

## WELLNESS MATRIX – EXAMPLES

Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
<b>Before Arrival</b>	Mindful Mondays Morning yoga Fill water bottle	Coaching session- (check on wellness goals); Fill water bottle	Wellness Wednesday; work out; Fill water bottle	Thankful Thursday – add to gratitude board; Fill water bottle	Fun Friday Fill water bottle	Work on wellness goal; Self-care; Turn off work
<b>Arrival</b>	Greet children with a certain movement choice	Greet children with a certain movement choice	Greet children with a certain movement choice	Greet children with a certain movement choice	Greet children with a certain movement choice	
<b>Teaching day/classroom</b>	Whole Program- 2 PM challenge- plank	Whole Program- 2 PM challenge- push ups	Whole Program- 2 PM challenge- squats	Whole Program- 2 PM challenge- plank	Whole Program- 2 PM challenge- squats	
<b>Class Meeting (circle time)</b>	Start with 5 deep breaths and gentle stretches	Gratitude circle	Start with 5 deep breaths and gentle stretches	Gratitude circle	Start with 5 deep breaths and gentle stretches	
<b>Centers</b>	Sit on yoga ball, join in painting	Make a yoga studio center	Fill sensory table with fidgets	Add headphones and music to cozy corner	Fill sensory table with fidgets	
<b>Outside</b>	Increase outside time; Active supervision	Work in garden	Stay in to clean – listen to favorite music	Increase outside time; Active supervision	Work in garden	
<b>Meals</b>	Drink full glass of water before lunch	Drink full glass of water before lunch	Drink full glass of water before lunch	Drink full glass of water before lunch	Drink full glass of water before lunch	
<b>Break</b>	Eat healthy snack and listen to podcast	Check in with accountability partner	Eat healthy snack and listen to podcast	Check in with accountability partner	Eat healthy snack and listen to podcast	
<b>After Dismissal</b>	Add steps taken to reader board	Add steps taken to reader board	Add steps taken to reader board	Add steps taken to reader board	Add steps taken to reader board	



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Before work	Mindful Mondays Fill water bottle	Thoughtful Tuesday Fill water bottle	Wellness Wednesday Work out Fill water bottle	Thankful Thursday - add to gratitude board Fill water bottle	Fun Friday Fill water bottle	Work on wellness goal Self Care Turn off work
Mid morning	Five deep breaths and gentle stretches	Five deep breaths and gentle stretches	Five deep breaths and gentle stretches	Five deep breaths and gentle stretches	Five deep breaths and gentle stretches	
Lunch	Drink full glass of water before lunch	Drink full glass of water before lunch	Drink full glass of water before lunch	Drink full glass of water before lunch	Drink full glass of water before lunch	
Mid afternoon	Whole program 2 pm challenge - plank	Whole program 2 pm challenge - push ups	Whole program 2 pm challenge - squats	Whole program 2 pm challenge - plank	Whole program 2 pm challenge - squats	
After work	Take a walk	Yoga stretches	Listen to relaxing music	Take a walk	Yoga stretches	

