

# Ken-Ton District-Wide Wellness Week 2016

March 14th – March 18th

March 14th is the kick-off of Wellness Week in Ken-Ton. We will be celebrating with daily themes and activities to promote health and wellness.

## Monday March 14th "Team Up for Wellness"

Wear your favorite sports jersey to show your team spirit for the start of Wellness Week.



Take a wellness walk with your class or family and try to get as many steps as you can today. A good goal is at least 10,000 steps. Ask your teachers how many steps they have!

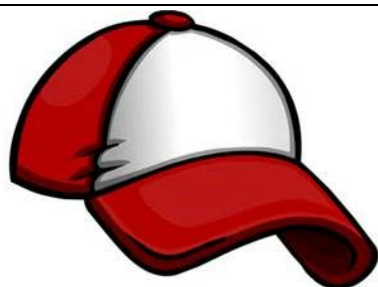


## Tuesday March 15th "Hats Off to Healthy Eating"

Wear your favorite hat to show how important it is to make healthy choices in what we eat.



Check out the Food Service Lunch calendar for healthy lunch options and nutritional values.



## Wednesday March 16th "Workout" Wednesday

Wear workout clothes or dress like your PE teacher or coach.



Participate in at least 60 minutes of moderate to vigorous physical activity today.



## Thursday March 17th "Going Green" for St. Patrick's Day

Wear Green today to show you will take steps to protect our environment.



Do one activity to save the Earth by using the 3 R's: Reducing what you throw away, Reuse something, and Recycle bottles, paper or even a toy.



## Friday March 18th "Random Acts of Kindness" Day

Dress as your favorite Super Hero to show how you are a Super Hero for Kindness.



Perform at least 2 Random Acts of Kindness to make someone smile.



**HAVE FUN AND BE ACTIVE!!!**