**Wellness Activities**

* 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? Explain.
  + Is this something you'd like to add to your daily routine? Why or why not?
  + Upload a timelapse video of you completing your yoga session.
* 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? After? Explain.
  + Will you continue this on a daily basis? Why or why not?
  + Upload a timelapse video of you completing your walk.
* Drink a gallon of water throughout the day.   
  How much water do you usually drink?
  + How did drinking more water make you feel? Explain.
  + Will you continue to incorporate this into your daily routine? Why or why not?
* 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? After? Explain.
  + Is this something you’d like to incorporate into your daily routine? Why or why not?
  + Upload a timelapse video of you completing your meditation.
* Cook a nutritious meal for yourself and/ or your family!

Follow one of these recipes or find one on 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.
  + How did you enjoy cooking? Why or why not? Explain.
  + Is this something you’d like to incorporate into your daily (or weekly) routine? Why or why not?
* Keep a gratitude journal

Write briefly each day (for a week) about 1 person/ place/ thing/ about which you are grateful.

* + How did this help you each day? Explain.
  + Is this something you’d like to incorporate into your daily routine? Why or why not?
  + Upload 5 pictures of this journal. (I do not necessarily want to see exactly what you wrote/ about whom you wrote.)
* Use daily mantras.

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

Choose 2 mantras to repeat to yourself several times throughout the day. You may choose from this list or any others you may find.

* + Which two mantras did you choose?
  + How did these affect your day? Explain.
  + Did these mantras make you aware of an specific behaviors within yourself? Explain.
  + Will you continue this practice daily? Why or why not?
* Take a social media break.

Turn it off. ALL OF IT.

You may FaceTime/ speak with friends via text messaging or phone calls, but no apps/ social media websites.

* + How did this affect your day? Explain.
  + Will you continue this practice daily, even for a few hours? Why or why not?

\*\*NOTE: When I say “upload”, if it’s a video, upload it to YouTube and send me the link OR send me the picture(s) via email.

Love and miss you all!

-Mrs. Dill