

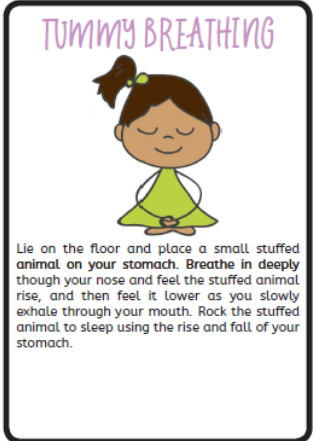


Physical Activity & Social Emotional Learning

Mindful Monday	Try it Tuesday	Wellness Wednesday	Think Healthy Thursday	Fun Fitness Friday
<p>Physical Activity</p> <ul style="list-style-type: none"> • Make an exercise chart and record how many minutes of exercise you get each day this week. • Pick an activity based on what equipment you have at home: jump rope, skateboard, rollerblade, balls, etc. • Walk or jog in place for 30 second intervals. Repeat 5 to 10 times. 	<p>Physical Activity</p> <ul style="list-style-type: none"> • Take items from around your home and set up a mini obstacle course – challenge a parent or sibling. • Do as many push-ups, sits ups and burpees as you can. • Ask someone in your home to go for a walk or jog with you. 	<p>Physical Activity</p> <ul style="list-style-type: none"> • Stretch and try doing new poses 	<p>Physical Activity</p> <ul style="list-style-type: none"> • Do 7 burpees • Do 25 jumping jacks, skip counting by 2s, 5s, or 10s to keep count. • Do 20 crunches, counting in Spanish. • Do 20 squats while saying the Calder Road pledge. 	<p>Physical Activity</p> <p>Today is a school holiday, but there is always room for fitness!</p> <p>Make up your own activity today and see if you can get your family to participate in it with you.</p>
<p>Social Emotional Learning</p> 	<p>Social Emotional Learning</p> <ul style="list-style-type: none"> • Try a new breathing exercise. 	<p>Social Emotional Learning</p> <ul style="list-style-type: none"> • Make sure to eat healthy meals and snacks. • Help someone in your home today without being asked. • Think about something you find difficult to do, give yourself a pep talk and then practice, practice, practice! • Make a list of 5 things you are good at. 	<p>Social Emotional Learning</p> <ul style="list-style-type: none"> • Pick 3 statements from below and repeat them all throughout the day. <ol style="list-style-type: none"> 1. Mistakes help me learn and grow 2. I haven't figured it out YET 3. I am on the right track 4. I can do hard things 5. This might take time and effort 6. I stick with things and don't give up easily 7. I strive for progress, not perfection 8. I go after my dreams 9. I cheer myself up when it gets hard 10. I am a problem solver 11. I try new things 12. I embrace new challenges 13. Learning is my superpower 14. I am brave enough to try 15. I improve with lots of practice 16. I grow my brain by learning hard things 17. I try different strategies 	<p>Social Emotional Learning</p> <p>Go on a Feel Good Scavenger Hunt</p> <ul style="list-style-type: none"> - Smile at someone - Give someone a compliment - Volunteer to help someone without asking - Draw a picture or write a note for someone you miss - See how many times you can say "please" and "thank you" today.

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