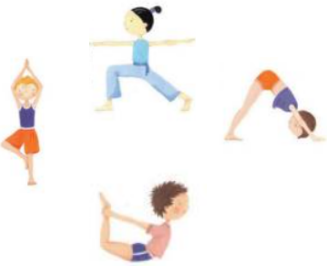


March 23 – 27 Dickinson ISD

Physical Activity & Social Emotional Learning

Mindful Monday	Try it Tuesday	Wellness Wednesday	Think Healthy Thursday	Fun Fitness Friday
<p>Physical Activity Try some of these yoga poses:</p> 	<p>Physical Activity</p> <ul style="list-style-type: none"> • Jump rope for 5-10 minutes. If you don't have a jump rope shadow jump rope. • Walk 1 minute, jog 30 seconds, then repeat 5 to 10 times. • Skip count or say multiplication facts while doing squats. 	<p>Physical Activity</p> <ul style="list-style-type: none"> • Do a minimum of 5 push-ups. Challenge yourself to count to 5 in English & Spanish. • Pick your activity based on what equipment you have at home: ride your bike or scooter, rollerblade, throw a ball, or go for a walk/run 	<p>Physical Activity</p> <ul style="list-style-type: none"> • Take a walk with your family or plan a healthy meal • Name as many fruits and vegetables as you can while doing jumping jacks 	<p>Physical Activity</p> <ul style="list-style-type: none"> • Play an active game – hide and seek, hopscotch, freeze tag or red light, green light • Do as many frog jumps as you can • Turn on your favorite music and dance. Be creative and create a new dance.
<p>Social Emotional Learning</p> <ul style="list-style-type: none"> • Write down or share three things you are grateful for • Participate in a breathing exercise. Breathe in for 4 seconds while you focus on the word peace. Pause. Breathe out for 5 seconds while you mentally release the things that have been bothering you 	<p>Social Emotional Learning</p> <ul style="list-style-type: none"> • Write a to-do list and check off each item as you accomplish it. Celebrate your accomplishments. • Read a book, draw, write, or color a picture just for fun. Be creative and try something new. • Learn a new skill or hobby. Practice and practice some more! 	<p>Social Emotional Learning</p> <ul style="list-style-type: none"> • Remember your healthy routines – wash your hands, get 8 hours of sleep, drink plenty of water • Write positive notes and place them all over your home for others to find. • Write down or draw as many emotions as you can think of. How are you feeling right now? 	<p>Social Emotional Learning</p> <ul style="list-style-type: none"> • Make sure to stay hydrated by drinking lots of water to keep your brain and body working correctly • Engage in positive self-talk (I am good at _____. I can get better at _____.) • Go outside and enjoy nature. Listen to nature sounds and use your senses to explore. 	<p>Social Emotional Learning</p> <ul style="list-style-type: none"> • Lend a hand to your family – take out the trash, pick up clutter, help prepare a meal, rake leaves, sweep or vacuum the floor. • Come up with a secret signal such as a smile, wave, etc with a family member. Every time you see that person give the signal.

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