



# Coolidge Wellness Fair

“Wellness Around the World”  
March 28, 2018

## INTRODUCING THE GREEN TEAM!

At the Going Green station, students learned about planting seeds, gardening, herbs and our new “green initiative”. We invite your child to be a “Green Ambassador”. See the attached sign-up sheet for details.



This was our 10<sup>th</sup> Coolidge Wellness Fair! The children spent time at 6 different stations:

- ❖ *Breakfasts Around the World.* First, students guessed at where various breakfast foods were served in different areas in the world. Then, they got to sample some of them. Yum! See the attached for recipes.
- ❖ *Games.* A chopstick relay race proved quite a challenge for some. Many had luck on our “breakfast roulette wheel” – everyone walked away with a bracelet prize.
- ❖ *Going Green.* We’re excited to recruit some “Green Ambassadors” to continue to beautify the school while respecting our earth.
- ❖ *Meditation.* We all practiced our breathing and learned a new mantra - “I am Safe, I am Happy, I am Healthy, I am Good”.
- ❖ *Karate* – Not only did we learn some new moves, we reinforced respect for ourselves and others.
- ❖ *Zumba* – What a great way to have fun while exercising! Kindergartners through 5<sup>th</sup> graders showed off their moves.



Thanks to all of our parent, teacher and community volunteers! The students look forward to and enjoy this day more than you know!

