**Overall Wellness Assignment**

One of the most important things a student can do is to take care of themselves.  For your assignment this week, you are going to choose 3 options from this list of 9 options from this wellness menu and incorporate them into your daily lives.

For the 3 options that you choose, please write down what you chose and answer the questions on a document, either written or typed.  Attach it to the assignment in Teams via the “add work” tab, and be sure to click “turn in”

**Option 1:**

Take an online yoga class!  You may use this 10-minute beginner link or choose your own.

<https://www.youtube.com/watch?v=VaoV1PrYft4>

● How do you feel after your session?

● Is this something you would like to add to your daily routine? ● Why or why not?

● Upload a time-lapse video of you completing your class from one of your sessions.

**Option 2:**

Eat one full serving (½ cup) more (than you usually do) of fruit and veggies per day.

● How did these food choices make you feel?

● Is this something you would consider incorporating into your daily routine? ● Why or why not?

● Upload a few pics of your meals where you have incorporated your fruits and veggies here.

**Option 3:**

Go for a 15 minute walk.  Log what time you started and what time you finished.

● Start time: ● Finish time:

● How did you feel before? ● How did you feel after?

● Will you continue this on a daily basis? ● Why or why not?

**Option 4:**

Drink a gallon of water throughout the day. (figure out how much a gallon is… google)

● How much water do you usually drink? ● How did drinking more water make you feel?

● Will you continue incorporating this habit into your daily routine? ● Why or why not?

**Option 5:**

Meditation - Complete this meditation video or find one on your own.

<https://www.youtube.com/watch?v=agdCs8nS64o>

● Which meditation did you use? ● How did you feel before? ● How did you feel after?

● Is this something you’d like to incorporate into your daily life? ● Why or why not?

 **Option 6:**

Cook a nutritious meal for yourself.  Follow one of these recipes or find your own.

<https://www.purewow.com/food/healthy-filling-dinner-recipes-teenagers>

● Upload or copy and paste the directions and ingredients of your recipe.

● Upload a picture of your completed recipe.

● Did you enjoy cooking for yourself?

● Is this something you would like to incorporate into your daily life? ● Why or why not?

**Option 7:**

Keep a gratitude journal.  Write briefly each day this week about 1 person/place/thing that you are grateful for.

● How did this help you each day?

● Is this something you will continue to incorporate in your daily routine? ● Why or why not?

**Option 8**

Use daily mantras.  Choose 2 mantras to repeat to yourself several times throughout the day. You may choose

from this list or any others you may find.

<http://prettypowerfulgirls.com.au/37-affirmations-for-teens/>

● Which two mantras did you choose? ● How did these affect your day? Explain.

● Did these mantras make you aware of any specific behaviors?

● Will you continue this practice daily? ● Why or why not?

**Option 9**

Take a social media break.  Turn it OFF. All of it.

You may face time/speak with friends and teachers, but no apps/social media websites.

● How did these affect your day? Explain. ● Will you continue this practice daily?

● Why or why not?