**Wellness Week**

Wellness is an active process of becoming aware and making choices toward a healthy and fulfilling life. It is a state of complete **Physical**, **Mental/Emotional** and **Social** well-being.

1. **Physical** Wellness promotes proper care of our bodies for optimal health and functioning. Physical wellness encourages the balance of physical activity, nutrition and hydration to keep your body in top condition.
2. **Mental/Emotional** Wellness promotes the control of our emotions and behavior. Emotionally healthy individuals can:
   1. Handle life’s challenges
   2. Build strong relationships
   3. Recover from setbacks and overcome obstacles
3. **Social** Wellness refers to one's ability to interact with the people around them. It involves building healthy, nurturing and supportive relationships as well as fostering a genuine connection with those around you and creating a support system that includes family and friends.

* **Sierra Vista Wellness Challenge -**

The Wellness Challenge is a group of 9 activities that you will complete in order to foster your Physical, Mental/Emotional and Social well -being. Participation in your character talks is the first of these activities. The remaining activities are described on the following pages.

**\*\*Complete Challenge Cards by Tuesday, 3/15 to be entered in the Raffle for fun prizes**

* $25.00 Gift Cards
* Ozo Pedometers
* Wellness T-Shirts

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Gr. \_\_\_\_\_

Sierra Vista Mindfulness

Scavenger Hunt

1. It is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, but more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!
2. The difference between \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is what \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!
3. You are \_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_ but not \_\_\_\_\_\_\_\_\_\_\_ from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!
4. You can’t live a \_\_\_\_\_\_\_\_\_\_\_\_ life with a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!
5. List 3 things you took away from the Character Talks on Tuesday.
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. List one thing you will do this week as it relates to mindfulness.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ !