

THE 3RD ANNUAL OCTOBER 16TH 2020 LJES FAMILY WELLNESS GUIDE

2020 will be a year to remember! Insert virtual hugs to you all. Since we couldn't get together for Wellness Night we created this Wellness Guide. We want to inspire you. We hope to give you a moment to reflect. We want to provide you with information and videos that you can read and watch whenever you have the time. We want to tell you about some of our amazing local businesses. We want to get your kids excited about the outdoors! We really want you to win something in our awesome Raffles! But most of all, we hope you will find this Guide useful, helpful, and hopeful.



Contents

PHYSICAL & MENTAL HEALTH | PHYSICAL FITNESS
NUTRITION & COOKING | ART, MUSIC & NATURE

■ PHYSICAL & MENTAL HEALTH

Get advice, inspiration, and encouragement from physicians, mental health practitioners, educators, and more. Adult raffle prizes in this section too!

■ PHYSICAL FITNESS

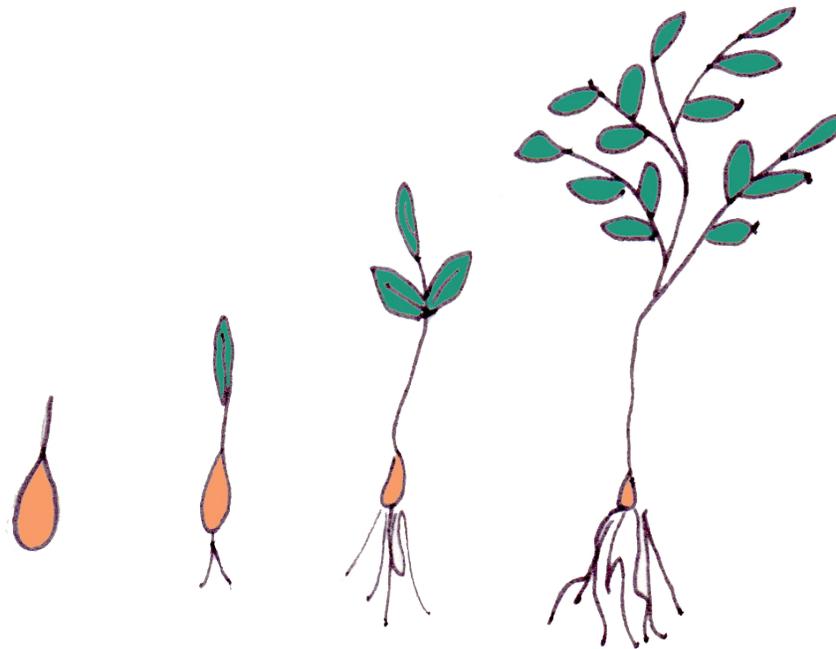
Watch videos, read text and get inspired by personal trainers, teachers, and fitness experts. Check out videos illustrating good form and workouts in a wide range of activities (e.g. soccer, basketball, yoga, boxing, dancing, and gymnastics). Be sure to check out the adult raffle items and coupons in this section too!

■ NUTRITION & COOKING

Cooking demonstrations for parents and children. Get tips/suggestions about cooking methods, nutrition, and helping children to feel more excited about trying and preparing new foods. Look for coupons, adult raffle items and a free cooking class in this section.

■ ART, MUSIC & NATURE

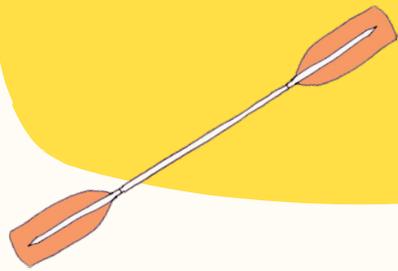
Music activities and art lessons for kids, as well as ideas to help families find the right balance between their use of technology and time spent in nature. Be sure to look for coupons and adult raffle items in this section!



Look for this  in the guide for kid content

Look for this  in the guide for adult raffle items.

Click on this  in the guide to return to Content Page



STUDENT RAFFLE & PRIZES!



Click [here](#) for info on entering the raffle with the following prizes:

Kayaking Tour and Apparel from Everyday California

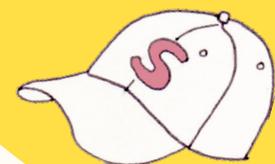
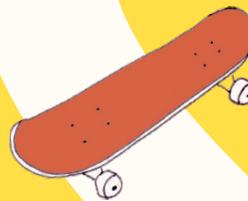
Guided Swim or Snorkel from La Jolla Swim and Sport

Surf Lesson from San Diego Surf School

Soul Grind Cruiser Deck

Music Lesson from Kalabash School of Music + the Arts

Surf Goodie Bags from Surf Diva

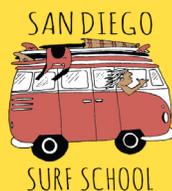


Click on the logos below to access the websites of the [Raffle Prize Donors](#)

EVERYDAY CALIFORNIA



LA JOLLA
SWIM & SPORT



SOUL GRIND



SKATEBOARD SHOP



KALABASH
SCHOOL OF MUSIC + THE ARTS



PHYSICAL + MENTAL HEALTH

“We as human beings need time to process things. We need time to digest our food. We need time to digest our feelings and we need time to digest our thoughts. And our kids need that too.”

Laine Lipsky

LAINÉ LIPSKY Parent Coach and Master Teacher

Laine Lipsky provides “3 fundamental keys to getting through this particularly stressful time with a little more grace and a lot more ability to thrive” in this short video:

[Parent with Grace and Thrive](#)
hello@LaineLipsky.com
www.parentingparachute.com



CHILDREN'S PRIMARY CARE MEDICAL GROUP

Pediatric Health Care Provider

Six Tips to Prevent Eye Strain by
CPCMG: [Prevent Eye Strain](#)

Explore best practices to help your children stay healthy and focused while engaged in online learning: [Tips for Online Learning](#)

Raising an independent, responsible child is tough enough, let alone during a pandemic. CPCMG offers some advice to help you get there: [Fostering Independent, Responsible Behavior](#).

Dr. Ryan Lym, pediatrician at CPCMG Girard, shares tips on how to keep your child healthy during the pandemic: [Staying Healthy During this Pandemic](#)

[CPCMG](#) Girard delivers patient-focused, family-centered pediatric health care:

858.459.4351
www.cpcmg.net

DEBBIE ZEICHNER, LCSW

Parent Coach and Mindfulness Facilitator

Four Ways to Protect Your Child's Social and Emotional Well-Being in Challenging Times and Beyond

1. Build Coping Skills

It's so important for kids to understand that what they feel isn't good or bad; right or wrong. All feelings are valid and have something to tell us about what we need to take care of ourselves. And, while it's ok to feel what we feel, we want to avoid acting on those feelings in unhealthy ways. Stress and “big feelings” are inevitable, especially in these challenging times. Offer your child healthy ways to manage their emotions using coping skills such as mindful breathing, journaling, squeezing play-dough or a stress ball, mindful coloring, visualization, exercise, spending time in nature etc.

2. Adjust Expectations

Recognize where you may be putting excess pressure on yourself and/or your child and practice letting go. These are not “normal” times. Modeling flexibility is a healthy and important lesson for our kids. A stressed brain can't learn!

3. Be Present and Focus on Connection

All of us, especially our kids, want to feel seen, heard, understood and accepted. As stated above, be open to and present with your child's emotions and resist any urge to fix or “make it better.” One of the best phrases you can offer your child is, “That sounds hard. I understand. How can I help?”

4. Model Self-Care and Self-Regulation

Our kids learn how to manage and regulate their emotions by how we manage and regulate our own. Take care of



yourself and do your best to model the very behavior you wish to see. Remember, you can't pour from an empty cup!

858.822.8878

debbiezeichnerlcsw.com

mindfullyempowered.com

facebook.com/debbiezeichnerlcsw

facebook.com/mindfullyempowered



*Now, more than ever, is a great time to really look for and acknowledge the times your child *is* showing 'positive' behaviors such as kindness, compassion, empathy and respect. Phrases such as 'Thank you for...' and 'I really appreciate the way you...' help a child feel seen, heard and acknowledged. When children feel better, they tend to DO better."*

Debbie Zeichner, LCSW

SUSAN WAIS, PH.D. Psychologist

Goodish is Good

During this difficult time it's very easy to make yourself feel even worse by criticizing yourself for falling short of an expectation. You yelled at the kids, didn't help with schoolwork, had to cancel something, the list can be endless. It's very easy to feel not good enough.

I'm proposing, starting today, that you hold yourself to a new standard – the standard of goodish. Goodish implies we are on a learning curve, kind of like when we use "yet" in a growth mindset conversation. Goodish means we have the desire to be good and the self-acceptance to acknowledge and allow that stuff can happen along the way. Goodish implies tolerance for being human, plus the hope that we will improve and become a better person. When we expect ourselves to be goodish we hold ourselves to a high standard knowing that there is always room to grow.

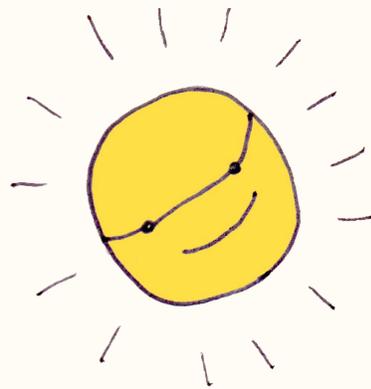
What does goodish look like? Well let's say you feel like you messed up. Instead of beating yourself up you can...

1. Use [self-compassion](#) and say to yourself, "Well that didn't go the way I wanted it to go! I wish it had gone as I had expected it to go. The times are difficult, I did the best I could." You might take a few breaths, treat yourself to something

special and share the story with a friend.

2. Deploy your [character strengths](#) in a multitude of ways in this situation.

You could use your character strengths of fairness, and humor to make light of the situation. Maybe saying to yourself, "Hmmm I'm not sure what happened here, but something did, oh well, next time I will do things differently." Remember when you use your signature strengths you feel energized and you do things better.



3. Take a moment to access your [thoughts](#). Are you saying to yourself, "Well, that was awful, I'm so embarrassed. I don't understand why things never go right." If so you could challenge these thoughts. You could ask yourself, "Am I thinking in all or nothing terms (awful). Am I using "exaggerating" words, such as never, always, or forever (never go right)." You could try replacing

"awful" with "not how I wanted it" and you could replace "never go right" with "sometimes."

Goodish gives you the room to grow, to learn to improve, it rolls a growth mindset and self-compassion into one idea and makes us more resilient.

What is a Growth Mindset and How to Foster it?

I think it's fair to say that most parents want their children to succeed in school. If that is the case, then I guess the question becomes – how? How do children achieve academic success and how do their parents help them? I'm sure there are many ways, I guess. One way I know works is having a growth mindset. According to Stanford professor [Carol Dweck](#) a growth mindset leads to academic success. According to Dweck we have two ways to look at our abilities, intelligence and skills, with a fixed mindset or a [growth mindset](#). From these two different mindsets come two very different ways of behaving.

People with a fixed mindset believe their intelligence is fixed, it can't grow nor change. People with a fixed mindset believe they are who they are and that's just how it is. "I'm really not a math person." "I'm this way and that's



just who I am.” “You’re the writer, your brother is the scientist.” Are all examples of fixed mindset thinking. What makes academics challenging in the face of a fixed mindset is the belief that you can’t do better. As a result of this belief people with a fixed mindset tend to give up more easily. If they fail at something they are failures and there is nothing they can do about it.

People with a growth mindset believe that with effective effort they can grow and change and improve. People with a growth mindset believe that they can become better versions of themselves. “I didn’t do well on my math test. Next time I’m going to test myself while I’m studying, I bet that will help me do better.” Is an example of growth mindset thinking. What makes a child with a growth mindset academically successful is the proactive behavior that arises as a result of the belief that they can do better. Children with a growth mindset persevere more, they are undaunted by adversity, failure and challenges. They don’t worry about seeming dumb because they know they can get smarter – they can grow their intelligence.

The beauty of a growth mindset is that it can be fostered in many ways. You can incorporate the word “yet” into your vocabulary. You can praise your children for effort rather than intelligence. You can teach your children how the brain works, how to set goals and how to have self-control. All the meanwhile, you should ensure that you have a growth mindset while attempting to foster one in your children. Change takes time!

Click [here](#) to read an article by Susan Wais, titled, “It’s Time to Learn to Count.”

619.306.6193

susan@partnersinthriving.com

www.partnersinthriving.com

PARTNERS IN THRIVING

enhancing well being begins here

INLIGHT INSTITUTE

An organization that offers free events and online toolkits, designed to empower kids to care about themselves, others, and the world around them through education, empathy, and kindness.

Inlight Institute has prepared this toolkit to help families and kids navigate how to still care for their community, self, and the planet while following stay-at-home orders during COVID-19:

[Caring From Home](#) 

inlightinstitute.org/home



GENIES CENTER OF EDUCATIONAL EXCELLENCE

A Tutoring Service

Genies provided suggestions for communicating with your children about their school work. Click [here](#) to access their tips.

Raffle Item:



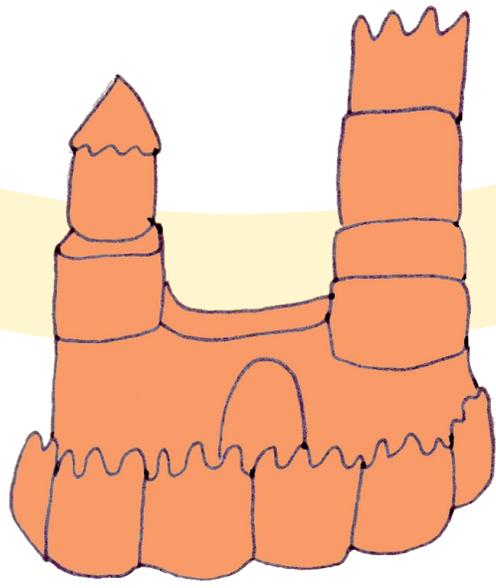
Free one hour online evaluation and \$150.00 off first month tutoring costs

If interested in this raffle item, please send an email with “Genies Raffle Item” in the subject line to: ljes2020wellnessadults@gmail.com.

619.218.6258

info@geniescenter.com





SAN DIEGO KIDS FIRST

Center for the Developmental and Behavioral Health of Children

Parenting During this Pandemic

1. Adjust your expectations:

Parenting during the pandemic requires adjusting your expectations of what you and your children can accomplish in the course of a day or week. Between social distance learning, reduced social activities and work from home, everyone is taking on new roles so don't hold the bar to the same level.

2. Think about implementing a schedule:

Having a schedule or routine for your child each day can help reduce anxiety, frustration, and provide a sense of security and control in these uncertain times. However, a super detail oriented schedule is not necessary. Keep it flexible and with enough leeway so that things can be modified or changed when needed.

3. Think of things as 'boxes you would like to check' for your child -in categories that are important to

you, while keeping it open and flexible as to how you check these boxes:

Having things that you set out at the beginning of each day as 'goals' to touch upon once per day for all family members can take away the sense of urgency or the feeling like you haven't done 'enough' to provide your child with sufficient, well rounded opportunities.

For example, school time, exercise/ outdoor time, family time, chore/responsibility time, social/ leisure time and independent time. A common concern is that families have felt like they don't do 'enough' and that their kids are sitting at home or are on screens all day. What they don't realize is that they are actually hitting all the big 'goals' by the end of the day! Making this list can help visualize your success.

It is important to remain flexible as to how you check these boxes to ensure you touch on these things without mandating how they will be accomplished. For example, a 20 minute walk can count for outdoor time and a board game can count for family time.

4. Academic and Emotional support:

It is important to have a family meeting once a week to check in with your family

members on how everyone is doing. Likewise, utilize your resources to obtain additional support for both parents and kids! Reach out for help from teachers, tutors, psychologists and counselors. Support is out there and many families are using them!

5. Reframe this time and remember all the positives:

Many families have found positives during this time including more time with their kids and more family and sibling time. Think about what you will miss and what you will want to extend into the future when life goes back to normal!

San Diego Kids First is a highly specialized psychology practice committed to maximizing the developmental, social, emotional, behavioral, and academic potential of children, teens, and families. It's our philosophy to meet you where you are. Even literally! In addition to traditional office sessions, we offer in-home, school-based and telehealth evaluations, therapy and educational support. Wherever we meet, let's find the answers.

858.692.4187
sdkidsfirst.com





BRACES SAN DIEGO Orthodontic treatment

Call or visit their [web site](#) for a complimentary orthodontic consultation!

Raffle Items:



1. \$500 certificate toward orthodontic treatment for a new patient
2. \$1,000 certificate toward orthodontic treatment for a new patient

1 per family - they cannot be combined and only valid for new patients.

If interested, please email ljes2020wellnessadults@gmail.com with "BRACES SD Raffle Item" in subject line.



858.456.8080

www.bracesandiego.com

LA JOLLA VILLAGE ORTHODONTICS

Orthodontic Treatment

Call or visit their [web site](#) for a complimentary orthodontic consultation!

Raffle Item:



Certificate for \$500.00 to go towards a new patient for any treatment over \$1,000.00 (braces or Invisalign)
If interested, please email ljes2020wellnessadults@gmail.com with "LJ Village Orthodontics Raffle Item" in subject line.

858.459.3353

www.sandiegoothodontist.com



SUZANNE ROBERTSON, RDH

Orofacial Myofunctional Therapist

If you are concerned about your child's oral structure/functioning and how this may affect sleep, breathing, attention, and restless behaviors, please view this short informational video by Suzanne Robertson. Myofunctional therapy is used to correct the proper function of the tongue and facial muscles used at rest and when swallowing.

For more information on this topic, please see these videos:

[Tips to Promote Healthy Sleep Habits](#)

[Oral Structure/Functioning May Affect Sleep, Breathing, and Restless Behaviors](#)

Raffle Item:



"Wiggle Free & Focused" School Year Success Basket: Finger fidgets for kids, squeeze stress ball for kids, fun T-shirt, and book "Sleep Wrecked Kids" by Sharon Moore. A book to help improve sleep and breathing in kids.

If interested in this raffle item, please email ljes2020wellnessadults@gmail.com with "Suzanne Robertson Raffle Item" in the subject line .

858.752.4571

www.lajollaomt.com



RADY CHILDREN'S HOSPITAL- SAN DIEGO

Hospital

Click [here](#) to watch the San Diego County Schools COVID-19 Town Hall for Families titled, "Getting Kids Back to School During a Pandemic: Lessons Learned from a Pediatric Hospital".

Rady Children's Hospital-San Diego is the region's pediatric medical center serving San Diego, Imperial, southern Riverside counties and beyond. They treat children from birth to 18 years old as well as a small number of adults with certain conditions for which they have specialized services.

They are:

The largest children's hospital in California (based on admissions).

The only hospital in the tri-county area dedicated exclusively to pediatric healthcare.

The region's only designated pediatric trauma center.

Provider of inpatient care to 91 percent of the region's children.

Rady Children's is nationally recognized for medical excellence, achieving rankings in all 10 specialties surveyed by U.S. News & World Report.

For more information: rchsd.org
Rady's Healthy Kids Magazine publications: rchsd.org/about-us/publications/





PHYSICAL FITNESS

“In times of so much uncertainty, exercise and other health practices can be consistent pillars in our lives that bring us confidence, connection, and joy.”

Wes Collins



WES COLLINS

Movement Specialist and Health Coach

Wes Collins describes the Three 3's of exercise in [this inspiring Video](#). Watch for motivational factors and three surprising hacks to help you get started today!

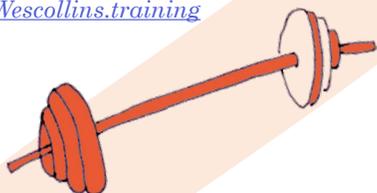
Wes offers a free 1 hour introductory Zoom Call or In-person session!

Raffle Item:



Free 2 Additional Zoom Call or In-person information session with Wes! Send email to ljes2020wellnessadults@gmail.com with “Wes Collins Raffle Item” in subject line if interested.

wescollins.training@gmail.com
[@Wescollins.training](https://www.instagram.com/Wescollins.training)



THE THREE 3'S OF DAILY EXERCISE

INCREASES RESILIENCE TO STRESS

BOOSTS FOCUS AND ATTENTION

TEACHES SELF DISCIPLINE AND FULFILLMENT

We've all heard the long list of health benefits of regular exercise so here are 3 ways exercise builds successful individuals.

SET GOALS THAT ARE "TOO EASY"

CREATE A SOURCE OF ACCOUNTABILITY

PRIORITIZE YOUR EXERCISE SCHEDULE

Here are 3 ways to successfully start exercising and avoid failing.

MAKE YOURSELF SWEATY

ATTACH EXERCISES TO DAILY TASKS

WATCH INSPIRING VIDEOS

Having a rough time getting started? Here are 3 hacks that can help you take the first step.

WATCH THE VIDEO FOR MORE TIPS AND DETAILS!

WES COLLINS

TEXT 619-647-7072
EMAIL
WESCOLLINS.TRAINING@GMAIL.COM
IG @WESCOLLINS.TRAINING
YOURALTERNATIVESOLUTION.COM
(COMING SOON)

FREE 1-HOUR ZOOM CALL OR IN PERSON INFO SESSION WITH WES



COACH WISKUS

Physical Education Coach at LJES

Coach Wiskus created a fun interactive [Fall Into Wellness Activity Sheet](#) for you to stay healthy and active with your family!



HEATHER POLEN

3rd Grade Teacher at LJES

Click [here](#) to view Ms. Polen's greeting and click [here](#) to see her wonderful dance video recommendations.



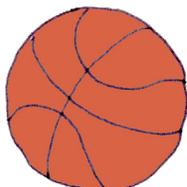
JAMES O'BRIEN

Basketball Skills

Click [here](#) to watch 7th grader, James O'Brien explaining and demonstrating 3 basketball skills. (Good form to use while dribbling, catching, and shooting.)

James offers basketball lessons for children.

650.815.6711



GABBY ANDERSON

Soccer Skills

Click on the links below to watch 8th grader, Gabby Anderson demonstrate and explain a number of soccer drills:

[Introduction](#)

[Juggling](#)

[Passing](#)

[Dribbling](#)

Gabby Anderson offers soccer lessons for children.

858.775.9398



G3 KIDS

San Diego Kids Gym

Click [here](#) to Join Coach Shay for a gymnastics lesson on jumps, rolls, and handstands, recorded specially for this Wellness Guide.

Tips/advice:

Make sure to have lots of room around you to move around freely.

You'll want to do the workout somewhere soft. This way your head and body is protected.

Be next to a wall or stable vertical surface.

Wear something comfortable, that you can move around in

For something more advanced, speed up the skills and/or do different combinations of the skills together.

Link to other videos:
vimeo.com/user114322145

G3 Kids is offering a coupon! Mention the LJES Family Wellness Night for 20% off first time visits.

Raffle Item:

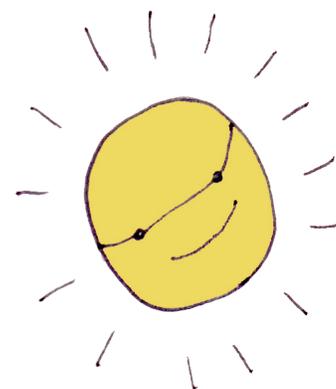


One free week of camp at G3Kids! \$400 value. During camp, kids move their bodies, socialize with each other, build character, improve teamwork skills, participate in arts and crafts, story time, and more! Ages 2+. Restrictions: Valid for one child, one full week (Monday-Friday 9am-3pm); must be used for one consistent week.

If interested please email ljes2020wellnessadults@gmail.com with "G3 Kids Raffle Item" in the subject line.

858.333.9009

www.G3Kids.com





MICHAEL OLIVARES AKA COACH MIKEY O.

**Boxing Trainer and
Certified Personal
Trainer**

Click on the links below to find great informative and experiential videos Coach Mikey O. put together.

[Introductory Video for Parents](#)

[Demonstration of 3 Exercises and Circuit Training for Kids](#) 

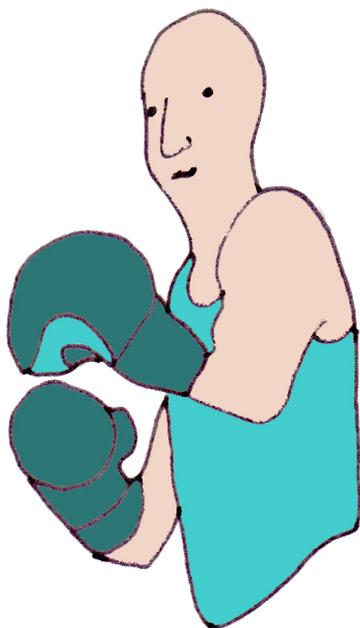
[Check out Coach Mikey O.'s YouTube](#)

858.922.5849

michaelolivares2021@gmail.com

www.mikeyofit.com

[@coach_mikey_o](#)



BUDDHI YOGA

Yoga Studio

2020 has been quite a doozy! Carolina Vivas and Amanda McCarroll, owners of Buddhi Yoga in the Village, feel that yoga has been a true lifesaver during this crazy year.

Simple movements that stretch and strengthen the body combined with deep, focused breathing exercises melts away stress and keeps the mind and body healthy.

Even if you aren't able to make it to their studio, you can still roll out your mat at home for a quick yoga session. You don't necessarily need a full hour yoga class to experience the benefits.

Try one of these short and simple sequences that are appropriate for all levels. Let go of stress and find a more rejuvenated and peaceful you.

Morning Quickie: This 10 minute flow is a great way to start the day. Flow through this simple sequence that gets the blood flowing, deepens the breath and guarantees that you wake up on the right side of the bed!

Relax the Neck and Shoulders: We all have neck and shoulder tension from time to time, especially during times of heightened stress. In just 8 minutes, you'll stretch and release the neck and shoulders with these simple breath to movement exercises.



New to yoga and not sure why to even add it to your probably already very busy schedule? Well [these three reasons](#) will convince you!

There are so many poses, but these [five basic beginner poses](#) are the blueprint for all the others. Learn these and the rest will come naturally.

Vinyasa yoga is perhaps the most popular style of yoga. People love it because it's not just a deep stretch but also a great workout. Learn more about [vinyasa yoga](#).

For more full length yoga and workout videos with Amanda and Carolina, check out their websites yourBuddhi.com and flowLIFTfitness.com.

Buddhi Yoga is open! Check their [schedule](#) and reserve your spot in class.





NUTRITION & COOKING

“For young minds, cooking is an experiment and they learn by touching and smelling the ingredients.”

Masha Itkin



MASHA ITKIN



Chef, Caterer, and an Activist for Cooking with Kids

Masha provided [5 Tips for Happy Kids in the Kitchen!](#)

Masha is offering tips and tricks during a free Zoom cooking class 10/26/20 6:00 PM - 6:45 PM. Details are [here](#).

www.miadvice.com

MAYA



Cookies

Watch 8th Grader Maya [make cookies](#) with only oats, a banana, cinnamon and chia seeds.



MELISSA AND SCOTT CURRY

Co-owners of Dream Life Total Wellness

Click [here](#) to view cooking classes by Melissa. She provides nutrition information, cooking tips, and recipes in each video

Raffle Item:



Complimentary Virtual Cooking Class for up to 10 people. (Can be face to face or online using zoom or house party) Value \$250 – You can select from menu items and do a cook along or a watch and learn. If you are interested in this raffle item, please send an email to: ljes2020wellnessadults@gmail.com with “Dream Life Total Wellness Raffle Item” in the subject line.

Melissa and Scott Currey wrote: “We understand with parents working, managing the house, teaching and cooking that it can be stressful! We support families to overcome their cooking challenges in the kitchen by offering solutions for faster, simpler and healthier dinners! Use food as medicine and decrease your stress with our tips and guidance. Support Your Wellness Journey. We utilize cooking to inspire people to eat better, Live better, and achieve the life they desire.”

Coupon! Melissa and Scott are offering a Complimentary Wellness Consultation (Value \$100).

To sign up visit www.WellnessCookingExperience.com

619.439.0190

www.DreamLifeTotalWellness.com

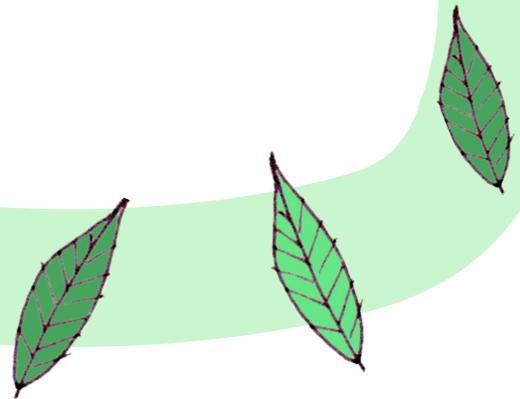




ART, MUSIC & NATURE

“Break free from the clutches of technology overuse, reconnect with nature, and engage with life and work in a whole new way.”

Nature Unplugged



SONYA MOHAMED AND SEBASTIAN SLOVIN

Co-founders of Nature Unplugged

At Nature Unplugged, Sonya and Sebastian are all about inspiring wellness in the digital age. They love technology and spending time in nature. At Nature Unplugged, they offer coaching, presentations and workshops to help individuals, families and communities build the skills necessary to maintain healthy relationships with technology and reconnect to nature.

Don't miss these links for tips and tools to help you find the right balance for your screen time vs. green time:

[Impact of Screen Time vs. Green Time](#)

[Quickstart Guide to Wellness in the Digital Age](#)

[Quick Tip: Find A Home for Your Phone](#)

Learn to cultivate a practice of mindfulness, develop a growth mindset, and experience engaging living.

- Build capacity for self-reflection and self-awareness
- Reinsert free time and play into your day
- Live more intentionally
- Regain control of the tech/media in your life
- Discover the benefits of nature
- Spend more time outdoors and less time inside
- Improve your goal-making skills
- Connect with your community
- Push the edges of your comfort zone

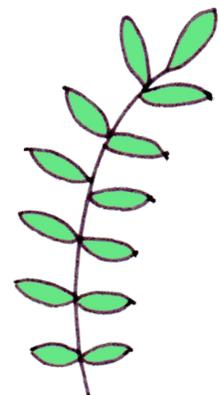
Coupons for discounted NU services! Click [here](#)

Nature unplugged is facilitating a family retreat in Joshua Tree in November. Click [here](#) to find out more.

Visit [them](#) for more information about what they do and a variety of free resources, including their podcast and blog.

484-433-8110

sonya@natureunplugged.com
www.natureunplugged.com





KALABASH SCHOOL OF MUSIC + THE ARTS

Music and Art Studio

Kalabash is your home away from home for all things art, music and theatre. Humans of all ages gather here to learn, create and grow alongside professional teaching artists in a space filled with plants, rugs, papier-mache creatures and the sounds of singing birds. Whether it's learning a new instrument, painting a self-portrait or performing in a hand-made theatre production of Where the Wild Things Are, Kalabash is the place to set your imagination free!

Click [here](#) to check out the free music shows with activities Natasha created to introduce kids to different types of music and inspire you to think outside the box.



858-456-2753
www.KalabashArts.com



PARACHUTE STUDIO

Art Experiences

Parachute Studio provides fun, engaging, youth-oriented art lessons that integrate the science of today with art media about our oceans, wildlife, water, agriculture, parks, the human environment and technology, and other ecological topics. They offer online digital lessons, in-school programs, birthday parties, and art lessons for learning pods based in San Diego. They are on a mission to bring balance and harmony to our planet through youth education and creative expression!

Sustainability-based Art Projects for Kids to do at home!



Design a Pop-Up Futuristic City Ages 5 - 11

Travel 20 years into the future with Miss Raychel 2040. Learn how to draw pop-up buildings and robots on this eco-city adventure. Your imagination will help you design a futuristic city that prevents and cleans-up pollution. Let's go!

Click [here](#) to access the project.

Draw an Endangered Tiger Ages 8 - 12

The Mexican Artist Frida Kahlo was considered by many to be a folk artist and magic realist. In this EcoArts lesson we explore a little of her history, and create a beautiful piece that combines her masterpiece "The Frame" and her use of magic realism. Get ready to learn something about endangered species!

Click [here](#) to access the project.

P.S. - To view many more video lessons, click [here](#). If your student completes one of these projects, we would love to see photos of the finished artwork and post them on our social media channels. Please send an email to heyparachute@gmail.com and let us know how it went!

619-913-2067
heyparachute@gmail.com
www.parachutearts.com
[@parachutearts](https://www.instagram.com/parachutearts)



INLIGHT INSTITUTE

An organization that offers free events and online toolkits, designed to empower kids to care about themselves, others, and the world around them through education, empathy, and kindness.

Inlight Institute has prepared this wonderful kids' toolkit "Caring for Nature": [Nature Stewardship](#).

<https://inlightinstitute.org/home>





STUDENT ACTIVITIES

Do one or more of these activities and send an email to ljes2020wellnesskids@gmail.com with a photo and anything else you want to share. Try to do this by November 15, 2020. Your name will be entered into a raffle to win some [great prizes](#). Have fun!

- Find a green grassy hill and roll down. Yes with your body. Place yourself in a horizontal position and just go for it. Be safe. Rolling can cause you to feel like the world is spinning. (It's kind of the best part).
- Find a stretch of beach. Run. Maybe do it with bare feet. Feel the wind on your face. You can also time yourself doing this and race your parents.
- Find a spot to lay a blanket down outside and look up. Ideally it's a clear day and you are looking up at the blue sky. Look for shapes or faces or weird things in the clouds. Also just so you know blue sky is calming so you can do this anytime you feel you need a break.
- Find a way to play some music. Let your body move. Dance with your family. Don't worry about being silly. Sometimes being silly is a cure for all.
- Find some dirt, rocks, sticks. Make a mud pie. Or make some art. Honestly just go for it. You can't go wrong here and it's going to feel so good to use your hands making something out of objects you find in nature.
- Find the sun. Preferably when it sets because it gets really pretty and it makes your insides go all gooey. Watch it disappear behind the horizon. Close your eyes and make a picture with your mind so you can go back to this memory when you need to remember something beautiful.
- Find the night sky. Hoping for no clouds for you for this. Gaze at it for a while. Gaze some more. Sometimes you have to look for a while. Find some star constellations or spot a planet. Did you know stars twinkle and planets don't?
- Find a new recipe. Or call your grandma for one. Or ask a friend what they have been baking lately. Spend some time in your kitchen!
- Try out the soccer, basketball, gymnastics, dancing with Ms. Polen, Mikey O's circuit, and/or Wellness activities by Coach Wiskus found in the [Physical Fitness section](#). Tell us what you think! We'd love to hear from you.

Please click [here](#) to review the Raffle Rules.



THANK YOU TO OUR GENEROUS STUDENT RAFFLE PRIZE DONORS

EVERYDAY CALIFORNIA

La Jolla-based ocean adventurer lifestyle brand offering kayak tours, surf lessons, snorkel tours and stand-up paddle board lessons.

Click [here](#) to see a video of their kayak tours.

858.454.6195
www.everydaycalifornia.com

EVERYDAY CALIFORNIA



SAN DIEGO SURF SCHOOL

Whether your goal is to learn to surf, or take advanced surf lessons, SD Surf School promises an unforgettable experience.

Click [here](#) to see a video about the surf school.

858.205.7683
www.sandiegosurfschool.com



KALABASH SCHOOL OF MUSIC + THE ARTS

Music and Art Studio that is your home away from home for all things art, music and theatre.

Click [here](#) to see a video about Kalabash.

858.456.2753
www.KalabashArts.com



LA JOLLA SWIM AND SPORT

Family owned swim shop specializing in water sports gear for the entire family!

Click [here](#) to see a video of a beautiful location for their swim/snorkel tours.

858.454.4002
www.lajollaswimandsport.com



SOUL GRIND SKATEBOARD SHOP

Shop that sells and rents skateboards, surfboards, boogie boards, wetsuits, and accessories.

Check out their video made for LJES Family Wellness [here](#).

858.581.2468
soulgrind.com



SURF DIVA

Surf School offering surf lessons, camps and retreats with a motto "The best surfer in the water is the one having the most fun."

Click [here](#) to see a video about the surf camps they offer.

858.454.8273
www.surfdiva.com





BE WELL. STAY CURIOUS. HANG IN THERE.

Thank You:

Dr. Stephanie Hasselbrink, Kat Peppers, Susie Payne and Coach Wiskus for your continued support for Family Wellness Night.

Katie Berns for your amazing illustrations and your graphic design skill. You can check out more of her work [here](#) and [here](#).

If you have questions or comments don't hesitate to get in touch:

Debbie, Chief Person in Charge of Collecting and Editing Content [@debbiehanoch123@gmail.com](mailto:debbiehanoch123@gmail.com).

Dorka, Chief Person in Charge of Look and Design and Writing Silly Things [@dorottya@mac.com](mailto:dorottya@mac.com).

Click [here](#) to read a special message from PTO President Kat Peppers





RAFFLE RULES

Student Raffle Rules

- Do one or more of [these activities](#) and send an email to ljes2020wellnesskids@gmail.com with a photo and/or anything else you want to share (e.g. a quote).
- The photos and quotes may be used in LJES publications (e.g. email, yearbook), unless you have “opted out.”
- Entries received by November 15, 2020 will be entered into a raffle drawing to win one of [these great prizes](#).
- Only LJES students may enter.
- Each student may only submit 1 entry.
- A computer search will move the email entries to a separate folder based on a precise subject match. The winner will be selected by a computer random-number generator, selecting the email from the ordered list.
- Winners will be announced in an eBlast by November 20, 2020 and also announced at the Friday Pledge. Have fun!

Adult Raffle Rules

- If you'd like to enter to win an item in the adult raffle, please send an email to ljes2020wellnessadults@gmail.com by November 15, 2020 with the item you are interested in winning in the subject line of the email.
- Adults may enter to win each/every raffle item that is of interest.
- Only LJES families may enter.
- Each LJES family may only submit 1 entry per business.
- Please send a separate email for each raffle item you'd like to enter to win.
- A computer search will move these emails to a separate folder based on a precise subject match. The winner will be selected by a computer random-number generator, selecting the email from the ordered list.
- Winners will be announced in an eBlast by November 20, 2020 and also announced at the Friday Pledge. Have fun!