

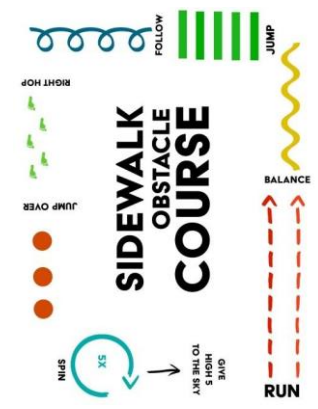
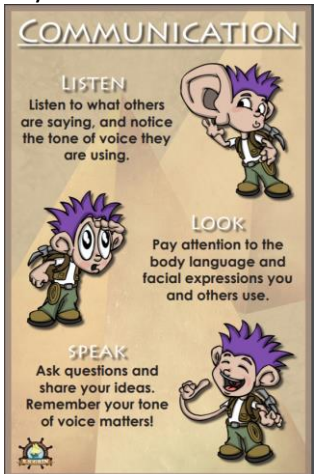
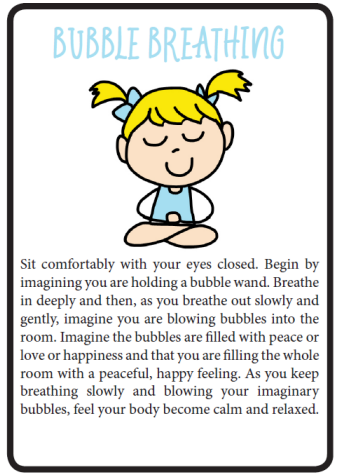


April 27 – May 1, 2020 Dickinson ISD

Physical Activity & Social Emotional Learning

Mindful Monday	Try it Tuesday	Wellness Wednesday	Think Healthy Thursday	Fun Fitness Friday
<p>Physical Activity Try this Spring Sequence of poses</p> 	<p>Physical Activity</p> <ul style="list-style-type: none"> Try these new stretches <p>TIGHT ROPE *STAND TALL! (Head up high & pull your belly button in.) * Pretend the floor in front of you is a tight rope high in the air. (NEVER try this on a real rope!!!) * Take a step forward on the tight rope. * Keep your front knee over your ankle (not over your toes). * Keep it going while you count to 20! * Repeat with the other foot forward.</p> <p>THE ROCKER *STAND TALL! (Head up high & pull your belly button in.) * Stand with your feet wider than your shoulders. Gently rotate your body from side to side. * Let your arms flip back and forth and shift your weight from knee to knee. * Keep it going while you count to 15!</p> <p>THE TRIANGLE *STAND TALL! (Head up high & pull your belly button in.) * Lean to one side until your elbow can rest on your bent knee. * Breathe air in and slowly raise your other arm above your head so your body makes a triangle (like Abby). * Feel the stretch in your body. * Count to 10 and do the other side!</p> <p>THE SHAKES Count to 15 while you shake your hands & feet.</p> <p>IT'S BEEN FUN – WE ARE DONE!</p>	<p>Physical Activity</p> <ul style="list-style-type: none"> Create your own workout based on activities we have done in PE Class. Do 20 of each (repeat 3 times): <ol style="list-style-type: none"> Squats Jumping Jacks Toe Touches Lunges Walk 30 seconds, jog 30 seconds (repeat 3-5 times) Turn on music and dance! 	<p>Physical Activity</p> <ul style="list-style-type: none"> Make sure to stay hydrated by drinking lots of water. <p>Get Out There and Get Active!</p> <p>You need at least 1 hour of exercise every day in order to stay healthy and strong.</p> <p>Looking for a fun way to get more exercise? Try any of these activities!</p> <ul style="list-style-type: none"> Biking Climbing Jumping Hopscotch Join a sports team Baseball Dance Football Golf Hockey Soccer Track Jump rope Running Tug of war 	<p>Physical Activity</p> <ul style="list-style-type: none"> Use sidewalk chalk to create an obstacle / challenge course. See example below. 
<p>Social Emotional Learning Complete a feelings check in! Say your answers out loud or write them down.</p> <ol style="list-style-type: none"> How are you feeling? What is your new favorite activity? What do you miss? What is something you are looking forward to? What brings you joy? 	<p>Social Emotional Learning</p> <ul style="list-style-type: none"> Remind yourself of these keys to communication 	<p>Social Emotional Learning Try a new breathing exercise</p> 	<p>Social Emotional Learning</p> <ul style="list-style-type: none"> Repeat these affirmations to yourself today. <p>"I'm going to get better at this."</p> <p>"I am a great student."</p> <p>"I can get through anything."</p> <p>"I get better every single day."</p> <p>"I have courage and confidence."</p> <p>"I believe in myself."</p>	<p>Social Emotional Learning Create a charades game</p> <ol style="list-style-type: none"> Come up with a list of different feeling words, and write them down. Practice acting out the different feeling words using facial and body expressions. Find someone in your home to play with you. Take turns acting out different feelings and guessing.

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