

Student Name: _____

Exploration: Wellness Quest

Station: Mental Wellness

Instructions: Pick one of the activities at the station. Use the space below to complete the activity.

Student Name: _____

Station: Physical Wellness

Instructions: Pick one of the activities at the station. Use the space below to complete the activity.

Student Name: _____

Station: Emotional Wellness

Instructions: Pick one of the activities at the station. Use the space below to complete the activity.

Student Name: _____

Station: Spiritual Wellness

Instructions: Pick one of the activities at the station. Use the space below to complete the activity.

Student Name: _____

Station: Social Wellness

Instructions: Pick one of the activities at the station. Use the space below to complete the activity.