



Activity Selection Guide to Support Health and Wellness

Different health and wellness activities affect students in different ways. Use this simple guide to help you select activities that match the desired outcome.

If you want to...	Try...
Calm students down	<ul style="list-style-type: none">• Pause for a mindful minute (60 seconds focused on a single intention such as breath awareness, stretches, quiet listening or visualization).• Do a short but intense burst of cardiovascular exercise.• Count backward from 100.
Pump up energy	<ul style="list-style-type: none">• Include movement breaks periodically during instruction.• Have a 30-second dance party.• Facilitate a round-robin so everyone can share the best part of their day or week.
Help students manage intense emotions	<ul style="list-style-type: none">• Pause for a mindful minute (see above).• Break for meditation.• Do some yoga.• Chant positive mantras.
Promote self-reflection	<ul style="list-style-type: none">• Hold an opening or closing circle with thought-provoking prompts.• Use journaling. (use a mix of free writing and reflective prompts like “Describe one thing you do every day that makes you happy.”)
Encourage creativity	<ul style="list-style-type: none">• Offer doodling notebooks.• Play the 100 questions challenge.• Try role-play, charades, spoken word poetry, draw-your-response challenges and other creative instructional strategies.