



Activity Packet

A collection of resources aligned to the theme of Wellness



It's important for children to learn that taking good care of themselves can lead to a sense of well-being and help them feel happier and healthier over a lifetime. Wellness applies to the mind and body and, in many ways, to community and society, too.

This packet includes a:

- Wellness classroom activity
- Wellness home activity
- Wellness recommended booklist

We recommend you print and copy the home activity and recommended book list pages to send home to extend Rally to Read 100 and encourage continuous learning!

For more reading fun, visit RallytoRead.org.



Full Wellness

In this activity, students will think about some key areas of wellness (positive feelings, nutrition, exercise, sleep, friends, family, fun, etc.) and contribute to a collage of wellness ideas.

This activity is designed for whole class work, independent activity, and collaboration at the finish.

Steps

1. Create a wall poster with an outline of a cup, box, bucket, or other representation of something that can be filled up.
2. Read and/or assign books to your students about wellness, either the books on our list or books of your own choosing, or both! You may also want to share this month's Rally to Read read-alouds.
3. Lead a class discussion about wellness: what does it mean (e.g., health, connection, contentment) and what are some factors that contribute to it (e.g., movement, fresh air, friendships). Encourage students to think about anything that contributes to their sense of happiness and health.
4. Provide access to scraps of construction paper and ask students to write or draw things they could do to increase wellness (as individuals or as a class) on the scraps.

Prompt students with a few examples, such as *make a new friend*, *get enough sleep*, *take class stretch breaks*. For students who need the support, provide one or two things and allow them to use the ideas to create their own collage pieces.

5. Have students paste/tape their pieces into the wall poster until the class wellness container is full. Encourage them to refer to it when they need an idea for a wellness boost.



Theme: Wellness | Home Activity

Our class is learning about wellness with literacy resources from Reading Is Fundamental. Complete this activity with your child to help deepen their understanding of wellness.

Just One Thing

This activity will support your child's new knowledge about wellness as they form a new habit at home.

Steps

1. Ask your child to teach you about wellness by telling you what they've learned in school.
2. Make a list of habits that support wellness, either from the things they've learned at school or from your discussion at home.
3. Decide on one new habit that your child would like to practice (and join in, if you like, or make it a family activity) and think of ways you can introduce and maintain the habit together. Some ideas are taking a walk every day, having designated quiet time before bed, or telling at least one joke a day.
4. Practice your new wellness habit and talk about how it's helping your family. Remind your child that perfection is not the goal, but practicing good wellness habits adds up to more health and happiness over time.

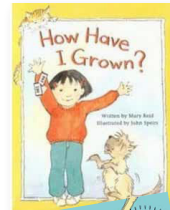
Reading
Is Fundamental
until every child reads

Reading Is Fundamental has curated a list of books to help children further explore the theme of Wellness. Use this recommended book list to help your students/children continue their discovery about this topic in school and at home. For additional activities for the books listed, please visit [RIF.org/literacy-central/collections/rally-read-wellness-collection](https://www.rif.org/literacy-central/collections/rally-read-wellness-collection).

View read-alouds of titles in blue on [RallytoRead.org](https://www.rallytoread.org) this month.



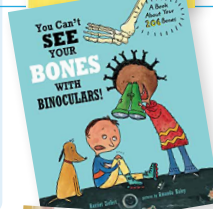
Brave Every Day
Author: Trudy Ludwig
Illustrator: Patrice Barton
Grades: PK-3



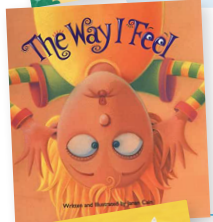
How Have I Grown
Author: Mary Reid
Illustrator: John Speirs
Grades: PK-K



Yoga Adventure!
Author: Jamaica Stevens
Illustrator: Rocío Alejandro
Grades: PK-2



You Can't See Your Bones with Binoculars
Author: Harriet Ziefert
Illustrator: Amanda Haley
Grades: 3-4



The Way I Feel
Author & Illustrator: Janan Cain
Grades: PK-K



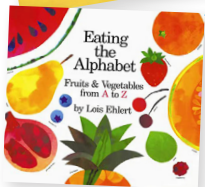
Outside, Inside
Author & Illustrator: LeUyen Pham
Grades: PK-1



My Heart Fills With Happiness
Author: Monique Gray Smith
Illustrator: Julie Flett
Grades: PK-K



Women in Medicine
Author: Mary Wissinger
Illustrator: Danielle Pioli
Grades: 2-5



Eating the Alphabet
Author & Illustrator: Lois Ehlert
Grades: PK-2



I'm Worried
Author: Michael Ian Black
Illustrator: Debbie Ridpath Ohi
Grades: PK-3

BARNES & NOBLE

Storytime Pick

Grumpy Monkey

Author: Suzanne Lang
Illustrator: Max Lang

- ### Wellness Book Discussion Questions
1. How does this book show people focused on wellness/being healthy?
 2. What things in the book did the characters do to increase their wellness?
 3. How could you use what you learned from this book in your own life?
 4. What do you think are some of the best ways to stay healthy?
 5. Do you have a favorite healthy food, sport, and hobby? What are they?