



Activity Packet

A collection of resources aligned to the theme of Wellness



Your physical and mental health are essential for being an enthusiastic learner. Wellness refers to taking care of yourself by eating healthily and exercising. It also means taking care of your mind through mindfulness, deep breathing, and self-reflection.

This packet includes a:

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

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

For more reading fun, visit RallytoRead.org.

Managing my Emotions!

- As students approach the halfway mark of their school year, it is important to reflect on past interactions, both beneficial and challenging, to encourage students to take responsibility for themselves.
- This activity works for independent work, small group, and whole group collaboration.
- Based on student age, students may require sentence frames and modeling to fully understand the assignment.

Steps

1. List the following words on a whiteboard or chart paper: Frustrated, Sad, Angry, Scared, Confused.
2. In a think-pair-share, have students go over the words, and then discuss what makes them feel those certain emotions.
3. In the share portion, make sure to ask students to elaborate why they feel that way. (As this conversation takes place, you can create a word bank.)
4. Individually or with a partner, have students express what makes them feel those emotions as they discussed, and then write what they can do to help them when they feel that emotion using the “When I Feel...” template.



Theme: Wellness | Classroom Activity

When I Feel...

Name(s): _____ Date: _____

Writing	Illustration	Writing	Illustration
When _____ _____ _____ I feel _____ _____		I can make myself feel better by _____ _____ _____ _____	
When _____ _____ _____ I feel _____ _____		I can make myself feel better by _____ _____ _____ _____	
When _____ _____ _____ I feel _____ _____		I can make myself feel better by _____ _____ _____ _____	



Long-Term Wellness

Steps

1. Ask your child what wellness routines at home are important and discuss why they are important (e.g., brushing your teeth, washing your hands, getting enough hours of sleep).
2. After discussing this, allow your child to create two scenarios for each wellness activity (e.g., “If I don’t brush my teeth, I might get a cavity” and “If I do brush my teeth, they’ll be healthy and clean”).
3. Have your child draw pictures on an index card to match the scenario and tape them to places where the wellness activity takes place. Use these as fun reminders for morning/night routines.

Reading
Is Fundamental
until every child reads

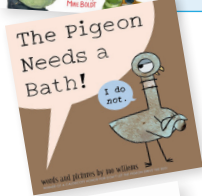
Reading Is Fundamental has curated a list of books to help children further explore the theme of wellness. Use this recommended book list to help your students/children continue their discovery about this topic in school and at home. For additional activities for the books listed, please visit [RIF.org/Literacy-Central/Collections/Rally-Read-Wellness-Collection](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.**



Just Try One Bite
Authors: Adam Mansbach & Camila Alves McConaughey
Illustrator: Mike Boldt
Grades: PK-2



**STEM Careers:
Metamorphosis of Medicine**
Author: Sharon Coan
Grades: 4-5



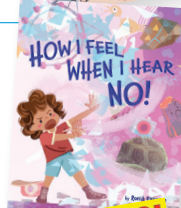
Pigeon Needs a Bath
Author & Illustrator: Mo Willems
Grades: PK-1



**Little Critter:
Just Going to the Dentist**
Author & Illustrator: Mercer Mayer
Grades: PK-2



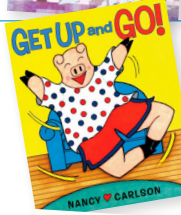
I Am Enough
Author: Grace Byers
Illustrator: Keturah A Bobo
Grades: PK-2



How I Feel When I Hear NO
Author: Ronit Farzam PhD
Illustrator: Bonnie Lui
Grades: PK-3



The Magic School Bus: Giant Germ
Author: Eva Moore
Illustrator: Joanna Cole
Grades: 2-5



Get Up and Go
Author & Illustrator: Nancy Carlson
Grades: PK-K



Perfectly Norman
Author & Illustrator: Tom Percival
Grades: PK-1



The Crayons' Book of Feelings
Author: Pat Drew Daywalt
Illustrator: Oliver Jeffers
Grades: PK-K

BARNES & NOBLE

Storytime Pick



Dr. Color Monster and the Emotions Toolkit
Author & Illustrator: Anna Llenas
Grades: PK-3

Discussion questions for any recommend book listed above:

1. What type of health was shared in the book?
2. What healthy habits do you have that are shared in the book?
3. What were the main characters' feelings towards healthy habits in the beginning and how did this change?
4. Why is it important to have healthy habits like the ones shared in this book?
5. How can you use one of the healthy habits shared in this book in your own life?