

Exploration: Wellness Quest- Activity Cards

For teachers: Cut out the cards and place activity cards at their corresponding wellness stations.

MENTAL WELLNESS

Create a way for you to relax.
How can this help with stress?

MENTAL WELLNESS

How do you sort out your
thoughts and ideas?

MENTAL WELLNESS

Write down three positive
affirmations you can tell yourself
when you're feeling down. For
example: "I can get through
anything". Explain how these
affirmations can improve your
mood.

PHYSICAL WELLNESS

How can you get at least 8
hours of sleep each night?
Why is proper sleep important
for physical health?

PHYSICAL WELLNESS

What is your favorite physical activity you do to blow off steam?

OR

What is something you enjoy doing that makes you feel good?

PHYSICAL WELLNESS

Plan a balanced meal that includes fruits, vegetables, protein, and whole grains. Describe how each food group benefits your body.

EMOTIONAL WELLNESS

List five things you are grateful for. Explain how being thankful helps with emotional wellness.

EMOTIONAL WELLNESS

Write about a time when you felt proud of yourself and why.

EMOTIONAL WELLNESS

What emotions do you struggle with most?
What are some things you do to help with your emotions?

SPIRITUAL WELLNESS

Where do you think your morals and values came from? Who taught you about what is right and wrong?

SPIRITUAL WELLNESS

Draw or describe a personal belief or value that guides you.

SPIRITUAL WELLNESS

Brainstorm on a small act of kindness you could do for someone.
How would this make you feel?
How does it reflect your spiritual beliefs?

SOCIAL WELLNESS

How can you be there for a friend who is going through a hard time? What would you do if you noticed they are not acting like themselves, have no appetite, or are missing school or activities they usually enjoy?

SOCIAL WELLNESS

List three things you like about your friends.
Why are these qualities important to you?

SOCIAL WELLNESS

Draw a map showing the people you can turn to for help (e.g., family, friends, teachers).
Describe how having a support system impacts you.