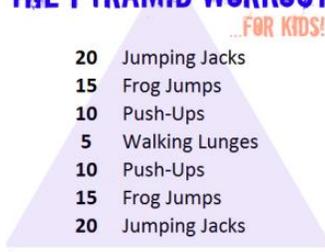


April 20-24, 2020 Dickinson ISD

Physical Activity & Social Emotional Learning

Mindful Monday	Try it Tuesday	Wellness Wednesday	Think Healthy Thursday	Fun Fitness Friday
<p>Physical Activity</p> <p>THE PYRAMID WORKOUT ...FOR KIDS!</p>  <ul style="list-style-type: none"> 20 Jumping Jacks 15 Frog Jumps 10 Push-Ups 5 Walking Lunges 10 Push-Ups 15 Frog Jumps 20 Jumping Jacks <p>Heartbeat Exercise</p> <ul style="list-style-type: none"> Do jumping jacks or jump up for one minute. At the end of that minute, place your hand on your heart and pay attention to how your heartbeat and breathing feel. 	<p>Physical Activity</p> <ul style="list-style-type: none"> Try these new stretches <p>THE EAGLE</p>  <ul style="list-style-type: none"> * STAND TALL! (Head up high & pull your belly button in.) * Put your arms straight out and pull your shoulders together in the back. * Breathe air in and slowly raise your arms until your hands touch together over your head. * Breathe air out and slowly lower your arms to your side. * Repeat three to five times. <p>THE HUMMINGBIRD</p>  <ul style="list-style-type: none"> * STAND TALL! (Head up high & pull your belly button in.) * Put your arms out to the sides with your hands up and pull your shoulders together in the back. * Make small backward circles with your hands and arms. * Bend at your waist from side to side while you keep the circles going. * Keep it going while you count to 10! <p>THE BUTTERFLY</p>  <ul style="list-style-type: none"> * STAND TALL! (Head up high & pull your belly button in.) * Put your arms behind your head and gently pull your elbows backward. * Slowly and gently press your head backward against your hands while you count to two. * Relax and breathe. * Repeat this three times! 	<p>Physical Activity</p> <p>Participate in animal exercise fun</p> <ul style="list-style-type: none"> Hop like a bunny Squat and waddle like a duck Stretch like a giraffe Climb like a monkey Stomp like an elephant Chomp like a gator Slide like an otter Walk like a crab Crawl like an ant Gallop like a horse Balance like a flamingo Walk like a bear Slither like a snake 	<p>Physical Activity</p> <ul style="list-style-type: none"> Make sure to stay hydrated and drink lots of water. Pick an outside activity (walk, run, help with the garden, ride your bike, etc.) Practice the stretches from Tuesday and focus on your breathing while completing them. Create your own workout based on activities we have done in PE Class. 	<p>Physical Activity</p> <ul style="list-style-type: none"> Choose an activity based on what equipment you have at home: bicycle, throw a ball, jump rope, walk etc. Create an obstacle course using items from around your house. Challenge yourself to complete the course. For extra fun, invite your family members or others who live in your house to complete the course. Time yourself and see how fast you can complete the course.
<p>Social Emotional Learning</p> <p>Complete the "Just One Breath" Breathing Activity</p> <ul style="list-style-type: none"> Find a relaxing place, sit comfortably, and set a timer for one minute. Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear. Take another slow deep breath, imagine the air moving down into the lungs and back up. Take one more deep breath and hold for a moment, then release it 	<p>Social Emotional Learning</p> <p>Try the Tense and Release Muscle Relaxation Activity</p> <ul style="list-style-type: none"> Starting at your feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up your body, squeeze the thigh muscles for 5 seconds then gently release. Continue moving up the body for more relaxation. 	<p>Social Emotional Learning</p> <p>Try a new breathing exercise</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>BALLOON BREATHING</p>  <p>Sitting in a comfortable position, place your hands around your mouth as if you were about to blow up a balloon. Take a deep breath in through the nose and, as you slowly exhale through your mouth, start to spread your hands out as if you are blowing up a great big balloon. Hold your hand position as you inhale again and then spread your hands further as you exhale. Once your balloon is as big as it can be, gently sway from side to side as you release your balloon up into the sky.</p> </div> <ul style="list-style-type: none"> Make a list of 5 things you are thankful for 	<p>Social Emotional Learning</p> <ul style="list-style-type: none"> Affirmations are positive statements you repeat to yourself, either silently or out loud. They are intended to help you reach a goal, change a mindset, improve self-esteem, boost your confidence, or improve your health. Try repeating these affirmations or make up your own: <ul style="list-style-type: none"> I am smart, amazing, and powerful. My heart is full of kindness and courage. I can do more than I believe. 	<p>Social Emotional Learning</p> <p>Go on a Safari</p> <ul style="list-style-type: none"> Go outside on an exciting adventure, trying picking up a small rock or touching a plant or flower. Notice the bugs or the birds. Take a moment to kneel down and touch the earth. Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.

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