



*Windham* Public Schools



# Wellness Wednesdays



Interactive Live Event

Wednesday, December 23, 2020



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# Welcome!



- Thank you for joining us for this Wellness Wednesday activity.
- Wellness Wednesday is designed to give you an opportunity to refill your cup!
- We have faced and continue to face some very stressful times in education.
- We have felt the effects of COVID-19, in our world, country, homes and in our classrooms.
- While we work towards getting back to “normal” it’s important that we support our own social emotional needs, just as we support the social emotional needs of our family members, friends and students.





# WELCOME to Wellness Wednesday!



Our theme for the month of December is **Giving**! Most importantly giving back to yourself! We are experiencing some very stressful times that have changed the way we teach and the way our students are learning. We have been innovative, adaptive, creative “gone with the flow” and while those are some very positive attributes they are also exhausting and overwhelming! Today’s focus is all about having fun and relaxing! We hope that you will enjoy our interactive games!!!



# The Benefits of Having Fun!



- Reduced Stress
- Increases Serotonin Levels
- Improved Ability to Cope
- Boosted Energy
- Improved Memory and Concentration
- Improved Connection with Others
- Improves Sleep
- Helps Establish Positive Patterns





# Health Benefits of Smiling and Laughing



- Lowers Stress Hormones
- Reduces Physical Tension Throughout Your Body
- Strengthens Immune System
- Improves Mood
- Reduces Pain
- Increases Positivity
- Decreases Stress

SMILING

is good for the heart,  
Laughing is good for  
the soul and Loving  
will keep you living,  
laughing, and smiling.



# Let The Games Begin...





# The Games!!



Today we have planned a variety of fun interactive games in different categories.

The categories include:

- Trivia Questions
  - Emoji Game
  - Travel
- Scavenger Hunt
- Guess the Number



# The Games!!



- There will be 1-3 rounds in each category.
- In the spirit of “**GIVING**”, we will give away a prize for each round.
- All the prizes will be Amazon Gift cards ranging from \$5 - \$25, which will be sent electronically via email, after our session today.
- All prizes were donated.





# The RULES!!



- There will be a time limit of 30 seconds for each round.
- The first person to answer correctly in the chat box will be the winner.
- If there is no clear winner within 30 seconds, we will extend the time until we have a clear winner.
- If there are multiple correct answers within the 30 seconds, we will hold off on announcing the winner until the end. Someone will review the chat box and we will put the name of the persons with the correct answers (within the time limit) in a bag and select a winner at the end.



# Trivia Questions



- 3 Rounds
- Winner: 1<sup>st</sup> person to answer correctly in 30 seconds
- Prize for each round = \$5 Amazon Gift Card

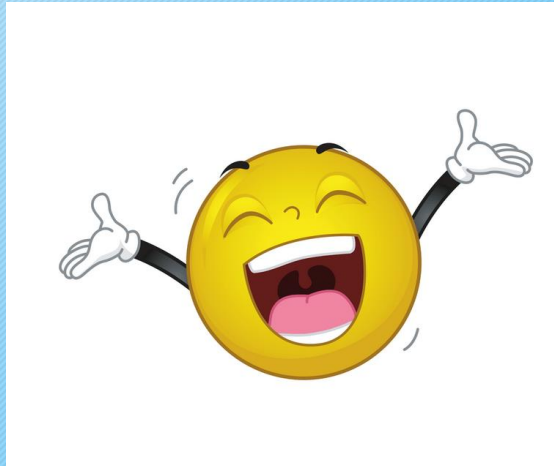




## Trivia: Round 1



Name two of the benefits of laughing that were mentioned at the beginning of our presentation?



# Trivia Round 1 : Answer



- Lowers Stress Hormones
- Reduces Physical Tension Throughout Your Body
- Strengthens Immune System
- Improves Mood
- Reduces Pain
- Increases Positivity
- Decreases Stress





## Trivia: Round 2



Name at least two of the mitigation strategies to avoid contracting COVID-19?



# Trivia Round 2 : Answer



## **COVID-19: Everyday Preventive Actions**

- Avoid touching your eyes, nose and mouth
- Avoid close contact with people who are sick
- Stay at home when you are sick
- Cover your cough or sneeze with a tissue, then dispose of it properly
- Use a face covering when physical distancing is difficult or when going into closed spaces





## Trivia Round 3



Name three Holidays celebrated in December.



## Trivia Round 3: Answer



Christmas  
Hanukkah  
Kwanzaa





# Emoji Game



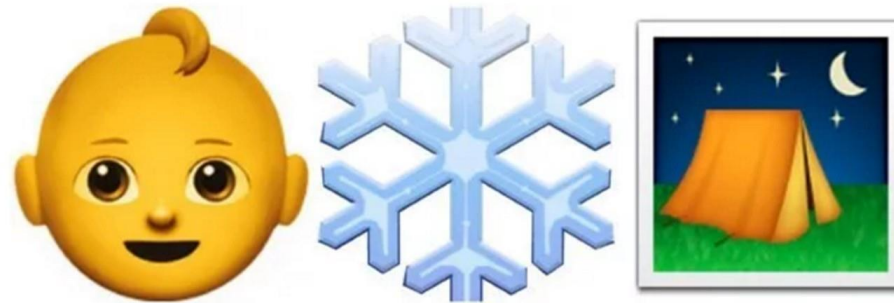
- 3 Rounds
- Winner: 1<sup>st</sup> person to answer correctly in 30 seconds
- Prize for each round = \$10 Amazon Gift Card



# Emoji Game: Round 1

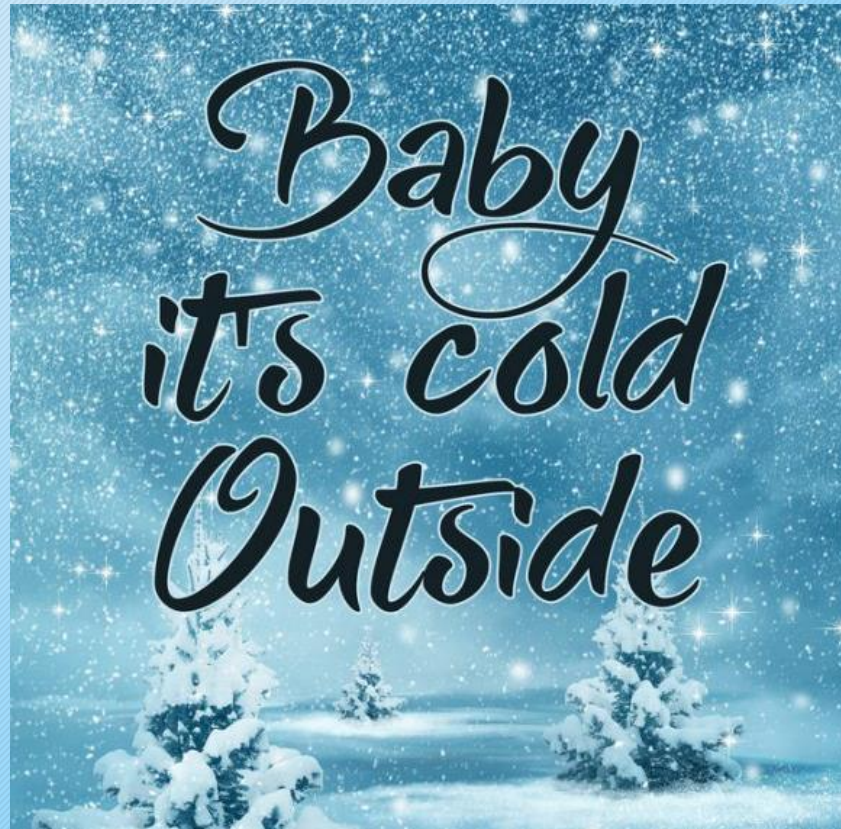


**Can You Guess the Christmas Song?**





# Emoji Game - Round 1: Answer



# Emoji Game: Round 2



Guess the name of this holiday movie





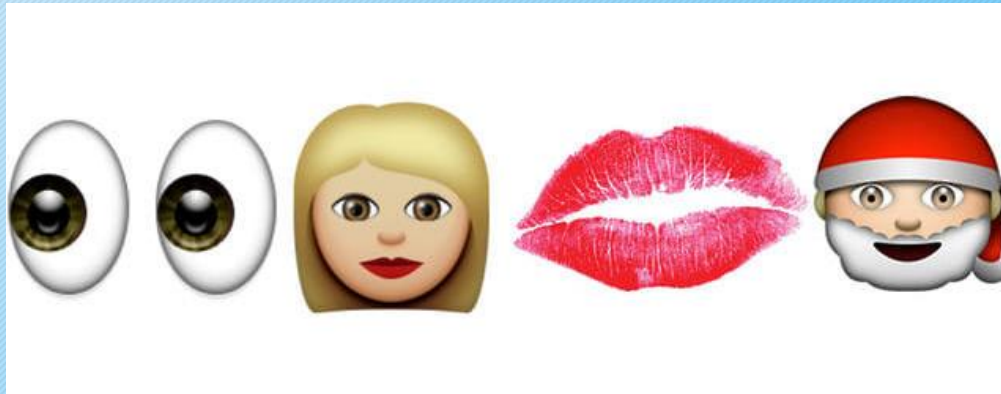
# Emoji Game - Round 2: Answer



# Emoji Game: Round 3



Guess the lyrics to this holiday song





## Emoji Game - Round 3: Answer



 I SAW   
mummy  
KISSING   
Santa   
Claus   
 



# Where in the World?



- 2 Rounds
- Winner: 1<sup>st</sup> person to answer correctly in 30 seconds
- Prize for each round = \$10 Amazon Gift Card





# Where in the World? - Round 1



The Sagrada Familia seen below has been in construction since 1882.  
Name the city and country where it is located.



# Where in the World? - Round 1: Answer



Barcelona, Spain





## Where in the World? - Round 2



Guess the name of this popular land mark  
and the country where it is located.



## Where in the World? - Round 2: Answer



Name: Machu Picchu

Location: PERU





# Scavenger Hunt



- 3 Rounds
- Winner: 1<sup>st</sup> person to locate the item, type the answer in the chat and show item on their screen
- Prize for each round = \$10 Amazon Gift Card



# Scavenger Hunt - Round 1



You have 30 seconds to:

- Find the item
- Type “**Got It**” in the Chat
- Show your item on the screen

READY?

The 1<sup>st</sup> Item is:

**Candy Cane**





## Scavenger Hunt - Round 2



You have 30 seconds to:

- Find the item
- Type “**Got It**” in the Chat
- Show your item on the screen

READY?

The 2<sup>nd</sup> Item is:

**Holiday Card**



## Scavenger Hunt - Round 3



You have 30 seconds to:

- Find the item
- Type “**Got It**” in the Chat
- Show your item on the screen

READY?

The 3<sup>rd</sup> Item is:

**Packet of Hot Cocoa Mix  
with Marshmallows**





# Guess the Number



- 1 Round
- Winner: 1<sup>st</sup> person to guess the correct number, or closest guess without going over.
- Prize for this round = \$15 Amazon Gift Card



# Guess the Number - Round 1



Guess the number  
of ***Jingle Bells***  
in the jar.





# Guess the Number - Round 1: Answer



49



Review Winners from Each Round





# Random Drawing



Thank you for your participation!

Everyone who participated today will be included in a random drawing to win a \$25 Amazon Gift Card.

The winner will be announced in a follow-up email today.



Thank you for sharing your valuable time with us!

THANK YOU!!!!!!



All prizes will be shared electronically via email.

Please be sure to check your email later today, also check your junk mail, just in case.





# Friendly Reminder



Please continue to follow all safety and health precautions during the holiday break!!!

And please continue to take time for self-care and refilling your cup!



# Some ideas to help refill your cup!



- Take pictures
- Relax
- Do something you've never done
- Call an old friend
- Look through some old photos
- Get a massage
- Take a walk
- Finish a book you've been wanting to read 😊
- Have Fun – Happy Holidays – See you next year!

*"It's not how  
much we give,  
but how much  
love we put  
into giving"*

*Mother Theresa*





# Prize Winners from Today's Event!!!



## ***Trivia Question Game RESULTS:***

***Prize: \$5 Amazon Gift Card***

***Round 1 - Winner:***

Sarah McHugh

***Round 2 - Winner:***

Kristin Benini

***Round 3 - Winner:***

Sarah McHugh



# Prize Winners from Today's Event!!!



## ***Emoji Game RESULTS:***

***Prize: \$10 Amazon Gift Card***

***Round 1 - Winner:***

Laura Perez-Handler

***Round 2 - Winner:***

Sarah McHugh

***Round 3 - Winner:***

Kristin Benini





# Prize Winners from Today's Event!!!



## ***“Where in the world?” Game RESULTS:***

***Prize: \$10 Amazon Gift Card***

***Round 1 - Winner:***

Kathy Davis

***Round 2 - Winner:***

Sarah Larsen



# Prize Winners from Today's Event!!!



## ***Scavenger Hunt Game RESULTS:***

***Prize: \$10 Amazon Gift Card***

***Round 1 - Winner:***

Laura Perez-Handler

***Round 2 - Winner:***

Andrea Handler-Ruiz

***Round 3 - Winner:***

Whitney McCormick





# Prize Winners from Today's Event!!!



## ***“Guess the Number” Game RESULTS:***

***Prize: \$15 Amazon Gift Card***

***Winner:***

Andrea Handler-Ruiz

## ***Random Drawing RESULTS:***

***Prize: \$25 Amazon Gift Card***

***Winner:***

Kathy Davis

