

Wellness Activities Happening in Spirit Lake Classrooms (K-12)

Updated: May 2025

ELEMENTARY

Preschool

Kindergarten

- Emotional Regulation, Healthy Choices, Personal Safety (Guidance)
- Nature Walks

1st Grade

- Emotional Regulation, Healthy Choices, Personal Safety (Guidance)
- Morning Meeting

2nd Grade

- Emotional Regulation, Healthy Choices, Personal Safety (Guidance)

3rd Grade:

- Too Good for Drugs Curriculum (Guidance class)
 - medicine safety
 - tobacco
 - healthy choices
- Emotional Regulation, Personal Safety (Guidance)
- Social and Emotional Journals as part of Morning Meetings
- Bike Rodeo
- Ice Skating AR Party
- Archery
- Basic swimming instruction/water safety -YMCA SPLASH Program

4th Grade

- Track and Field Event
- Hygiene presentation with samples from Nurse Katy Stokke
- Hygiene presentation during guidance classes
- 4th grade BRAWL - bike ride the last day of school
- Bowling / Roller Skating for AR Parties
- Winter Blast/Fall Blast Activities (raking, downhill skiing, curling, yoga, fishing -ice & open water-, swimming at YMCA, rock climbing, organized games, learning about surfing etc...)
- Brain breaks
- Free year long membership for ALL 4th graders to the YMCA
- Checking in each morning with Zones of Regulation / Emotional Zones
- Morning meeting
- Personal Safety, Emotional Regulation (Guidance)
- Science unit on Nutrition/Food groups beginning of the school year - have guest nutritionists from LRH also visit the classroom one period.

Music TK-4th

I start every class with 2-4 minutes of movement to music...usually body percussion, steady beat, rhythm, and free expression. Exercise for body, mind & soul. :)

MIDDLE SCHOOL

5th Grade

- Puberty presentation with samples Nurse Katy Stokke and Instructor Terry Butler
- 15 min afternoon recess
 - some afternoons when kids need a physical re-set
- Brain breaks in classroom
- Citizenship instruction - Social Studies (Fordyce)
 - working on stress management and character development
 - making good choices with friendships and peers
 - team and community building
- Track and field day
- School of the Wild - outdoor education
- Fall & Spring bike rides
- Yoga & relaxation exercises
- Save Our Shores - community service where raking, picking up trash, beautifying beaches

6th Grade

- Triathlon - all 6th graders practice and compete in a mini triathlon
- School of the Wild - outdoor education
- Fall and spring bike rides
- Yoga and relaxation exercises
- Track and field day
- Save Our Shores - community service where raking, picking up trash, beautifying beaches

7th Grade

- Stress Management to our Life Skills classes
- Teach pickleball and tennis for Spring Academy
- Physical activities happen during School of the Wild in the fall - outdoor education
- Health unit on nutrition
- Save Our Shores - community service where raking, picking up trash, beautifying beaches

8th Grade

- School of wild - outdoor education
 - Hiking
 - Biking
 - Fishing
 - hammock reading
- Nutrition unit in health
- Save Our Shores - community service where raking, picking up trash, beautifying beaches

HIGH SCHOOL

9th Grade

- The Army Combat Fitness Test (ACFT)
- Wellness Walks
- Prevention Presentation on Vaping
- Yoga Camp
- Sex Education

10th Grade

- Teen Mental Health First Aid
- The Army Combat Fitness Test (ACFT)
- Wellness Walks

11th Grade

- The Army Combat Fitness Test (ACFT)
- Wellness Walks
- Sex Education

12th Grade

- CPR certification
- The Army Combat Fitness Test (ACFT)
- Wellness Walks
- Prime for Life (prevention programming)
- In Her Shoes (healthy dating) presentation
- YOGA during J-Term

STAFF

- Weight Room Open to Staff
- Zumba Class Open to Staff during summer months