



A rectangular box with a dashed border, containing several horizontal lines for writing. The bottom portion of the box is shaded gray.

Draw yourself as a plant.
 Where are your roots? Where are your leaves?
 Dibujate como una planta.
 ¿Dónde están tus raíces? ¿Dónde están tus hojas?
 Isku sawir sida dhir ahaan.
 Aaway xiddaddadaadu? Aaway calaamahaagii?
 Kos koj tus kheej na tsob ntoo.
 Koj cag nyob qhov twg? Koj ciid nyob qhov twg?

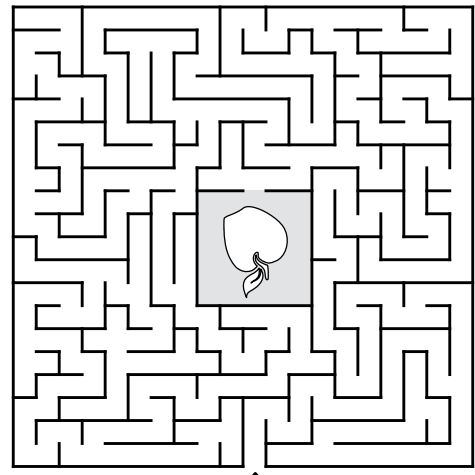
4 Plant Fun

Write a recipe for a meal or snack that brings you comfort.
 Escríbame una receta para una comida o refrigerio que le
 brinde consuelo.
 Qor cunto sida cunno ama cunto fudud oo kuu keeno
 raaxada.
 Sau cov ntawv qhia rau noj mov lossis khoom txom
 ncauf nas ua kom koj xis nyob.

3 Good Food

Draw a picture of something you are thankful for in winter.
 Haz un dibujo de algo por lo que estás agradecido en invierno.
 Sawir sawir wax dad ku mahadsantahay jilalka.
 Kos duub ntawm qee yam koj na tsaug rau lub caij ntu no.

2 Winter Thanks



Find your way. Encuentra tu camino.
 Raadi jilkaaga. Nrhaw koj txoj kev.

1 Maze Challenge

Name Game

5

Word Search

6

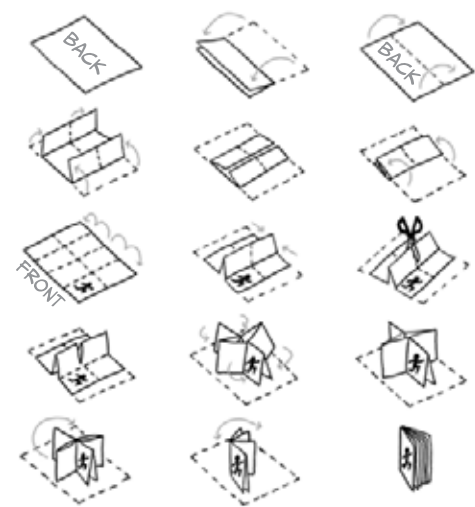
Use each letter in your name and write something that makes you happy or thankful.
 Usa cada letra de tu nombre y escribe algo que te haga feliz o agradecido.
 U isticmaal xaraf kasta magacaaga kuna qor wax kaa farxinaya ama ku mahadinaya.
 Siv txhua tsab ntawv sau koj lub npe thiab sau tej yam uas ua rau koj zoo siab lossis ua tsaug.

A vertical grid of 15 empty boxes for writing.

I H A N M U D F I T
 W O N D E R T U Q H
 Z T F B A E Y N S A
 W E L L N E S S F N
 G R A T I T U D E K
 B R C W N S B F K F
 Y I T E G L J K G U
 H F I E F W J E P L
 V I V K U I W U E M
 Y C E H L T R S Y A

ACTIVE FUN GRATITUDE MEANINGFUL TERRIFIC THANKFUL WEEK WELLNESS WONDER

How To



cws.mpls.k12.mn.us/winter_wellness_week

winter

WELLNESS WEEK

February 1-5, 2021

cws.mpls.k12.mn.us/winter_wellness_week