




# Physical Activity & Social Emotional Learning

Mindful Monday	Try it Tuesday	Wellness Wednesday	Think Healthy Thursday	Fun Fitness Friday
<p><b>Physical Activity</b></p> <ul style="list-style-type: none"> <li>Choose an activity based on what equipment you have at home: bicycle, throw a ball, jump rope, walk etc.</li> <li>Take a walk and see if you can find something that begins with every letter of the alphabet.</li> <li>Turn on your favorite music and make up a new dance.</li> </ul>	<p><b>Physical Activity</b></p> <ul style="list-style-type: none"> <li>Try New Stretches</li> </ul>  <p><b>TILTING STAR</b> * STAND TALL! (Head up high &amp; pull your belly button in.) * Spread your arms and legs into a star. * Breathe air in as you slowly stretch one arm over your head... and slide your other arm down your leg. * SLOWLY tilt your star to the other side. * Relax at the end of the stretch, and DON'T FORGET TO BREATHE IN AND OUT! * Repeat both sides twice!</p> <p><b>TWIRLING STAR</b> * STAND TALL! (Head up high &amp; pull your belly button in.) * While you are in the star position, turn your head to look at one hand. * Slowly twist your entire spine to watch your hand as it goes behind you. * Relax at the end of the stretch, and DON'T FORGET TO BREATHE IN AND OUT!</p> <p><b>TWISTING STAR</b> * STAND TALL! (Head up high &amp; pull your belly button in.) * Raise your arms in "hands up" position. * Bring one of your elbows across your body while you raise the opposite knee toward it. * Now bring the other elbow across your body while you raise your other knee toward it. * Repeat this 15 times! RELAX AND BREATHE!</p>	<p><b>Physical Activity</b></p> <p>Complete a Circuit Workout</p> <ul style="list-style-type: none"> <li>Do 25 jumping jacks</li> <li>Do 15 push-ups</li> <li>Do 20 crunches</li> <li>Do 20 squats</li> <li>Do 10 mountain-climbers</li> <li>Do 5 burpees</li> </ul> <p>Repeat 1-3 times</p>	<p><b>Physical Activity</b></p> <ul style="list-style-type: none"> <li>Make sure to stay hydrated and drink lots of water.</li> <li>Pick an outside activity (walk, run, help with the garden, ride your bike, etc.)</li> <li>Practice the stretches from Tuesday and focus on your breathing while completing them.</li> </ul>	<p><b>Physical Activity</b></p> <ul style="list-style-type: none"> <li>Make up your own exercise routine including some or all of the exercise below.</li> </ul> 
<p><b>Social Emotional Learning</b></p> <p>While we cannot control the pandemic and all that it brings, we CAN control who we are and what we stand for.</p> <ul style="list-style-type: none"> <li>How to feel less out-of-control when facing the unknown.</li> </ul> <p>3 questions to help you stay grounded:</p> <ol style="list-style-type: none"> <li>1. What am I feeling?</li> <li>2. What options do I have?</li> <li>3. What really matters?</li> </ol>	<p><b>Social Emotional Learning</b></p> <ul style="list-style-type: none"> <li>Do household chores without being asked – make your bed, pick up your toys, clean your room/bathroom.</li> <li>Try a new breathing exercise</li> </ul> <p><b>ELEPHANT BREATHING</b></p>  <p>Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk. As you breathe in deeply through your nose, raise your arms up high above your head. Then slowly swing your arms down again as you breathe out through your mouth.</p>	<p><b>Social Emotional Learning</b></p> <ul style="list-style-type: none"> <li>Start a Someday Soon Jar You and your family keep a bucket list jar of things you will do when the social distancing is over. Turn frustration into anticipation!</li> <li>List all the things that make you happy.</li> <li>Make up a poem with a positive message.</li> <li>Write a note or card to your teacher. Save it for when you see her/him again.</li> </ul>	<p><b>Social Emotional Learning</b></p> <p>What is gratitude and why is it important?</p> <ul style="list-style-type: none"> <li>Gratitude is a feeling of appreciation when you recognize something is valuable to you.</li> <li>Even when times are tough, there is always something or someone to be grateful for.</li> <li>Here are some prompts to help you get started: I'm grateful for three things I hear: I see: I smell: I touch/feel: I taste:</li> </ul>	<p><b>Social Emotional Learning</b></p> <ul style="list-style-type: none"> <li>Hold gratitude circles at meal time. Each person can share one thing they are grateful for.</li> <li>Write positive messages on Post-It Notes or little pieces of paper and place around your house.</li> <li>Write a list of "Would You Rather" questions and then ask the people you live with the questions.</li> <li>Write a song or play about something fun you have done since you have been out of school. Perform for your family.</li> </ul>

Complete one or all of the activities in the block for the day to keep your body and mind healthy.