



Health Promotion & Wellness Services

WELLNESS

LESSON PLANS & ACTIVITIES



UNIVERSITY
HEALTH CENTER

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WELLNESS SCAVENGER HUNT

This scavenger hunt is designed to familiarize you with the various wellness resources on campus. Clues include departments and unique spaces on campus. Teams will get points for every clue they get correct and additional points for documenting that they visited the actual location!



ALCOHOL 101

This presentation is a crash course about alcohol use and harm reduction which explores: An introduction to the topic, laying the foundation, possible harmful outcomes, harm reduction strategies, fostering a caring community, and campus resources.

CANNABIS 101

This presentation is a crash course about cannabis use and harm reduction which explores: An introduction to the topic, laying the foundation, possible harmful outcomes, harm reduction strategies, fostering a caring community, and campus resources.

Click on description title to view the full lesson plan



STRESS 101

This workshop offers a comprehensive introduction to stress and effective coping strategies. Topics covered in the workshop include the mechanisms of stress, signs and symptoms, stress management, and helpful campus resources.

SELF CARE FORTUNE TELLER ACTIVITY

This activity is meant to encourage students to think about self-care and the myriad of self-care strategies they use (or will use) to support themselves throughout their college experience. Having a personalized list -- or in this case fortune-teller -- of self-care practices can be a helpful tool for maintaining a self-care routine even when times are tough.

MENTAL HEALTH 101

This workshop is a crash course on mental health and provides some simple tips for caring for yourself and those around you. The workshop offers a detailed presentation coupled with a few optional activities. Topics covered include basics of mental health, signs of distress, strategies for helping yourself and others, and campus resources.

Click on description title to view the full lesson plan



THE PLEASURE GAP PODCAST

Dive into one of our [Any Questions podcast](#) episodes, [The Pleasure Gap](#), where Maggie and Nick explore media's representation of pleasure in our society, share their and their friends experience with the pleasure gap, our current sex education, and how we can be better sexual partners.

SEXUAL HEALTH TRIVIA

The Sexual Health Trivia lesson plan is a Kahoot-based trivia game that can be played individually or in teams.

Click on description title to view the full lesson plan



GUIDED MEDITATION

Settle in and enjoy a pre-recorded meditation from the University Health Center. This meditation practice is customizable, allowing facilitators to choose the length of time spent on the practice itself, along with guidance on how to lead an optional follow-up reflection. This meditation works well as a stand-alone wellness session, or as a complement to any class lesson plan or meeting agenda.

LATE NIGHT SNACKING

Late night snacking is often deemed “bad” by many college students but in reality a late night refueling is often a good thing and can lead to better sleep, better grades and more energy the next day. Read and discuss a Peer Nutrition Coach’s blog post to better understand how to get the most out of your nighttime (anytime) snacks!

EATING YOUR WAY THROUGH COLLEGE

This pre-recorded presentation guides students through the many challenges of eating in college. It includes a Diet Myth Quiz and an opportunity for the student to practice building a nourishing meal and snack using foods found on campus. Students will acquire a new understanding of how the foods they put in their body affects academic success.

SOCIAL MEDIA BREAKS 101

This lesson plan is meant to help students understand the pros and cons of social media use. Using this social media break tool, participants will assess their own dependence on social media using the Bergen Social Media Scale, engage in reflection activities and discussions, and set new goals around their social media usage.

Click on description title to view the full lesson plan



Health Promotion & Wellness **SERVICES**

- Meditation
- Wags for Wellness
- STI Testing
- Safer Sex Supplies
- Mental Health First Aid Trainings
- Overdose Response Trainings
- Fentanyl and Xylazine Test Strips
- Medical Nutrition Therapy Sessions with a Dietitian
- and so much more!

health.umd.edu/hpws

We'd love your feedback!

Every semester we will review your comments to continuously improve the tool kit.

[Complete the survey.](#)



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