

#SHELTERROCKSTRONG



SHELTER ROCK

2023 HEALTH AND WELLNESS WEEK

Health and Wellness Week will be returning to Shelter Rock during the week of January 23rd- 27th, as the Shelter Rock's Physical Education department and the Manhasset SCA prepare activities focusing on fitness, nutrition, mental wellness, and kindness. The goal is to enable our children to thrive academically, physically, socially, and emotionally.

Each morning, student volunteers will share fun facts. There will be a variety of exercises and activities at school as well as at-home challenges. Please return the Self Care for Family challenge sheet, by January 30th. The class that returns the most challenge sheets win a special prize!



QR code for Self-Care for Families

MINDFUL MONDAY:

Monday signifies the first day of a brand-new week, a fresh start, and a time to reflect on the challenges and opportunities that lie ahead. Practicing mindfulness techniques can help children change their mindset from a FIXED mindset to a GROWTH mindset.

School: *Please wear something green to kick off mental health wellness week!* Students will be coloring positive affirmation worksheets to help them live in the present and focus on the positive using mindfulness.

At home: Self-Care for Family Challenge

SELF-CARE TUESDAY:

Self-care can help kids of all ages become more introspective and aware of their physical and emotional needs. It can also prepare them to effectively handle future stressors. Even small acts of self-care and self-help can decrease stress, improve relationships, and promote wellness of the body and mind.

At school: Make Self-Care Plans

At home: Self-Care for Family Challenge

<https://www.childsavers.org/self-care-for-kids-by-age/#how-to>

YOGA WEDNESDAY:

Yoga and mindfulness have been shown to improve both physical and mental health in school-age children. Yoga improves balance, strength, endurance, and aerobic capacity in children. Yoga and mindfulness offer psychological benefits for children as well. A growing body of research has already shown that yoga can improve focus, memory, self-esteem, academic performance, and classroom behavior, and can even reduce anxiety and stress in children.

At school: Yoga at your desk

At home: Try family yoga! Self-Care for Family Challenge

<https://www.youtube.com/user/cosmickidsyoga> (younger kids)

<https://www.youtube.com/watch?v=M5QeWc7Hccl> (family yoga)

THANKFUL THURSDAY:

Teaching kids' gratitude is important. In fact, studies reveal that expressing thanks is one of the easiest ways to increase the dial on our happiness meter. Teaching children an attitude of gratitude helps them look at different situations from a positive point of view instead of a negative one. It allows us to celebrate the present; it dispels negative emotions, builds more resilience, and cultivates a higher sense of self-worth. Gratitude is believed to be one of the healthiest emotions that humans can practice.

At school: Gratitude worksheets/Writing Thank you letters

At home: Share your gratitude at the dinner table or at bedtime. Self-Care for Family Challenge

FEEL FANTASTIC FRIDAY: We are Shelter Rock Strong!

Music fuel all areas of child development and skills for school readiness, including intellectual, social-emotional, motor, language, and overall literacy. It helps the body and the mind work together. Dancing to music helps children build motor skills while allowing them to practice self-expression. So let's get up and dance!

At school: Wear **orange/blue** or Shelter Rock/Manhasset spirit wear. Music and Dance!

At home: Self-Care for Family Challenge

Thank you for your support!

Health and Wellness Co-chairs,

Sylvia Arora & Laura Maurischat