

West TN School for the Deaf Family Wellness Festival



Tennessee
Schools for the Deaf

Event Date: Thursday, March 12, 2020 - 3:30pm to 6:00pm

Place / Location: West Tennessee School for the Deaf 100 Berry Hill Road
Jackson, TN 38302
See map: [Google Maps](#) [1]

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For families with children enrolled at WTSD only

Collaboratively Sponsored by Tennessee Schools for the Deaf, TN Hands & Voices, Family Voices of TN - PEARS, 0-5 Parent Outreach.

Families coming to WTSD for their child's conference can stop in the common room and learn about Family Wellness.

Wellness Stations include:

Healthy Foods – Healthy You! Healthy Kids!

- Sample, taste, where to find, and how much does it cost?
- Meal preparation time savers
- Meal Menu for the week
- Recipes and recommendations for families on the go

Essential Oils

- Sample, where to find, and how much does it cost?
- What, why, how, when, and where
- Benefits to your wellness

Mindfulness for you and your child

- Observation of self
- Acceptance of self
- Impartial openminded attitude

Breathing, stretching, and relieving stress

- Square breathing techniques for children to use before they blow! Stress reduction for children.
- Counting breathing techniques for adults – relieving stress in a few minutes
- Children's yoga stretches everyone can enjoy! Stress reduction for children.
- Adult yoga stretches for adults – right in your chair or personal space.

Physical Health check-in

- Conversation with a nurse
- What is good physical health?
- What are some red flags?

Organizational tips to reduce stress

- What do I really need? Prioritizing for each activity
- Organizing and preparation
 - o Tote bags
 - o Kids back backs
 - o Go-Bags for the car / bus
 - o Calendars, reminders, and keeping the balance in your life
- Making time for my family
- Making time for me

Helpful hints to support homework and learning at home.

Event Type: [Parent Programs](#) [2]

Region: [West](#) [3]

Phone Type: [Voice](#) [4]

[Text](#) [5]

Rescheduled: 0

Cancelled: 0

Source URL: <https://tndeaflibrary.nashville.gov/west-tn-school-for-the-deaf-family-wellness-festival>

Links

[1] <http://maps.google.com?q=35.645726+-88.788731+%28100+Berry+Hill+Road%2C+Jackon%2C+TN%2C+38302%2C+us%29>

[2] <https://tndeaflibrary.nashville.gov/event-types/parent-programs>

[3] <https://tndeaflibrary.nashville.gov/event-region/west>

[4] <https://tndeaflibrary.nashville.gov/phone-service-types/voice>

[5] <https://tndeaflibrary.nashville.gov/phone-service-types/text>