

## Washington Latin - Wellness Day, Wednesday December 8, 2021 – 5<sup>th</sup> Grade Sessions

Session Name	Session Description
<b>Reading Corner</b>	Sip a cup of hot chocolate and warm up with a good book! Enjoy some time to read and relax with friends. We'll browse through new selections in the library, share reading recommendations, and check out books that you like.
<b>Minute to Win It</b>	Defying Gravity, Chopstick Challenge, Cheerio Bracelets... see if you can beat the competition and beat the clock with these silly challenges! The tasks may seem easy, but you'll quickly find out how tricky they are. Be prepared to show off your skills and have fun!
<b>Movie Time</b>	Grab some popcorn and a comfy spot! Join us to chill out, share some laughter, and watch a kid-approved movie with your friends.
<b>Indoor Games</b>	Game on! A chance to relax and play some board games and card games with friends. There will be lots of choices: games that you already know and a chance to try some new ones.
<b>Creative Writing</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 funny, suspenseful, or whatever you choose! Learn some new techniques and share your ideas with us.
<b>Winter Paper Crafts</b>	Express yourself through art! We will use one-of-a-kind paper to create personalized stars for a decorative garland or handmade gift for someone special.

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

Session Name	Session Description
<b>Japanese Tie Dye Upcycling!</b>	Shibori is Japanese Tie Dye: you fold, twist, and clamp your way to gorgeous designs. It's a great way to up-cycle clothes and items that need a new life! Bring a t-shirt, pillowcase, or small cloth item to dye. (Only 10 students per session)
<b>Snowflake making</b>	Come join us to create a winter wonderland of paper snowflakes while listening to seasonal music.
<b>Field Games!</b>	What? Field games? Outside? In December? But winter, tho! Well, you know what I say to that attitude? I'll tell you what I say. I say, "Bah humbug!" If you want to play some fun games and get some fresh air, come on outside and join us! A good time will be had by all.
<b>Etching Art: Find your inner peace!</b>	Students will be able to create works of art and bookmarks on special etching paper. Let your creative juices flow, make gifts for family members for the holidays and chat with friends.
<b>Avatar the Last Airbender Club</b>	This club is for the appreciation of the greatest television show of all time: Avatar the Last Airbender. In this session, we will continue our journey through Book 1, play some Avatar related games, create fan art, and more. Join us if you're a current club member, or possibly interested in joining in the future. Yip yip! 🌊🔥🌀
<b>Running!</b>	Join two of your teachers, Dr. Witchurch and Dr. Bonner, for a run to Fort Slocum Park and the surrounding area. Prepare to stretch, run a few miles, and leave your worries behind in exchange for fresh air and friendly company. *Athletic shoes and warm clothing required.*
<b>Good Vibes Only</b>	Come color, drink apple cider, and listen to some good vibes only music. We will start with setting intentions for our time together and dive into some color therapy!
<b>STEM Club!</b>	Calling all those who want to tinker and explore activities related to Science, Technology, Engineering, and Math. Work with your team in the engineering challenge, then enjoy free choice STEM activities related to building, robotics, programming, and design. (15. students per session)
<b>Finding Peace with Puzzles</b>	Jigsaw puzzles, crossword puzzles, sudoku, and more! Exercise your brain and enjoy the moment!
<b>Jeopardy!</b>	"Jeopardy!" is a classic game show -- with a twist. The answers are given first, and the contestants supply the questions. Come and showcase your talents!

<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!
<b>Finding Joy with Dance Flash Mobs</b>	Find community while learning a flash mob routine. Dance flash mobs are when a group of people assemble in a public place to wow the crowd with an eye-catching dance routine. Students will watch some examples of a Flash mob and come up with their own!
<b>Family Feud</b>	Family Feud is an American television game show created by Mark Goodson in which two groups of people compete to name the most popular answers to survey questions in order to win prizes. Sign up for a session and be a winner! The winning teams will get a prize.
<b>Music for the soul</b>	Is music important to you? Come and make the perfect playlist for your wellness needs. One playlist is created students will play, Name that Tune!
<b>The Good in Gardening</b>	Come learn about the benefits of gardening and plant something special!
<b>The Chef's Corner</b>	Come and gather around some of the best cooking shows and build your own cookbook!
<b>Now Showing: Home Alone !!</b>	A holiday classic! This movie is about an eight-year-old troublemaker must protect his house from a pair of burglars when he is accidentally left home alone by his family during Christmas vacation.
<b>Make Your Own Gingerbread House</b>	Don't throw away your milk cartons and grab some graham crackers. It is time to make a masterpiece.
<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...