

# health. moves. minds.™ Day Celebratory Event Ideas

- **Mind & Body 30-Day Challenge** – Follow a calendar with daily challenges around mindfulness, kindness, and physical activity.
- **Mindfulness Week** – Encourage the entire school to incorporate mindfulness activities into classes throughout the week. Examples include:
  - Start each day with a school-wide minute of meditation.
  - Encourage all teachers to create a space in their classroom where students can take a mindfulness break by coloring, using a stress ball, doing a few stretching poses, following instructions for better breathing, etc.
  - Play calming music in each classroom during individual work time.  
[Try this playlist.](#)
  - Introduce stretching breaks to each class where teachers lead students in different poses.
- **No-Phone Day/Week** – Students pledge to not use their cell phone on a day selected by the teacher/school – or to go “phone-free” for a certain number of hours each day during a specified week. The goal is to promote active engagement with family and friends. Check out our [PA calendars](#) to share physical activity ideas with your students and staff.
- **health. moves. minds. Family Night** – Use the health. moves. minds. Station Cards to create an event where students and their families can participate in a variety of activities focused on mindfulness, kindness and physical activity.
- **Stress-Relief Dance-a-Thon** – Host a dance-a-thon for students and the school community to promote physical activity through dance as a tool to relieve stress.
- **Zen Night** – Host a family night where students and their families engage in mindfulness activities such as meditation, Better Breathing, yoga, etc. while playing calm music.
- **Kindness Week Challenge** – Hold a school-wide challenge that encourages students to be kind to one another. Teachers will place a small token in the classroom’s “bucket” each time they notice a student being kind. The class with the most tokens is named the “Kindest Class in the School.” You can opt to do this without the competition piece.
- **Send a Kind Message Day** – Students take time to write kind messages to other students, teachers, friends or family members. This can be a stand-alone activity or incorporated into another event.
- **Fun Walks or Fun Runs** – A popular favorite any time of year!
- **Walk-a-thons, bike-a-thons, jump-rope-a-thon, bowl-a-thons, skate-a-thons, hula-hoop-a-thons** – Physical activity is a stress reliever, no matter what the theme is!
- **Teacher-Student Competitions** – Students love these!