

*WELLNESS*

*ACTIVITY PACK*

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# WELLNESS

## WELLNESS

It's important for middle schoolers to have many chances to practice wellness habits as they face more challenges and pressure in their lives. Understanding wellness and learning good self-care now can support a lifetime of optimum health and happiness.

This activity packet includes a selection of resources for educators, families, and students.

**BOOKLIST:** A list of books about wellness recommended by RIF

**CLASSROOM ACTIVITY:** An activity about wellness for the classroom

**HOME ACTIVITY:** An activity about wellness designed to help students continue learning at home

**STUDENT ACTIVITY:** An activity about wellness for students to complete independently

We suggest you print and copy the **Home Activity, Student Activity, and Booklist** pages and send them home to extend the learning.

For more reading resources, visit

[www.RIF.org/literacy-central/collections/middle-school-family-literacy-initiative-wellness](http://www.RIF.org/literacy-central/collections/middle-school-family-literacy-initiative-wellness)

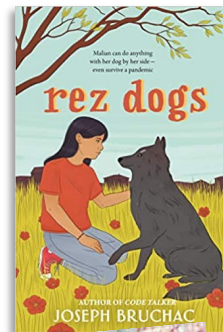
# WELLNESS BOOKLIST

## WELLNESS BOOKLIST



### The Ash House

Author: Angharad Walker  
Horror, Grades 3-7



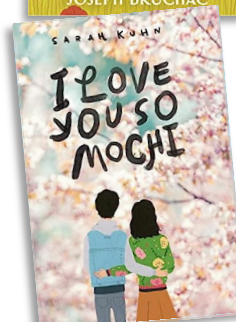
### Rez Dogs

Author: Joseph Bruchac  
History, Grades 3-7



### Esperanza Rising

Author: Pam Muñoz Ryan  
Relationships, Grades 6-8



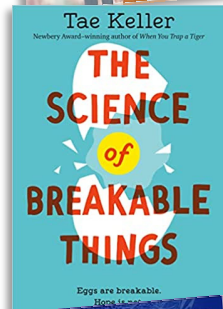
### I Love You So Mochi

Author: Sarah Kuhn, The Arts,  
Grades 7-9



### Hello Universe

Author: Erin Entrada Kelly  
Friendship, Grades 3-7



### The Science of Breakable Things

Author: Tae Keller, STEM,  
Grades 3-7



### The Magical Imperfect

Author: Chris Baron  
Fantasy/Sci-Fi, Grades 4-7



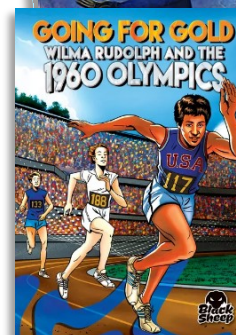
### Moonflower

Author: Kacen Callender,  
Adventure, Grades 4-7



### Marshmallow & Jordan

Author: Alina Chau  
Sports/Gaming, Grades 4-6



### Going for Gold: Wilma Rudolph and the 1960 Olympics Greatest Moments in Sports

Author: Chris Bowman,  
Problem Solving, Grades 3-7

Reading  
Is Fundamental.

until every child reads

## CLASSROOM ACTIVITY

# CLASSROOM ACTIVITY

### 3-MINUTE BREAK / REFLECTION

Time to quietly reflect, meditate, and/or rest is critical for focus, attention, and clear thinking. Give your students something they may rarely enjoy: 3 minutes of quiet time and a chance to reflect on its effect.

#### STEPS

1. Talk with your students about how the books they are reading portray wellness. Include discussion about how they approach wellness in their own lives, whether and why they think it is important, and whether they have any areas of particular curiosity.
2. Choose a 5-minute window for this activity: 3 minutes of still, quiet time followed by 2 minutes of written reflection. Recommendations:
  - a. The start of class can be the best time: you'll avoid running out of time and this activity can help start class with settled focus.
  - b. Try to run this activity every day for at least a week. It can take some time for students to acclimate.
  - c. Some students may be uncomfortable sitting still in silence. Encourage everyone to try it, but allow students to do something silently – draw, fidget, read – instead.
3. Give students the plan and the schedule: 3 minutes of still quiet and 2 minutes of written reflection. Ensure that each student has paper and a writing utensil ready before they start.
4. Invite students to get comfortable and sit quietly for 3 minutes. [Some students may want further support for this quiet time and you may recommend focusing on breath, closing eyes, etc., but it is not necessary.]
5. At the end of 3 minutes, call time and ask students to free-write for 2 minutes about the experience of quiet time (e.g., their feelings, thoughts, how it affected their mood or focus). This is not to be turned in or read aloud.
6. Invite your students to tell you what they think about this activity. Make adjustments according to your class needs.

# HOME ACTIVITY

## HOME ACTIVITY

### ADD A WELLNESS HABIT

Your middle schooler has been learning about wellness at school and this activity is designed to extend the learning at home.

As your middle schooler is learning at school, wellness is a broad topic. Use this activity to talk about wellness in your family and think of one habit – big or small – that you can work on developing together to add a dash of wellness to your routine.

### STEPS

1. Talk to your child about what they've learned about wellness in school. Find out if there is one area or activity that was most interesting to them.
2. Review all the things you do as a family to stay well. This may include attention to sleep, exercise, nutrition, emotional support, community connections, and many more things.
3. Brainstorm: Generate a list of at least 10 things you could do to add a little wellness boost to your family's routine. No idea is too big or too small to include on your list.
4. Although you may end up adding them all at some point, talk to your child about how hard it can be to develop new habits and the idea that it can be easier to add small things one at a time, rather than overhaul your whole lifestyle overnight.
5. Based on your existing healthy habits and your child's interests, pick one thing from your list to commit to together.
6. Schedule a weekly check-in to talk about how your habit forming is going and how it's making you feel. Adjust as necessary.

# STUDENT ACTIVITY

## **STUDENT ACTIVITY**

### **SLEEP ON IT**

Sleep is good. Sometimes sleeping is easy; sometimes we toss and turn. Take this week to dive into your slumber and use our sleep log to keep track of how it's going.

### **STEPS**

1. Keep the sleep log next to your bed with a pen or pencil.
2. As soon as you wake up in the morning, fill in the night's information.
3. At the end of the week, read through your log and try to find a pattern.
4. (Optional) Keep track of your dreams, too. It can be interesting and fun. If you want to remember the most detail about your dreams, try to review them before you move around upon waking. (Something about physical movement seems to interfere with dream recall.)

# WELLNESS SLEEP LOG

## WELLNESS SLEEP LOG

Name:

Day of Week:

Sleep Time: from \_\_\_\_ to \_\_\_\_ Total Hours:

Subjective Sleep Score (1-10): how would you rate your sleep if 1 is not good at all and 10 is excellent?  
Notes:

Day of Week:

Sleep Time: from \_\_\_\_ to \_\_\_\_ Total Hours:

Subjective Sleep Score: (1-10):  
Notes:

Day of Week:

Sleep Time: from \_\_\_\_ to \_\_\_\_ Total Hours:

Subjective Sleep Score (1-10):  
Notes:

Day of Week:

Sleep Time: from \_\_\_\_ to \_\_\_\_ Total Hours:

Subjective Sleep Score (1-10):  
Notes:

Day of Week:

Sleep Time: from \_\_\_\_ to \_\_\_\_ Total Hours:

Subjective Sleep Score (1-10):  
Notes:

Day of Week:

Sleep Time: from \_\_\_\_ to \_\_\_\_ Total Hours:

Subjective Sleep Score (1-10):  
Notes:

Day of Week:

Sleep Time: from \_\_\_\_ to \_\_\_\_ Total Hours:

Subjective Sleep Score (1-10):  
Notes: