



WEEKLY HEALTH + WELLNESS ACTIVITIES

May 18-22

Mindful MONDAY

No School. Enjoy your
day off!

Tasty TUESDAY

Friendship Cookies Connect with
a friend virtually for a fun baking
session together!

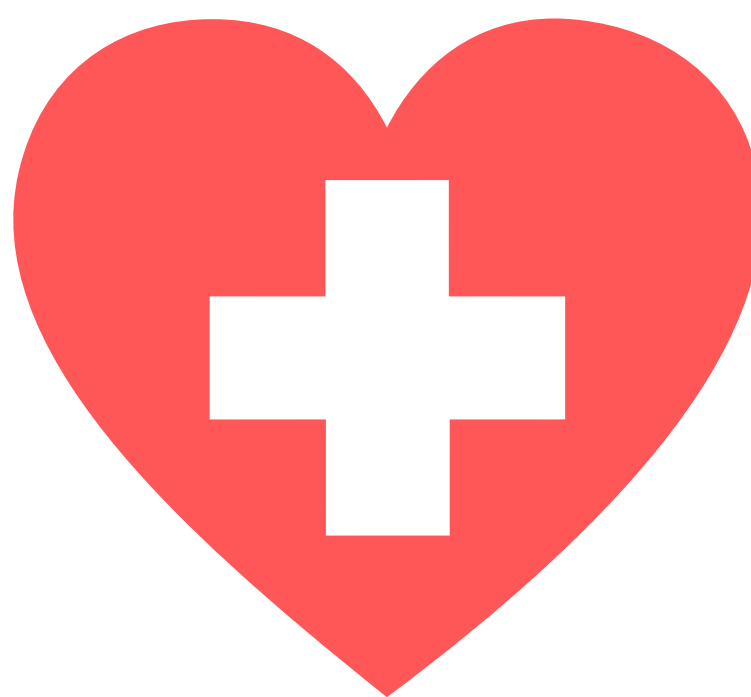
[Click here for these friendship
cookie recipe](#)

Wiggly WEDNESDAY

Play Simon Says over video chat
with a friend. Make sure you
only follow what your friend
says when they say Simon Says
first otherwise you switch.

Thoughtful THURSDAY

Draw a picture of you and
your friend and put it in your
calm down kit. The picture can
be your favorite thing to do
together so when you are sad or
mad you can take out the
picture to remind yourself of the
fun time you had and will have
again.



MRS. LEWIS
MRS. HANS

Fun FRIDAY

Make a friendship recipe.
Include ingredients that would
make a strong friendship.
Example could be a cup of trust
and a spoonful of caring. Share
your recipe with a friend via
video calling.

[Click here for example](#)
[Click here for an empty template](#)

GOAL OF THE WEEK:

Reflect, nurture and grow friendships
with new experiences.