



Jordan School District  
Administrative Leadership Conference  
August 2, 2022

***"S.E.L.F.I.E." WELLNESS ACTIVITIES***  
**(Sleep, Exercise, Light, Fun, Interaction, Eating Well)**

Participate in as many *SELFIE* activities as you would like between 11:45 - 1:30, including lunch. Refer to the school map for activity locations. Instructions for each activity will be found at the locations listed below.

**SLEEP**

**Location:** Room 1701

**Activity:** Relaxation Station (anti-gravity chairs, eye masks, and white noise)

**EXERCISE**

**Location:** Gym / Dance room

**Activity:** Volleyball / Yoga

**LIGHT**

**Location:** Outside - Cafeteria Patio

**Activity:** Walk around school grounds, patio games

**FUN**

**Location:** Auditorium

**Activity:** Karaoke

**INTERACTION**

**Location:** Media Center

**Activity:** Board Games and Team Building

**EATING WELL**

**Location:** Cafeteria

**Activity:** Lunch - Mo' Bettahs Hawaiian Barbecue / Healthy meals demo and recipes