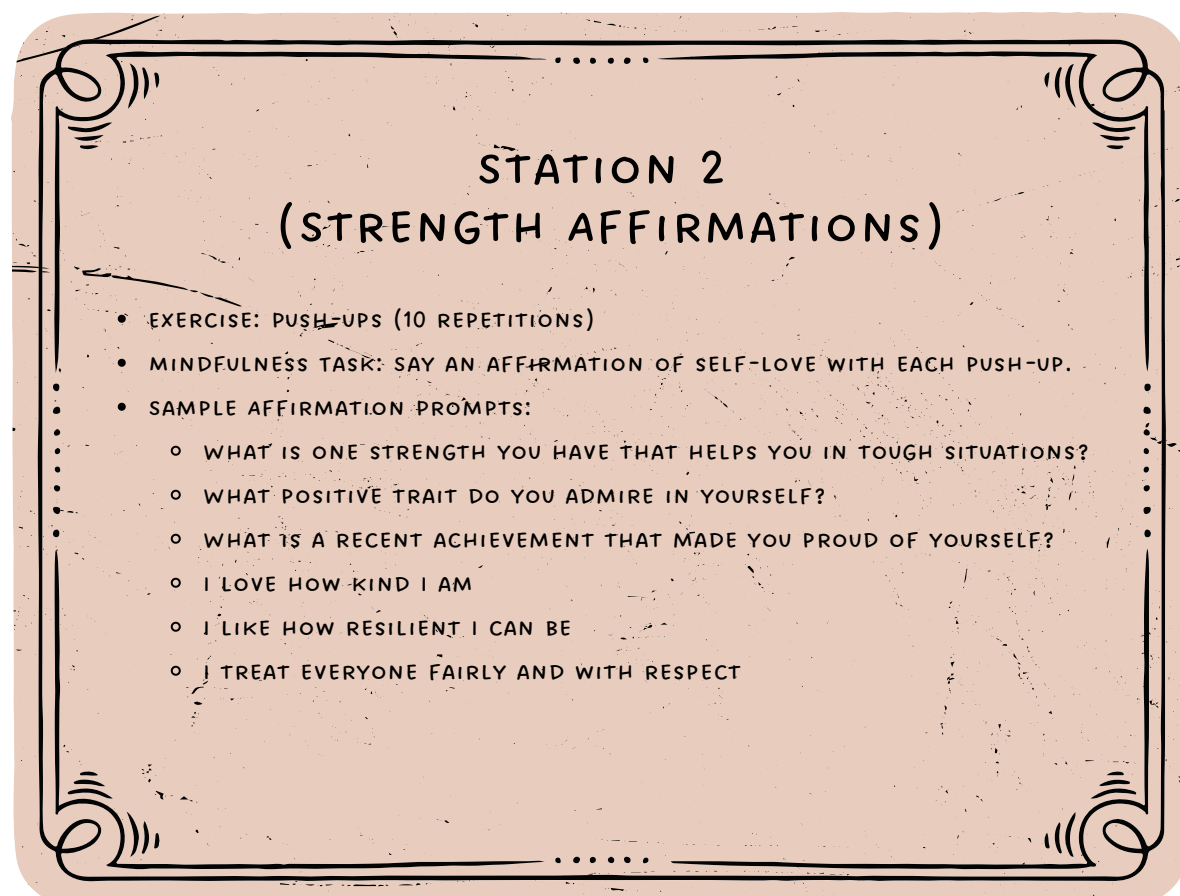
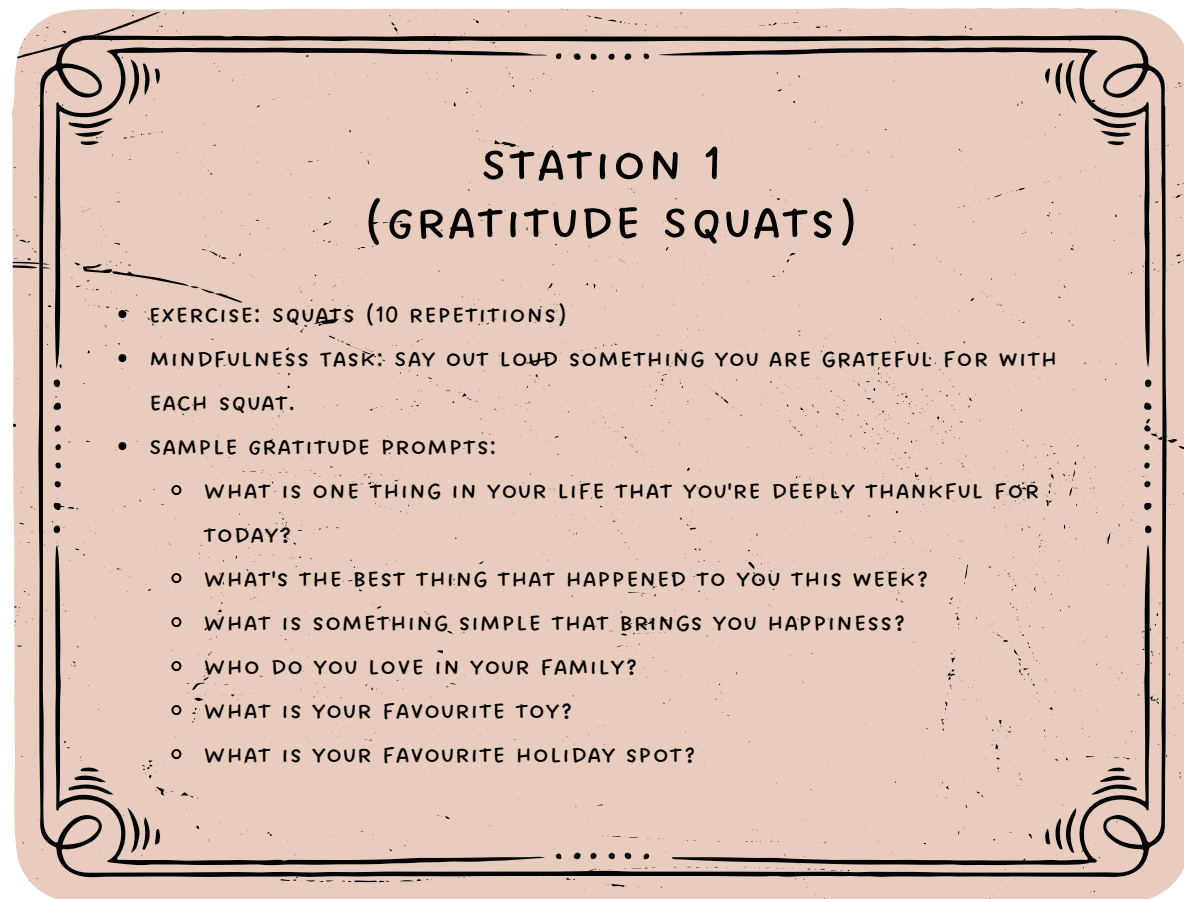


# WELLNESS STATIONS CARDS

PRINT AND CUT OUT EACH CARD, THEN SET UP 8 WELLNESS STATIONS IN A CIRCLE, EACH WITH A PHYSICAL EXERCISE AND MINDFULNESS OR GRATITUDE TASK.



# WELLNESS STATIONS CARDS

## STATION 3 (COMPASSIONATE LUNGES)

- EXERCISE: LUNGES (10 REPETITIONS)
- MINDFULNESS TASK: DEDICATE EACH LUNGE TO SOMEONE YOU WISH STRENGTH FOR.
- SAMPLE QUESTIONS:
  - WHO IN YOUR LIFE NEEDS STRENGTH AND SUPPORT RIGHT NOW?
  - HOW CAN YOU EXPRESS EMPATHY TO SOMEONE CLOSE TO YOU?
  - WHO IS SOMEONE WHO HAS SHOWN YOU KINDNESS, AND HOW DID IT AFFECT YOU?
  - I WISH FOR MY DAD TO BE HEALTHY AND HAPPY
  - I WISH FOR MY SISTER TO DO WELL AT SCHOOL.

## STATION 4 (UNLUCKY STATION)

- EXERCISE: PLANK (HOLD FOR 30 SECONDS OR UNTIL ALL PARTICIPANTS ARE FINISHED)
- MINDFULNESS TASK: REFLECT ON EMPATHY FOR OTHERS FACING CHALLENGES.
- SAMPLE QUESTIONS:
  - HOW HAVE OTHERS SHOWN YOU KINDNESS IN DIFFICULT TIMES?
  - HOW CAN YOU SHOW UNDERSTANDING TO SOMEONE WHO IS DIFFERENT FROM YOU?
  - HOW CAN I HELP SOMEONE WHO FEELS LONELY?
  - HOW CAN I HELP SOMEONE WHO IS UPSET?
  - WHAT CAN I SHARE WITH SOMEONE TO MAKE THEIR DAY BRIGHTER?

# WELLNESS STATIONS CARDS

## STATION 5 STAR JUMPS

- EXERCISE: STAR JUMPS (10 REPETITIONS)
- MINDFULNESS TASK: VISUALISE SENDING POSITIVE ENERGY INTO THE WORLD WITH EACH REP.
- SAMPLE QUESTIONS:
  - WHAT POSITIVE CHANGE WOULD YOU LIKE TO SEE IN THE WORLD TODAY?
  - WHEN DID YOU FEEL POSITIVE ENERGY RECENTLY, AND HOW DID IT AFFECT OTHERS?
  - HOW CAN YOU SPREAD POSITIVITY WITHIN YOUR COMMUNITY?
  - WHAT IS GOING AWESOME IN MY LIFE AT THE MOMENT?

## STATION 6 SIT UPS

- EXERCISE: SIT UPS (10 REPETITIONS)
- MINDFULNESS TASK: REFLECT ON A PERSONAL GOAL WITH EACH SIT UP.
- SAMPLE GOALS:
  - WHAT PERSONAL GOAL ARE YOU WORKING ON THIS YEAR?
  - WHAT DO YOU ENVISION FOR YOUR FUTURE?
  - HOW CAN YOU TAKE STEPS TODAY TO MOVE CLOSER TO YOUR GOAL?
  - WHAT IS ONE NEW THING I WANT TO LEARN TO DO?
  - WHAT IS ONE NEW FOOD I WANT TO TRY?

# WELLNESS STATIONS CARDS

## STATION 7 TUCK JUMPS

- EXERCISE: TUCK JUMPS (10 REPETITIONS)
- MINDFULNESS TASK: REFLECT ON A TIME WHEN YOU SHOWED RESILIENCE AND OVERCAME CHALLENGES.
- SAMPLE REFLECTIONS:
  - WHAT WAS A RECENT CHALLENGE YOU FACED, AND HOW DID YOU OVERCOME IT?
  - WHAT DOES RESILIENCE MEAN TO YOU, AND HOW DO YOU PRACTICE IT?
  - HOW DO YOU BOUNCE BACK FROM SETBACKS AND STAY STRONG?
  - WHAT IS ONE CHALLENGE YOU OVERCAME?
  - WHAT IS THE HARDEST THING YOU HAVE DONE?

## STATION 8 (BOUNTIFUL BURPEES)

- EXERCISE: BURPEES (5 REPETITIONS)
- MINDFULNESS TASK: THINK OF A DIFFERENT ASPECT OF HEALTH YOU ARE THANKFUL FOR WITH EACH BURPÉE.
- SAMPLE PROMPTS:
  - WHAT ASPECT OF YOUR HEALTH ARE YOU MOST GRATEFUL FOR?
  - HOW DO YOU TAKE CARE OF YOUR MENTAL WELL-BEING, AND WHY IS IT IMPORTANT?
  - WHAT HABITS ARE YOU GRATEFUL FOR THAT CONTRIBUTE TO YOUR WELL-BEING?
  - HOW DO YOU KEEP YOURSELF HEALTHY?
  - HOW CAN YOU KEEP YOURSELF HAPPY?
  - WHY IS SLEEP IMPORTANT?

# WELLNESS STATIONS CARDS

