mike Evans	Come join a 10-mile bike ride to Candy Cane Park that goes through Rock Creek and would offer great views of the fall colors and a peaceful atmosphere for a casual bike ride. It is a mainly flat path and is great for any amateur riders. We were looking to start at Latin at 1pm and plan to be back by 2:30. Students need to bring water, bike, and helmet. We hope you'll join us!	1:00pm-2:30pm	Meet at Latin courtyard (back)
Coloring, Comfort, and Good Company	Screena 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

Ultimate Frisbee	Tom O'Brien and Ben Vernarsky	Come out and play some ultimate! Completely informal game, all skill levels welcome. Bring water, snacks, cleats if you have them, and two shirts: a white and a dark color one. Let's have some fun! Participants need to find their own transportation to and from this location.	2:00pm-3:00pm	Latin's Field
Yoga for All	Meg Kovach	According to a recent Harvard study, practicing yoga promotes a sharper brain, improves mood and can decrease anxiety and depression - not to mention offers a heck of a workout! Come see what all the those yogis are fussing about. Beginners to advanced practicers - all are welcome! Flexibility is NOT required. Bring a yoga mat (or let Ms. Kovach know you need one), water and an open mind!	12:30pm-1:30pm	Lion Courtyard
Pictionary Tournament	Gabrielle Dreux	Students can work in teams to battle it out in multiple rounds of Pictionary, all artistic levels are welcome. There will also be options to color and listen to music after playing a few rounds.	1:00-2:00pm	Room 112 at Latin
The Art of Power Napping	Rickey Torrence	Have you ever been exhausted during the day from lack of sleep? Did you know that even a 15-20 minute nap can boost your brain and motor skills? Drop the coffee or Red Bull and join Mr. Torrence for a discussion and demonstration of the art of power napping. Learn how to take a timed nap in order to recharge your battery. Attendees must be serious about developing this technique. Bring headphones, a pillow and your phone for music and alarm. We will be outside for the session if weather permits, so dress comfy and cozy.	2:00pm-3:00pm	Lion Courtyard
Cardio Kickboxing!	Sam Spiegel	Do you want to punch, kick, and squat your way to feeling good this Wellness Wednesday? Meet Ms. Spiegel on the soccer fields at 12:00 pm. No gloves or experience necessary, but be prepared to sweat! Please bring water, and make sure you've eaten breakfast!	12:30pm-1:30pm	Latin's Field
Indoor Ice Skating at Fort Dupont	Sander Porcelli	Like to skate? Want to learn to skate? Join us! Take a 20 minute lesson and enjoy a free ice skating opening at Fort Dupont Ice Arena. For more information, learn about the option here: https://www.fdia.org/?team=schools-skate-for-fitness What's Included: Safety orientation & Skate lacing session; 25 minute skating lesson w/professional skating instructor; 25 minute freeskate; Rental skates, gloves & helmets! Participants can take a van leaving school at 1:00pm SHARP or meet at the arena at 1:30pm. Let Mr. Porcelli know your plan!	1:00-3:30PM	Fort Dupont Ice Arena 3779 Ely Pl SE, Washington, DC 20019
Futsal	Chris Richardson	Want to play futsal (indoor soccer)? Join Mr. Richardson at 1:00 in the gym for this event!	1:00	Latin's Gym
Letter/Card Writing	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!	10am-11am	Zoom

Vegetarian Cooking with Ms. Hamd	Joyce Hamd	“It’s the healthy eating for me. It’s the saving the planet for me. It’s the humane treatment of animals for me.” Whatever your reason, come to Ms. Hamd’s vegetarian/vegan cooking demo and you will learn a great new recipe that is healthy, helps to save the planet, doesn’t harm any animals, and is very flavorful and super easy to make! Please reach out to Ms. Hamd for the ingredient list if you’d like to cook along with her.	11am-12pm	Zoom
Mindful Photo Walk	Danielle Feist	No prerequisites needed. We'll use the cameras on our cell phone to take a mindful walk just around our own room, apartment, or outdoor space. 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. We'll Zoom together, then have 10 minutes to photograph off line, then Zoom together again when we'll have the option of sharing our favorite photo captured from the photo walk.	11am-12pm	Zoom
Journaling session	Lydia Chernistky-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?	10am-11am	Zoom
Become (or remain) a cruciverbalist!	Karen Lambert	...that is, a lover of crossword puzzles! "There are days when solving puzzles feels like a practice, the next best thing to seated meditation. When beautifully executed, a crossword can bring about the same response as a work of art." FROM SQUARE ONE: A MEDITATION, WITH DIGRESSIONS, ON CROSSWORDS. BY DEAN OLSHER. Solving crossword puzzles is of course great fun, but did you know that it is not just a source of fun-- solving puzzles is such an immersive experience that it also encourages a mindful, meditative state. which is beneficial for the brain and induces calm. Spend this 45-minute Zoom wellness session solving as many puzzles as you can in the session time. (Note: students will either need to stop by Ms. Lambert's room (210) on Tuesday to pick up the puzzles or be able to print them out at home via emailed PDFs.) This 45-minute Zoom session will start at 11 a.m.	11am-12pm	Zoom
Building Inner Stability	Parag Bhuvu	"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 try to 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." -Pema Chodron If you're interested in how to build the inner stability needed to weather life's challenges, not run away, and build awareness, then this Wellness Day session is for you!	10am-11am	Zoom

Inspiration Station	Elaina Barroso	There are certain words that inspire: maybe it's a poem, a song, a part of a book, etc. Maybe they inspire us to make it through the day, to be kinder, to try harder, to have faith, or to have fun. For this session, we'll start with introductions, then have some time to find or retrieve a poem/song/writing that inspires us, then we'll share them with one another. And then, we'll go on our day and hopefully let this charge of inspiration carry us.	9am-10am	Zoom
Planning to Achieve your Dreams - SMART goals and Vision boards	Carla Gott and Marisa DeSilva	Students will create their own SMART goal and/or Vision board Materials needed: SMART goal: Google Doc or scratch paper + pencil Vision board: Google Doc or scratch paper and art supplies (scissors, glue, magazines, newspapers, pens, pencils, markers, etc)	9am-10am	Zoom
How Music Therapy Can Help Me Cope	Tiffany Bufort and Dayla Tucker	Music therapy touches all aspects of the mind, body, brain and behavior. Music can provide a distraction for the mind, it can slow the rhythms of the body, and it can alter our mood, which in turn can influence behavior. For mental health, this form of therapy is great for reducing stress' common negative side effects, such as emotional and behavioral problems. During this session, you will hear from some of our favorite celebrities about the importance of music and how it saved their lives.	11am-12pm	Zoom
Want to learn how to make delicious Chinese food?	Xiaoming Han	Come join Ms.Han to learn how to cook a delicious Chinese dish tomato and egg stir fry in 20 minutes. You will enjoy your food after making it and your family will appreciate it too. We will do some physical exercise and eye exercise before making the food to help you feel relieved from your stress.	11am-12pm	Zoom
Online Games	Tiffany Austin	For this Wellness Day activity, we will play online games such as Skribbl.io and Werewolf. You can expect to take part in competitive tournaments where your artistic skills will be pitted against your classmates in this online version of pictionary. If time, we will also play Werewolf. Werewolf is an online "who-done-it" game where players try to identify the illusive werewolf that is descending terror among the lowly townspeople.	11am-12pm	Zoom
Creativity, (self) care, and coloring	Sereena Hamm	Coloring is a great way to relax and stimulate your creativity, so grab your favorite crayons, pencils, markers, or digital app and join in the fun! To enhance the experience, maybe grab a cozy chair, blanket or beverage.All that's asked of you is to have a picture in progress to share with us at some point during the session.	10am-11am	Zoom
Body Image and Empowerment	Jazmyne Keane	Come join this session to learn more about building a healthier relationship with your body, food, and movement. We will have discussion and reflection time to share experiences and resources with each other. This group is open to people of any gender.	Time TBD	Zoom