



Activity Packet

A collection of resources aligned to the theme of Wellness



It's important for children to learn that taking good care of themselves can lead to a sense of well-being and help them feel happier and healthier over a lifetime. Wellness applies to the mind and body and, in many ways, to community and society, too.

This packet includes a:

- Wellness classroom activity
- Wellness home activity
- Wellness recommended booklist

We recommend you print and copy the home activity and recommended booklist pages to send home to extend Rally to Read 100 and encourage continuous learning!

For more reading fun, visit RallytoRead.org.

What Am I Feeling?

- This activity supports students' identification of their emotions and actions they can take to feel better mentally and physically using a wellness chart.
- This activity is appropriate for independent work, small group work, or whole group collaboration.
- Adjust the activity according to the needs of your individual students by assigning specific roles for pair or group work.

Steps

1. As a class, identify any emotions we feel and make a list on the board.
2. In pairs, have students discuss when and why they may feel these different emotions.
3. As a class, select five emotions from the list created and have each student write one in each box of the provided template (When I Feel _____).
4. In pairs or groups, have students work together to identify actions they take to feel better when experiencing those emotions. Encourage students to both write and illustrate their explanation and representations in their chart (I Can _____).

Students have now created their own wellness chart. Make it as colorful as you want! Each day, students can refer to their chart to identify what actions they can take to support their wellness.

My Wellness Chart

Draw a facial expression to represent this emotion. Then fill in the blank with what you can do when you feel this way.

	When I feel _____ _____	I can _____ _____
	When I feel _____ _____	I can _____ _____
	When I feel _____ _____	I can _____ _____
	When I feel _____ _____	I can _____ _____
	When I feel _____ _____	I can _____ _____



Theme: Wellness | Home Activity

Our class is learning about wellness with literacy resources from Reading Is Fundamental. Complete this activity with your child to help deepen their understanding of wellness.

Wellness Comic





Steps

1. With your child, think of a time when you did not feel your best and what actions you took to feel better. Take turns sharing.
2. After the discussion, have your child complete the blank comic strip, illustrating and writing about a time when they did not feel their best and what action(s) they took to feel better.
3. Use your ideas to create wellness cards (using index cards or cutting out notes from paper you have at home) containing activities that make you both feel happy and healthy, like going to the park or playing a board game.
4. Throughout the year, complete these activities together.

My Wellness Comic

Directions

Using pictures and then words (on the blank lines) create a comic strip that tells a story about when you did not feel your best and what you did to feel better.

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Reading
Is Fundamental
until every child reads

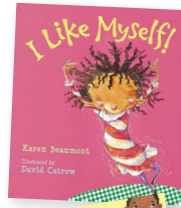
Reading Is Fundamental has curated a list of books to help children further explore the theme of wellness. Use this recommended book list to help your students/children continue their discovery about this topic in school and at home. For additional activities for the books listed, please visit [RIF.org/Literacy-Central/Collections/Rally-Read-Wellness-Collection](https://www.rif.org/Literacy-Central/Collections/Rally-Read-Wellness-Collection).

View read-alouds of titles in blue on [RallytoRead.org](https://www.rallytoread.org) this month.



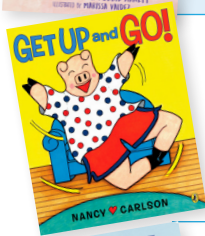
Hattie Harmony: Worry Detective

Authors: Elizabeth Olsen & Robbie Arnett
Illustrator: Marissa Valdez
Grades: PK-3



I Like Myself!

Author: Karen Beaumont
Illustrator: David Catrow
Grades: K-2



Get Up and Go!

Author & Illustrator: Nancy Carlson
Grades: PK-2



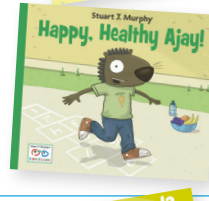
The Busy Body Book: A Kid's Guide to Fitness

Author & Illustrator: Lizzy Rockwell
Grades: PK-2



Belly Breathe

Author: Leslie Kimmelman
Illustrator: Lindsay Dale-Scott
Grades: PK-K



Happy, Healthy Ajay!

Author & Illustrator: Stuart J. Murphy
Grades: PK-1



I'm Happy-Sad Today

Author: Lory Britain
Illustrator: Matthew Rivera
Grades: PK-1



How Do I Feel? A Little Guide to My Emotions

Author & Illustrator: DK Publishing
Grades: PK-K



The Magic School Bus® Chapter Books: The Giant Germ

Author: Anne Capeci
Illustrator: John Speirs
Grades: 2-5

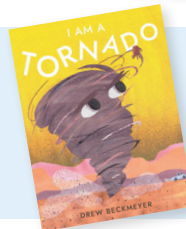


Bird

Author: Zetta Elliott
Illustrator: Shadra Strickland
Grades: 4-6

BARNES & NOBLE

Storytime Pick



I am a Tornado

Author & Illustrator: Drew Beckmeyer
Grades: PK-3

Discussion questions for any recommend book listed above:

1. How does this book show people focused on wellness/being healthy?
2. What things in the book did the characters do to increase their wellness?
3. How could you use what you learned from this book in your own life?
4. What do you think are some of the best ways to stay healthy?
5. Do you have a favorite healthy food, sport, and hobby? What are they?