



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 the Thanksgiving 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 be acknowledged.

Activity

- team sport practice
- jog 10 minutes
- ride bike 20 min.
- jump rope 20 min.
- hike 20 min.
- shoot basketball 20 min.
- play soccer 20 min.
- rollerblade 20 min.
- skateboard 20 min.
- jump on trampoline 20 min.
- play football
- dance for 20 min.
- really clean your bedroom
- watch no TV for a day
- play no comp. games for a day
- do 30 curl-ups
- take a dog for a walk
- skip 3 laps around your house
- do 15 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 8 glasses of water in a day
- 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
- 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 5 relatives a hug
- read for 30 minutes
- say 'Good Morning' to 15 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
- 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 Thanksgiving
- 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 Thanksgiving.

Name of Knight _____ Class _____

Parent Signature _____