

A Picture of Wellness



For the next **three weeks** we are going to create a personal **Visual Wellness Journey**.

We will look at the 6 different wellness domains and create a journal, PowerPoint (slide show), collage, photo album, or any other creative way to showcase your journey. It's up to you!

My Visual Wellness Journey				
Monday	Tuesday	Wednesday	Thursday	Friday
<small>25th</small> Planning Brainstorming	<small>26th</small> Physical Wellness	<small>27th</small> Physical Wellness	<small>28th</small> Emotional Wellness	<small>29th</small> Emotional Wellness
<small>1st</small> Intellectual Wellness	<small>2nd</small> Intellectual Wellness	<small>3rd</small> Social Wellness	<small>4th</small> Social Wellness	<small>5th</small> Environmental Wellness
<small>8th</small> Environmental Wellness	<small>9th</small> Spiritual Wellness	<small>10th</small> Spiritual Wellness	<small>11th</small> Finishing Touches	<small>12th</small> Look at all the wellness you are doing! Great job!

What you will need:

- You can create your **Visual Wellness Journey** either electronically or on paper (you choose).
- Organization is up to you. Some examples:
 - Journal (page for each wellness domain); Diary
 - Photo Album or Scrap Book
 - Power Point or Google Slides
 - Video creation
 - Collage
 - Painting, drawing, or any art form you like
 - Be creative!
- A way to visualize each day:
 - Taking a photo with cell phone, iPad, camera.
 - Creating a video with cell phone, iPad.
 - Drawing/Doodling/Painting/sculpting/Lego blocks.
 - Finding images on the internet or in a magazine.
 - If you prefer writing that is great as well! Use detail in your writing that creates a picture in your mind.
- Ms. Gorman would **LOVE** to see your creations!! Please feel free to send her your final product at the end of the 3 weeks...or when you are finished. (lorie.gorman@nbed.nb.ca)

Monday

Decide how you will showcase your work.

Do some research on the internet, identify a way that you like to present your work (writing, video, slide show, drawing etc.).

Write your **ideas** down (at least 4 different ways):

Circle the one you think you'll enjoy and do your best work with.

Make a list of what you will need to complete the project:

Take a look at the information regarding each domain (starts on page 5). In addition, do your own research on each domain. Think about ways that you engage in these domains. You might want to jot down some ideas before you get started:

Physical: _____

Emotional: _____

Intellectual: _____

Social: _____

Environmental: _____

Spiritual: _____

Take a look at the schedule that I have created (on first page). Perhaps you want to do a different domain on a different day. Create your own schedule for each day to suit your needs.

My Visual Wellness Journey				
Monday	Tuesday	Wednesday	Thursday	Friday
25 th Planning Brainstorming	26 th	27 th	28 th	29 th
1 st	2 nd	3 rd	4 th	5 th
8 th	9 th	10 th	11 th Finishing Touches	12 th Look at all the wellness you are doing! Great job!

Get ready to begin your personal journey of Visual Wellness! Be creative and have fun!



Tuesday & Wednesday (May 26-27 or _____)

Physical Wellness

Take a photo (or find one online) or draw different ways that you are engaging in **Physical Wellness**.

Physical wellness is not just being active, it is about eating a balanced diet, getting enough sleep, and taking care of your hygiene.

Examples:

- Engaging in physical activity.
- Eating a healthy meal or snack.
- Being outside, doing some sort of activity.
- Doing a chore in your house/yard.
- Preparing a meal.
- An example of 'social distancing'.
- Anything else that represent **Physical Wellness** to you!

Thursday & Friday (May 28-29 or _____):

Emotional Wellness

Having a positive attitude, sharing our feelings, finding ways to help us cope with changes is all about being **emotionally well**.

Share different ways that you are keeping **emotionally well**.

Examples:

- How you stay positive when things get difficult.

- Something that makes you happy.
- Something that calms you down, or something you do that calms you.
- Helping others.
- Anything else that represent **Emotional Wellness** to you!

Monday & Tuesday (June 1 -2 or _____)

Intellectual Wellness

Being creative, completing our school lessons, learning something new...all of these are examples of **Intellectual Wellness**.

Share something that represents how you are enhancing your **Intellectual Wellness**.

Examples:

- Completing homework.
- Learning how to:
 - Play a musical instrument
 - Bake
 - Build
 - Draw/paint/doodle
 - Perform a new sports skill
 - Etc.
- Reading
- Researching
- Anything else that represent **Intellectual Wellness** to you!

Wednesday & Thursday (June 3-4 or _____)

Social Wellness

Building positive relationships with others, dealing with conflict appropriately, and connecting to a positive social group.

It may be difficult to maintain or create positive social connections at the moment (due to social distancing), but even making these within your family is important.

Social media is another way we can create positive connections (just know that sometimes social media can be negative so watch for the way it makes you feel). You should feel good about these connections, you should feel a sense of belonging and acceptance.

Examples:

- Facetiming friends.
- Playing with your siblings, mom, dad, or whoever you are staying with now.
- Helping a member of your household.
- A picture of an appropriate message to a friend to give support.
- Favourite social media app.
- A community group that is helping out our community.
- A picture of a friend.
- Anything else that represent **Social Wellness** to you

Friday & Monday (June 5 & 8 or _____)

Spiritual Wellness

Finding meaning in life events, finding purpose, and living a life that reflects your values and beliefs.

Sometimes we have difficulty understanding **spiritual wellness**. It is not just about religious beliefs, it is so much more. It's about YOU, what give you hope? Where do you find gratitude? Can you forgive others easily? And do you feel a sense of connectedness to people, your community, nature, the world around you?

Examples:

- Something you are grateful for.
- Something that supports your beliefs and values.
- Something that demonstrates hope to you.
- Something that inspires you.
- Anything else that represents **Spiritual Wellness** to you!

Tuesday & Wednesday (June 9-10 or _____)

Environmental Wellness

Being aware of our environment and trying to protect it, contributing to our planet's health.

How are you helping the environment?

Examples:

- Recycling paper, plastic, cans, glass.
- Riding your bike whenever possible.
- Reducing waste.
- Using straws that are reusable.
- Picking up waste/garbage in your neighbourhood.
- Conserving energy (turning off faucet when brushing teeth, turning lights off when room not in use).
- Anything else that represents **Environmental Wellness** to you!

Thursday (June 11th)

Finishing touches! Complete your project!

Friday (June 12th)

Congrats! You are finished! Send to Ms. Gorman or keep for yourself!
Have a terrific summer George Street!

