



## Wellness KNIGHTS Activity Sheet

Wellness requires responsible choices.

Wellness has to do with the whole you: your body, mind, emotions and relationships.

**Directions:** Check off the activities you have completed from when you get this paper until after Spring Break. If you have at least 10 checks in each column (a total of 30 checks), have a parent or guardian sign the bottom and return it to Miss Lennox when you have physical education. You will be dubbed a Wellness Knight and will get to choose a prize.

### Activity

- team sport practice
- jog 10 minutes
- ride bike 20 min.
- jump rope 5 min.
- hike 20 min.
- shoot basketball 20 min.
- play soccer 20 min.
- do 50 mountain climbers
- ride on skateboard or scooter 20 min
- jump on trampoline 20 min.
- play with a ball or balloon for 10min
- dance for 10 min.
- really clean your bedroom
- watch no TV for a day
- play no electronic games for a day
- do 30 curl-ups
- take a dog for a walk
- skip 3 laps around your house
- do 10 push-ups
- play catch for 20 min.
- do 100 jumping jacks
- play tag for 20 minutes

### Nutrition

- eat 2 apples in a day
- eat a healthy breakfast
- eat brussel sprouts or spinach
- don't have seconds at dinner
- eat 5 fruits in a day
- eat 3 vegetables in a day
- drink a glass of water with each meal
- drink no soda for 2 days
- eat chicken without skin
- try a salad for lunch
- encourage a friend to eat healthy
- try a new vegetable
- eat whole grain bread
- have 3 servings of milk
- eat 3 balanced meals (all 5 food groups)
- have fruit or veggies for a snack
- try a sweet potato or kiwi
- eat no candy for 2 days
- eat fish
- have fruit for dessert
- help prepare a meal at home

### Mental/Emotional/Social

- give 3 relatives a hug
- read for 30 minutes
- say "Good Morning" to 10 people
- do something nice for a teacher
- ask Mom or Dad about their day
- walk 20 min. with a family member
- talk with someone new
- help make dinner for your family
- play a board game with your family
- talk to a grandparent
- write a letter to a friend
- set the table for a meal
- talk out a disagreement
- discuss future plans with a parent
- do a hobby
- compliment 5 different people
- help a friend
- read to someone younger than you
- tell a funny story or a joke
- invite someone to play with you
- tell someone you care
- learn a new word & use it in a sentence

### Rules:

1. This is strictly voluntary. This activity sheet is a way to help you keep track of the healthy things you do.
2. This is not a homework assignment, but most activities should be done at home.
3. This should take several days to complete, but should be turned in during your first physical education class after Spring Break.

Name of Knight \_\_\_\_\_ Homeroom \_\_\_\_\_

Parent Signature \_\_\_\_\_