

Wellness Wednesday

WINTER WELLNESS BINGO

Minneapolis Public Schools fifth annual Winter Wellness Week is February 1 - 5. This year it has become apparent that gratitude is not something that finds us, it is something we create. Let us cultivate moments of gratitude that already belong to us and share it with others. How many moments of gratitude can you create?

See how many different colored foods you can in, in one day.	Our bodies were made to move, and if we can move outside, all the better. Try getting outside everyday this week	Reflect on all of the ways that plants and nature have impacted your life.	Shovel someones sidewalk.	Create a moment of rest in your day by spending time reading.
Prepare for sleep by practice meditation to find gratitude and deep rest.	Practice a random act of kindness.	Restore your body and mind with a mindfulness practice	Celebrate winter in your favorite way or by trying something new.	Pick a fruit or vegetable and learn about how it grows!
Walk or bike to a historical landmark or park.	Integrate restoration into your daily routine.		Reflect on the changing seasons. What is different? Are there leaves on the trees?	Take a gratitude walk, paying attention to what you see, hear, smell, and feel and connecting each sense to being thankful.
Create snow art in your yard or nearby park for others to appreciate.	Set aside time to share a meal together as a family and engage in conversation	Take time to engage in an activity that brings you enjoyment today	Create a playlist of your favorite songs	Expand your palate by trying a new food.
Be outside and celebrate the joy of winter in Minnesota	Design and draw your dream garden.	Try making a new recipe!	Try shin-rin yoku, the Japanese practice of forest bathing. You can walk, try breathing exercises, or simply observe the plants around you.	Spend time in green space this week, in your home and outside.

For more Winter Wellness Week activities, visit: nutritionservices.mpls.k12.mn.us/winter_wellness_week

For more at-home wellness resources, visit: nutritionservices.mpls.k12.mn.us/home_wellness_resources