

# Roadmap to Wellness

## January - Kicking off the New Year

### 1. Rational

After the holidays, many students may feel stressed about returning to school.

Start the second semester off right by welcoming students back to campus in a connected environment!



### 2. Connect to Student Body

- If this is exam week, hand out healthy snacks, granola bars, etc. (Students often skip breakfast during exams.)
- Teach stress relieving breathing exercises.
- Welcome new students who enroll this month
- Provide cards for students to write thank you notes to teachers and deliver them.



### 3. Connected Campus

- Jan. 9 is National Law Enforcement Day.
- 10 Things You Don't Know about Me Quiz
- Provide a hot chocolate/coffee bar welcome back at a common location and time
- Provide cards and invite staff members to write thank you notes to one another (Collect them to deliver to boxes and draw a few for prizes.)



### 4. Connected to Resource

- Celebrate Hi, How Are You Day
- January is National Thank You Month



### School To-Do/Checklist:

