**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” or you can email me with your responses.

**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?