MAYO CLINIC
HEALTH SYSTEM

Wellness Week

Mayo Clinic Health System is collaborating with your school to reinforce healthy habits in the classroom, at home and in the community.

Each day of the week will feature a different topic to help encourage you to make healthy choices. Topics include a mix of physical, social and mental health ideas — all with the goal of supporting healthy kids who are ready to learn.

Mindful Minute Monday

Tasty Tuesday

WOW (Walk or Wheel) Wednesday

Tech-free Thursday

Friendly Friday



Mindful Minute
Monday

By taking a minute to do something like breathing deeply, counting, or a quick game, you can feel more in control when you have big feelings and think clearly about what to do next.

School

Take a minute, either once or several times, throughout the school day to breathe and count from 0 to 15, taking a new breath between each number.

Alternative options include touching each finger to your thumb on each hand (twice), rocking your feet from heel to toe, or writing the numbers down on a sheet of paper.

Home

Show an adult what you did at school and have them do the exercise with you. Think of a new way to have a "mindful minute" and do the action together.

Tasty
Tuesday

Eating a variety of colorful fruits and vegetables is important because they give your body vitamins and minerals that help you grow strong, keep your heart healthy, and give you energy for play and learning. Choosing fruits and veggies instead of sugary snacks helps keep your body feeling great.

School

Create a rainbow picture you can eat. Use at least three different colors of fruits or vegetables to make a fun design like a rainbow, flower or smiley face. Share your creation with the class and explain your favorite fruit or veggie.

Home

Look around your kitchen for fruits and vegetables — fresh, frozen or canned all count. Make a list of the colors you find — green beans, orange carrots, red tomato sauce. Talk with your family about why these foods are good for your body and how you can include them in meals or snacks.

WOW
(Walk or Wheel)
Wednesday

Starting your day with a healthy habit, like walking, biking or using a scooter to get to school, is a really important part of being healthy. Doing these also helps make your muscles and bones stronger, boosts your energy, and helps you focus and learn. Try to do one hour of movement every day to help you feel healthier and increase your self-confidence.

School

Ask a grown-up if you can walk or ride your bike or scooter to school today. Be extra safe and follow safety recommendations such as helmets, pads, crossing at crosswalks and using lighted paths.

Home

Tonight, go for a walk or bike ride with a parent, sibling or friend. If you can't go outside, that's okay! Put on some fun music and dance to three of your favorite songs to get your body moving.

Tech-free
Thursday

Reducing screen time helps improve focus, creativity, and social skills. It also supports better sleep, physical health, and overall well-being.

School

Work in a small group to make a short story together. First, choose where your story happens. Next, create your characters and decide what happens in the story. Then write one or two paragraphs. When you are finished, read your story or act it out for the class.

Home

Take what you learned today and create a fun story with your family or friends.

Bonus activity — Create a fun dance, song or joke for your character during the story.

Friendly
Friday

Being kind helps everyone! Being kind to others can make you feel happy and healthy. Doing nice things for people can also help you make positive connections and spread happiness.

School

Look for opportunities to be helpful and kind.

Hold the door open for others.

Share with others.

Invite someone who may be alone to sit with you at lunch or join in on a game or activity during recess.

Compliment your classmates when they do well. Always remember to say "please" and "thank you."

Home

Do a chore without being asked.

Write a short note to everyone in your household to let them know what is special about them.

Play a board game together.

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