



# CIRCLE OF WELLNESS

## SIGNATURE EVENT TOOLKIT

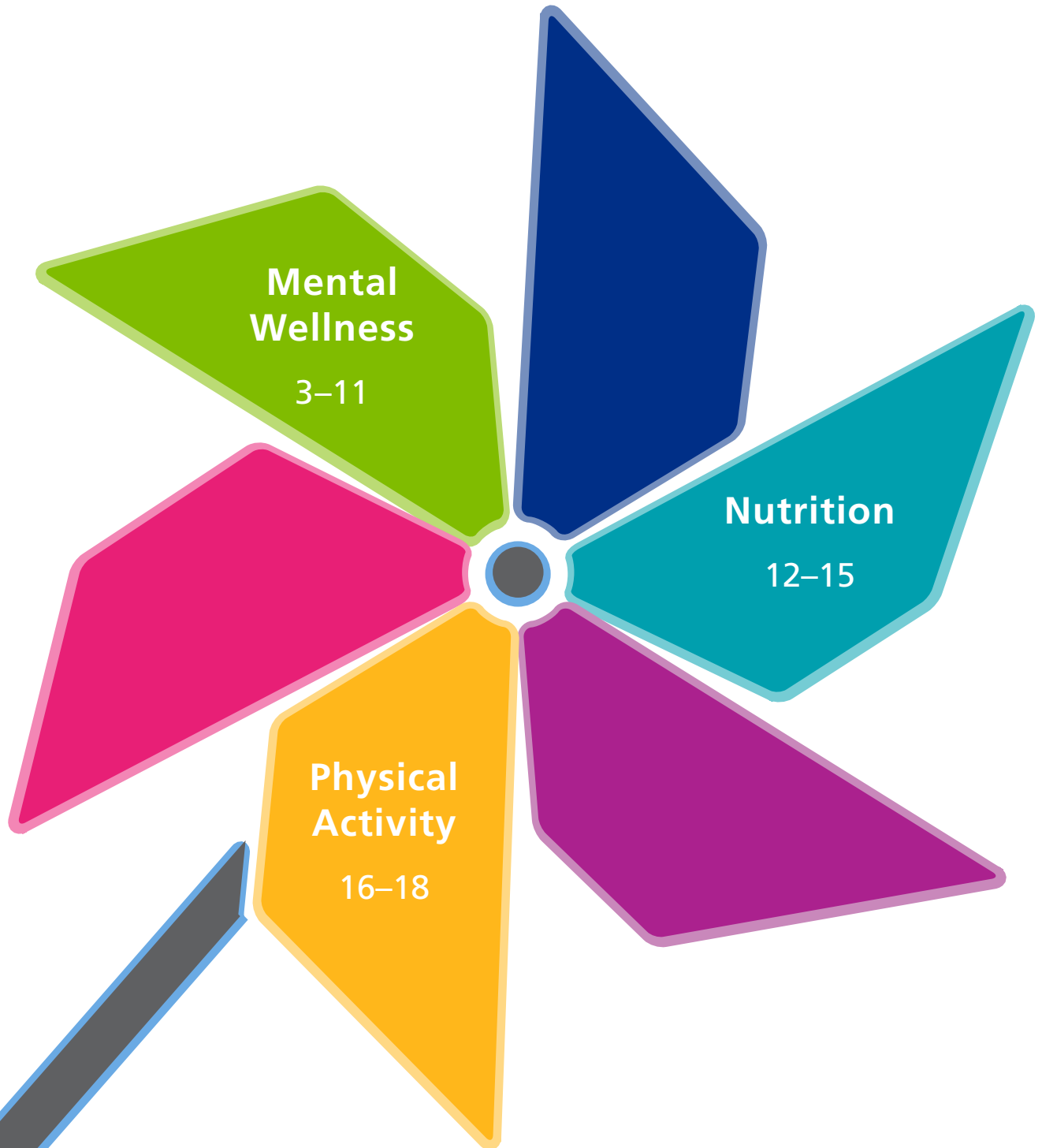


**KOHL'S**  
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PRO Wellness

# TABLE OF CONTENTS



## DE-STRESSING WITH COLORING BREAKS

### Description

All students will be given the, "It's Okay to Not be Okay: Mental Health Coloring Book" and are encouraged to use them when they need a break from school work or when they need to "de-stress."

### How To Participate/Celebrate

All elementary school students will be provided with a coloring book at the beginning of the school year to use either at home or during breaks at school. Schools have the option of either purchasing the coloring books or copying/printing pages of the book to allow all students to participate.

### Logistics

**When:** Fall

**Where:** School and home

**Who:** Elementary students

**What:** All students will be encouraged to color as a way to de-stress.

**How:** Schools may purchase coloring books online (i.e., Amazon™) or simply print coloring pages for students.

### Involve Parents/Community Members

A school staff member can present the idea to the school/district's PTA and/or school board to request donations of crayons and coloring books.

Artwork can be showcased on bulletin boards and/or school hallways during parent/teacher conferences.

Teachers can send home information to parents discussing the benefits of coloring as a way to de-stress and encourage parents to color with their child(ren).



## FAMILY FIRST KITS

### Description

Create “Family First Kits” to encourage students and their families to spend quality time together. These kits should include a series of fun, local activities for students and their families to enjoy (i.e., scavenger hunts, game nights, etc.).

### How To Participate/Celebrate

All families will receive a “Family First Kit” at the beginning of the school year to encourage fun, family activities at home. Get your high school students involved by having them design and create the kit content. Content can include anything from local, healthy snack options to walking trails and local scavenger hunts.

### Logistics

**When:** Fall

**Where:** Home

**Who:** Elementary students

**What:** The creation of “Family Fun Kits” to promote fun, family activities!

**How:** Every elementary student will receive a “Family First Kit,” designed by high school students/and or school staff to help promote family physical activity and quality time.

### Involve Parents/Community Members

Ask families to take photos of activities to share on school/district social media platforms as a way to promote the usage of kits.

Provide special “credits” or prizes for high school students who design and create the kits. Students can also present the kits at school board meetings to receive public recognition!



# KIND ACTIONS

## Description

Promote school/district-wide kindness by asking students to create “Kind Actions” for their peers to complete.

## How To Participate/Celebrate

Teachers can use instructional time (10–15 minutes) to discuss with students the importance of kindness and provide each student with a slip of paper to write one kind action. These slips of paper can then be distributed to other students to complete. Examples of kind actions can be displayed on a bulletin board inside or outside the classroom to promote additional kind actions throughout the school building. Note: A teacher should review all kind actions before distributing them to students.

## Logistics

**When:** Fall and/or spring

**Where:** School-/district-wide

**Who:** Middle and high school students

**What:** Promote school-wide kindness by asking students to create and share kind actions.

**How:** All students will be provided instructional time to write a kind action on a slip of paper which will then be distributed to a peer.

## Involve Parents/Community Members

Teachers and students should take photos of any kind action to share on the school/district’s social media platforms.

Social media posts can encourage parents to continue spreading kindness out in the community with their children.



## MENTAL HEALTH DAY

### Description

Promote World Mental Health Day by providing all students with mental health stickers.

### How To Participate/Celebrate

Positive mental health stickers will be bought in bulk from Amazon™ and distributed to students to celebrate World Mental Health Day. Students should be encouraged to put the stickers on their binders, folders, water bottles, etc. When distributing stickers, school staff and/or teachers should discuss age-appropriate ways to stay mentally healthy (i.e., making sure you have a close social network, talking openly about your feelings, getting exercise, eating right, drinking water, etc.). All of this information can be found on the PRO Wellness website, [prowellness.childrens.pennstatehealth.org](http://prowellness.childrens.pennstatehealth.org).

### Logistics

**When:** October

**Where:** School-/district-wide

**Who:** Elementary, middle and high school students

**What:** Mental health stickers and information will be provided to all students.

**How:** School staff will purchase World Mental Health Day stickers and provide age-appropriate mental health information to encourage the promotion and celebration of Mental Health Awareness Day.

### Involve Parents/Community Members

Before the event, provide parents with information regarding mental health “talking points” to encourage continued discussion at home.

Post photos of stickers on school social media platforms and in any school newsletters/emails along with relevant mental health resources and information.

Partner with a local mental health agency to provide mental health content and resources for school staff and parents.



# MY MONTHLY JOURNAL

## Description

Students are given a notebook to use as a journal and encouraged to log their thoughts and feelings.

## How To Participate/Celebrate

At the beginning of the school year, all middle and high school students will receive a notebook to be used as a journal. Students will be encouraged to periodically write their feelings, frustrations, etc. Additionally, instructional time (i.e., English class) is allotted monthly to allow students the opportunity to write about their thoughts and feelings. The journals can be kept in a single classroom for safekeeping.

## Logistics

**When:** Monthly

**Where:** Classroom

**Who:** Middle and high school students

**What:** Journals will be provided to students to write about their feelings, frustrations, thoughts, etc.

**How:** All middle and high school students will receive a notebook to keep as a journal for tracking feelings throughout the school year.

## Involve Parents/Community Members

If comfortable, students can be encouraged to share entries with their parents.

School staff should provide all parents with a letter explaining the activity as well as the benefits of “journaling.” The letter should also suggest parents have a journaling outlet for their children at home.



## PAINT WHAT MAKES YOU SMILE

### Description

Provide instructional time (i.e., art class) for students to paint and discuss something they are thankful for or “what makes you smile.”

### How To Participate/Celebrate

During class, students are provided with supplies to paint anything that they are thankful for and/or something that makes them smile. Time should also be provided to allow students to discuss what they have painted. All paintings should be displayed in the classroom and/or hallways.

### Logistics

**When:** Fall

**Where:** Classroom

**Who:** Elementary and middle school students

**What:** Provide time to allow students to paint and discuss what they are thankful for or what makes them happy.

**How:** Teachers and/or school staff will provide painting supplies (i.e., paper/canvas, paint, brushes) to all students. Paintings should be displayed in the hallways or on classroom bulletin boards.

### Involve Parents/Community Members

Partner with local businesses to showcase paintings. Students can vote on their favorite painting(s) monthly and the winner’s painting can be hung at a local business. Extra points if someone buys the painting!

Partner with the local/school newspaper to share pictures and stories of students’ artwork.

Showcase all artwork through the school/district’s social media platforms for parents to enjoy!





# PLANT YOUR PLANT

## Description

In addition to the physical health benefits, gardening is a well known stress reliever. Teach your students the benefits of gardening by allowing them to care for their own plant.

## How To Participate/Celebrate

This activity will require the procurement of planter pots, soil, seeds (herb, vegetable, flowers, etc.). School staff will setup stations in the classroom/gymnasium/hallway to provide students the opportunity to plant their seeds. Students should also be provided resources on how to care for their plant(s), along with handouts discussing the benefits of gardening. Plants can be taken home and students will be encouraged to take pictures of their plants to provide periodic updates. These pictures can then be hung up in the classrooms or displayed in the hallways.

## Logistics

**When:** Spring

**Where:** School-/district-wide and home

**Who:** Elementary, middle and high school students

**What:** Students will learn about the benefits and “how to” of gardening.

**How:** Gardening essentials (i.e., pots, soil, seeds) will be purchased for all students to plant at least one plant. Teachers will provide information on the benefits of gardening, as well as simple instructions of how to care for the plants. Students will be encouraged to share periodic updates of their plants!

## Involve Parents/Community Members

Partner with a local business (i.e., Home Depot™, nursery, etc.) who can donate gardening essentials.

Share informational handouts with families to encourage gardening at home. Extra points if students bring in produce to share with peers!



## TAKE WHAT YOU NEED

### Description

Encourage positive messaging throughout the school building through the creation of a “Take What You Need” wall.

### How To Participate/Celebrate

Teachers will provide post-it notes to all students to write a positive/encouraging message (i.e., “Today is YOUR day!”, “You got this!”, etc.) for their peers. These post-it notes will then be placed on a classroom bulletin board or poster for students to “take what they need.” Students can use these messages to motivate themselves on particularly difficult or stressful days. Instructional time (5–10 minutes) should be allotted to periodically replenish the “Take What You Need” wall. Note: School staff members should be assigned to review all post-it notes before they are added to the bulletin board.

### Logistics

**When:** Ongoing

**Where:** School-/district-wide

**Who:** Middle and high school students

**What:** Encourage positive messaging through the creation of a “Take What You Need” wall.

**How:** Students will be given instructional time to create positive/encouraging messages for their peers. This “Take What You Need” wall will be used by students on particularly difficult and/or stressful days.

### Involve Parents/Community Members

Take photos of the “Take What You Need” wall and share with staff and committees (i.e., Wellness Committee, PTA/PTO, School Board) to encourage the adoption of this practice as a way of reinforcing positive and encouraging messaging throughout the district.

Share photos of the wall on the school/district’s social media platforms for parents and community members.



## YOGA WELLNESS BREAKS

### Description

Encourage physical activity and mindfulness through the adoption of wellness breaks.

### How To Participate/Celebrate

Provide students the opportunity to participate in yoga/mindfulness breaks in the school gymnasium before, during or after school with teachers leading the session. Students will be given a punch card and encouraged to get five “punches” during the year to have their name entered to win a prize.

### Logistics

**When:** Ongoing

**Where:** School gymnasium

**Who:** Elementary, middle and high school students

**What:** Encourage physical activity through 15–30 minute yoga/mindfulness sessions.

**How:** Students will be provided the opportunity to participate in a yoga/mindfulness break before, during and/or after school. These sessions will be led by teachers. Students will be given a punch card to track sessions and receive a “prize” for every five sessions attended.

### Involve Parents/Community Members

Partner with a local fitness/yoga studio to have instructors lead sessions.

Invite parents for a “family fun” night with yoga and meditation.



# COLORFUL FRUITS AND VEGGIES

## Description

Learning about fruits and vegetables can be fun – especially when you are coloring! Provide students with coloring pages along with age-appropriate information about all of their current or soon-to-be favorite fruits and veggies.

## How To Participate/Celebrate

Teachers will give all students fruit and vegetable coloring pages and provide age-appropriate information regarding health benefits based on color (e.g. red fruits and vegetables have been linked to lower risk of cancer and heart attacks). Students can then display their drawings in a color-coded way on a bulletin board to showcase how colorful healthy food can be! This event can be held in conjunction with Apple Crunch or Go for the Greens!

## Logistics

**When:** Fall and/or spring

**Where:** Classroom

**Who:** Elementary and middle school students

**What:** Students will color fruits and veggies to complete a rainbow mural for the school to display.

**How:** Students will be provided coloring pages of various fruits and vegetables, crayons, and/or markers. Additionally, teachers will provide age-appropriate information about the health of each fruit and vegetable based on color.

## Involve Parents/Community Members

Compile a list of fruit and vegetable health benefits to share with families as a way of encouraging healthy eating at home.

Partner with food services and/or school nurse to create informational handouts for teachers. Additionally, the school can partner with a local hospital and/or nutritionist to provide informational handouts.



# GROWING ADVENTURE

## Description

Create an indoor and/or outdoor garden to encourage a grow it, try it and like it culture!

## How To Participate/Celebrate

Create an indoor and/or outdoor garden that students will tend to with the assistance of school staff. Teachers will also provide nutrition lessons about the herbs, fruits and vegetables grown in the garden along with healthy ways to eat and prepare the produce.

## Logistics

**When:** Spring

**Where:** Outdoor space or classroom

**Who:** Elementary, middle and high school students

**What:** A culture of “grow it, try it, and like it” will be promoted through the creation of an indoor/outdoor garden.

**How:** Gardening tools and materials will be provided to each classroom for students to create an indoor/outdoor garden. Teachers will also be provided with nutritional facts and information to share with students.

## Involve Parents/Community Members

Partner with local businesses (i.e., Home Depot™, nursery, etc.) to receive donated gardening items.

Partner with local nutritionists to create handout(s) for teachers and school staff to share with students and families.

Handouts can include information on local community gardens to encourage parents to grow produce with their children.



## HEALTHY COOKING DEMONSTRATION

### Description

Provide all students and staff the opportunity to learn how to cook a healthy meal at home.

### How To Participate/Celebrate

Partner with food services to provide students and staff with a healthy food demonstration before, during or after the school day. The recipe should be easy-to-follow with four to five ingredients. Bonus points if students and staff are surveyed about what meal they want to see prepared!

### Logistics

**When:** Fall

**Where:** School culinary room or classroom

**Who:** High school students

**What:** Promote healthy eating through a cooking demonstration.

**How:** An easy-to-follow meal will be chosen that will include greens and healthy food alternatives. School staff will lead teachers and students through the cooking either in-person or virtually through a filmed demonstration.

### Involve Parents/Community Members

Share the recipe with parents to promote healthy cooking at home. Pictures of completed meals can be shared for the chance to win a prize.

Partner with a local grocery store to receive donations.



# SCHOOL COOKBOOK

## Description

Promote healthy eating through the creation of a school cookbook!

## How To Participate/Celebrate

Each classroom will be responsible for creating one healthy recipe for the cookbook. Students will be in charge of designing the cookbook which will be printed and shared with students and their families.

## Logistics

**When:** Spring

**Where:** School and home

**Who:** High school students

**What:** Promotion of healthy eating through the creation of a cookbook.

**How:** Each homeroom will create one recipe to be used in the cookbook. Students will design and share the final product.

## Involve Parents/Community Members

Students are encouraged to work with their parents to create healthy recipes.

Parents will be emailed a version of this cookbook after its completion.



# HALLOWEEN WALK-A-THON

## Description

Encourage families to “get moving” by opening the local track for children to show off their Halloween costumes.

## How To Participate/Celebrate

Students, parents and staff will walk in their Halloween costumes at the school track! Halloween decorations can be purchased to decorate the inside of the track. Students will get sponsors to donate designated money for each mile walked. Water will be provided for all students during the event.

## Logistics

**When:** October

**Where:** School track or gymnasium (weather permitting).

**Who:** Elementary, middle and high school students

**What:** Promotion of physical activity through a walk-a-thon where sponsors pay for each mile that a student can walk.

**How:** Provide each child with a sponsor sheet to fill out ahead of the event. Be sure to share information with families to get everyone out and active!

## Involve Parents/Community Members

Partner with local businesses to obtain gift certificates for event prizes.





# PA DISTANCE MOVES

## Description

Each quarter there will be a different health and wellness theme for students and their families to engage in wellness activities virtually.

**Quarter 1** – Healthy Habits – Students will create their own 20 minute workouts and share with their classmates.

**Quarter 2** – 12 Days of Fitness – School staff will send short workouts for students to build on each day.

**Quarter 3** – March Madness – Students, families and staff exercise and send pictures or videos of group exercises.

**Quarter 4** – Spring into a Healthier You – Share healthy recipes and meals.

## How To Participate/Celebrate

Participate virtually via email, videos, school platforms, etc.

## Logistics

**When:** Quarterly

**Where:** Virtually/remote

**Who:** Students, parents, family members and school staff.

**What:** Healthy Habits, 12-Days of Fitness, March Madness and Spring Into a Healthier You. These topics will focus on wellness, education and encourage family engagement through healthy play, movement and nutrition.

**How:** Staff will educate students and parents each quarter by introducing challenges and educational materials. Each quarter, winners will be chosen and prizes will be distributed via e-gift cards.

## Involve Students

Students will be contacted virtually and will be provided with promotional materials as well as the supplies needed each quarter for the wellness theme.

## Involve Parents/Community Members

Parents will be sent promotional materials to encourage family engagement in the quarterly themes. Parents will be contacted regarding prizes and facilitating competition scores/reporting.



# STAY AND PLAY

## Description

Encourage physical activity by opening the school gymnasium and providing recreational equipment to students and families.

## How To Participate/Celebrate

Allow access to the school gymnasium and recreational equipment twice a year to promote physical activity and family bonding. Set up various stations for family friendly activities including volleyball, dodge ball, etc.

## Logistics

**When:** Fall and spring

**Where:** School gymnasium

**Who:** Students and families

**What:** Encourage physical activity and family time by opening the gymnasium after the school day.

**How:** The school will open its doors for students and families to use recreational equipment outside of school hours, twice a year. Be sure to set up family friendly and mobility inclusive activity stations!

## Involve Parents/Community Members

Fliers and emails will be sent to parents to encourage participation.





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