

# BAM Wellness Day 2023

## Activities Off-Site w/cost:

**\*\*Signed Permission Slip Required for ALL off-site Activities!**

***Bowling: Spare Time, Portland:*** \$20 (includes shoes and \$5 for the arcade) 10:20am-1:30pm

***Tubing: Seacoast Fun Park, Windham:***  
\$30 Paper Release Required 10:20am-1:30pm

***Urban Air: South Portland:***  
\$30 (includes socks) Paper release required  
9:00am-1:30pm

***Salt Pump Climbing Company (Rock Climbing):***  
\$30 Online Release Required 10:20am-1:30pm

## Activities at SMS w/cost:

***Cooking:*** \$15  
Includes all materials!  
9:00am-10:20am, 10:20am-11:40am,  
12:00pm-1:30pm

***T-Shirt Tie Dyeing:*** \$10  
Includes t-shirt.  
9:00am-10:20am, 10:20am-11:40am,  
12:00pm-1:30pm

***Craft- Sew your own Rice Bag Hand Warmer:*** \$5  
9:00am-10:20am, 10:20am-11:40am,  
12:00pm-1:30pm

***Canvas Painting:*** \$15  
Painting and lesson  
9:00am-10:20am, 10:20am-11:40am

***Paint Dipped Ceramic Coasters and Paint Pouring on Canvas:*** \$20  
Includes 4 coasters and painting pouring project  
9:00am-10:20am, 10:20am-11:40am,  
12:00pm-1:30pm

***Manicures with Color Street:*** \$10  
Students will get to choose the color of their manicure and receive guidance on how to apply.  
9:00am-10:20am, 10:20am-11:40am,  
12:00pm-1:30pm

***Beginner Crochet:*** \$10  
Students will receive their own crochet hook and yarn. They will have a lesson on how to crochet  
9:00am-10:20am

***Pom-Pom Wreath Craft:*** \$20  
Students will create a decorative wreath by making pom-poms from yarn.  
10:20am-1:30pm

## Activities @ SMS and Free:

***Dodgeball:***  
9:00am-10:20am, 10:20am-11:40am,  
12:00pm-1:30pm

***Soccer:***  
9:00am-10:20am, 10:20am-11:40am

***Floor Hockey:***  
12:00pm-1:30pm

***Cookie Decorating w/ Heather Lessard:***  
9:00am-10:20am, 12:00pm-1:30pm

***Board Games, Reading and Puzzles***  
9:00am-10:20am, 10:20am-11:40am,  
12:00pm-1:30pm

***Wii and Xbox Kinect***  
9:00am-10:20am, 10:20am-11:40am,  
12:00pm-1:30pm

***Anime: Watch and Draw***  
9:00am-10:20am, 10:20am-11:40am,  
12:00pm-1:30pm

***Walking:***  
9:00am-10:20am, 10:120am-11:40am,  
12:00pm-1:30pm (be prepared to go outside!)

***Bingo:***  
9:00am-10:20am, 10:20am-11:40am,  
12:00pm-1:30pm

***Minute to Win it:***  
9:00am-10:20am, 10:20am-11:40am,  
12:00pm-1:30pm

***Coloring:***  
9:00am-10:20am, 10:20am-11:40am,  
12:00pm-1:30pm

## Important Information:

*\*Many activities have a limit on the number of students able to participate, please consider more than one option in case your first choice is full.*

*\*Students should chat with friends BEFORE sign-ups as activity switches will NOT be allowed.*

*\*Be sure to dress warmly for outdoor activities (coats, boots, snow-pants, hats, mittens, etc.).*

***At 1:30pm, students and staff are invited to the gym to participate in/watch the annual Student/Staff Basketball game!***