


Washington Latin - Wellness Day, Wednesday October 19, 2022 – 5th & 6th Grade Sessions

Session Name	Session Description
5th Grade Yoga & Meditation	Chill out and breathe, stretch and practice coping techniques to manage a busy life.
Color Therapy	Come color and listen to some good vibes only music.
Halloween Cards	Create a homemade card (or two) of a fun, toothy monster or a spooky bat and haunted house. Or make one of your own designs using Halloween-themed paper stock. (Yes, this is the same offering from last Halloween, so if you created these cards as a fifth grader last year, it will be the same patterns.)
STEM Club	Come participate in an engineering challenge and then enjoy a variety of STEM activity choices. (Student limit 15 students unless we have additional adults.)
 Creative Calligraphy	Ease your stress and learn a new skill! Calligraphy is a visual art form focused on beautiful writing. We will practice fancy lettering to craft a card, inspirational quotation, or another piece of colorful art. You'll learn how to create your own unique style even if you're a beginner. During this session we will be learning to look at letters as shapes, getting the hang of using a calligraphy pen, and finishing with a little project to give as a gift or keep for yourself.
Math is Not Just About Numbers	We will be exploring math through logic and puzzles.
Walk around the neighborhood	Join us in walking around the neighborhood to spot fall foliage. Bring your good attitude and sneakers!
Model Spelling Bee Club	Do you plan on participating in this year's Spelling Bee? Join the Model Spelling Bee Club for practice time and prizes. If you love spelling and want some time to prepare for this year's Spelling Bee, join this Wellness Day session.
Latin Illustration Association	The purpose of our club is to bring more excitement to our community. We will be making comics and having friendly fun.
Fun Club	Fun Club is all about fun! Sometimes we do group activities and sometimes we do whatever we want. Check us out if you like to have fun!
D&D Club	We play Dungeons & Dragons, an adventure role playing game.
Mythology Club	We will talk about myths and possibly act them out or do a role playing game with mythological characters and/or other board/card games

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