WELLNESS WAY

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WE ARE TEACHERS

fit

created by Sanford Health
MOOD
SMILE YOUR BIGGEST SMILE!

Give a fist bump here!
WHAT DO YOU LIKE ABOUT YOURSELF?

1. Think of something you’re good at.
2. Think of a way you are kind.
3. Think of how you’re smart.

Start
WHAT MAKES YOU FEEL STRONG?

Think of three things that make you feel STRONG!
Point to the negative moods. Then turn around three times, and point to the positive moods. Think about how you might change your mood from negative to positive when you have a tough situation.
CELEBRATE!

Pat yourself on the back for something positive you recently did.
SMILE YOUR BIGGEST SMILE!

Give a high five here!
MOVE
OVERHEAD STRETCH

(5 deep breaths)
ARM CIRCLES

(20 total)
HIGH KNEES

(20 seconds)
TRICEPS STRETCH

(10 seconds each side)
BUTTERFLY STRETCHES

(5 deep breaths)
JUMP ROPE

(15 seconds)
JUMPING JACKS

(10 total)
MARCH IN A BAND

(20 seconds)
RECHARGE
MOUNTAIN POSE

(5 deep breaths)
TREE

(Hold each side for 10 seconds)
WARRIOR POSE

(Hold each side for 15 seconds)
CHAIR

(Hold for 30 seconds)
AIRPLANE

(Hold on each side for 15 seconds)
FROG

(Up and down, 5 times)
CHILD’S POSE

(5 deep breaths)