

## Webinar Documents and Links

### **Partnering with the School Day for Health & Wellness**

Illinois 21<sup>st</sup> CCLC Virtual Spring Conference

*Wednesday, May 4<sup>th</sup>*

#### **Y4Y Tools**

- Self-Assessment of Personal Views on Health and Wellness - <https://y4y.ed.gov/tools/self-assessment-of-personal-views-on-health-and-wellness>
- Guide to Health and Wellness Standards for Out-of-School Time Programs - <https://y4y.ed.gov/tools/guide-to-health-and-wellness-standards-for-out-of-school-time-programs>
- Staff Health and Wellness Self-Assessment - <https://y4y.ed.gov/tools/staff-health-and-wellness-self-assessment>
- Activity Selection Guide for Health and Wellness - <https://y4y.ed.gov/tools/activity-selection-guide-to-support-health-and-wellness>
- Walking Scavenger Hunt Activity Planner - <https://y4y.ed.gov/tools/walking-savenger-hunt-activity-planner>
- Best Practices for Mindfulness - <https://y4y.ed.gov/tools/best-practices-for-mindfulness>
- Conversation Starters for Partnering With the School Day Around Health and Wellness - <https://y4y.ed.gov/tools/conversation-starters-for-partnering-with-the-school-day-around-health-and-wellness>

#### **External Resource**

- National Wellness Institute - <https://nationalwellness.org/resources/six-dimensions-of-wellness/>



This resource is in the public domain. Authorization to reproduce it in whole or part is granted. This resource was funded by the U.S. Department of Education in 2021 under contract number ED-ESE-14-D-0008. The views expressed here are not necessarily those of the Department. Learn more about professional development planning and 21st CCLC learning at <https://y4y.ed.gov>.

