

This week's Wellness Wednesday activity gives you a preview of our 7th annual Spring Winter Wellness Week happening next week May 3 - 7.

Can you complete each of the five activities below?

Rest + Restore

- Take 5 - 10 minutes in your day to engage in an activity that brings you restoration. This could be reading, dancing or walking your dog.

Go Green!

- Recycle 1 item today. Small steps can lead to big change!
Visit https://nutritionservices.mpls.k12.mn.us/true_food_no_waste to learn more.

Walk & Bike Everyday

- Explore a new walking or biking route in your neighborhood or favorite park.

Food + Meal Connections

- Share a meal with a friend or family member. Put away technology and have a conversation. A starting question - what are three words to best describe you.

Teacher & School Lunch Hero Appreciation

- May 3-7 is Teacher Appreciation Week and May 7 is School Lunch Hero Day. Write a card, draw a picture, or simply thank your teachers and school lunch heroes this week

Visit https://nutritionservices.mpls.k12.mn.us/mps_wellness_week for more information and how you can get participate!