

March 30 – April 3 Calder Road Elementary

Physical Activity & Social Emotional Learning

| Mindful Monday | Try it Tuesday | Wellness Wednesday | Think Healthy Thursday | Fun Fitness Friday |
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| <p>Physical Activity</p> <ul style="list-style-type: none"> Practice mindful eating.  <ul style="list-style-type: none"> Jog or run for 5 minutes straight. When you are done, put your hand on your heart (or wrist) and count how fast your heart is beating for one minute. | <p>Physical Activity</p> <ul style="list-style-type: none"> Do 7 burpees Do 25 jumping jacks, skip counting by 2s or 5s to keep count. Do 20 crunches, counting in Spanish. Do 20 squats while saying the Calder Road pledge. | <p>Physical Activity</p> <ul style="list-style-type: none"> Stretch and try doing new poses  <ul style="list-style-type: none"> Be aware of your breathing as you complete your physical activity. | <p>Physical Activity</p> <ul style="list-style-type: none"> Count how many glasses of water you drink today. Stay hydrated! Try a new fruit or vegetable today. Go for a walk, run or bike ride with your family. Pick an activity based on what equipment you have at home: jump rope, skateboard, rollerblade, balls, etc. | <p>Physical Activity</p>  <p>SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. YOUR ADVANTAGE CHALLENGE INCLUDES YOUR MIDDLE NAME AND DO EACH ONE TWICE FOR VARIETY! YOU CAN USE A FRIEND'S OR FAMILY MEMBER'S NAME.</p> <ul style="list-style-type: none"> A jump up & down 10 times B spin around in a circle 5 times C hop on one foot 5 times D run to the nearest door and run back E walk like a bear for a count of 5 F do 3 cartwheels G do 10 jumping jacks H hop like a frog 8 times I balance on your left foot for a count of 10 J balance on your right foot for a count of 10 K march like a toy soldier for a count of 12 L pretend to jump rope for a count of 20 M do 3 somersaults N pick up a ball without using your hands O walk backwards 50 steps and skip back P walk sideways 20 steps and hop back Q crawl like a crab for a count of 10 R walk like a bear for a count of 5 S bend down and touch your toes 20 times T pretend to pedal a bike with your hands for a count of 17 U roll a ball using only your head V flap your arms like a bird 25 times W pretend to ride a horse for a count of 15 X try and touch the clouds for a count of 15 Y walk on your knees for a count of 10 Z do 10 push-ups <p><small>©2011 BY A SOUTHERN BELLE BEHAVIORAL AND EDUCATIONAL PROGRAM - WWW.THEYSPELLS.COM</small></p> |
| <p>Social Emotional Learning</p> <ul style="list-style-type: none"> Participate in a Mindful Observation Exercise: <ul style="list-style-type: none"> Choose a natural object from within your immediate environment and focus on watching it for a minute or two. This could be a flower or an insect, or even the clouds or the moon. Don't do anything except notice the thing you are looking at. Simply relax into watching for as long as your concentration allows. Look at this object as if you are seeing it for the first time. Visually explore every aspect of its formation, and allow yourself to be consumed by its presence. | <p>Social Emotional Learning</p> <ul style="list-style-type: none"> Draw your own feelings chart. Talk about each emotion and discuss when, why, or where you might experience that emotion. Write a card or note for someone you appreciate.  | <p>Social Emotional Learning</p>  <p>3 Stars and a Wish</p> <p>Come up with 3 "Stars," things you do well</p> <p>Come up with a "Wish," something to work on (a goal)!</p> <p>I'm a STAR at:</p> <ul style="list-style-type: none"> playing the piano writing poems being a good friend <p>My WISH</p> <p>I want to learn how to skateboard!</p> <p><small>Goal-setting activities by Big Life Journal biglifejournal.com</small></p> | <p>Social Emotional Learning</p> <ul style="list-style-type: none"> Finish the statements below <ul style="list-style-type: none"> I like who I am because... I'm super at... I feel good about my... My friends think I have an awesome... Somewhere I feel happy is... I mean a lot to... Others reckon I'm a great... I think I'm a pretty good... Something I really enjoy is... I really admire myself for... My future goals are... I know I can achieve them because I'm... I'm naturally gifted at... Others often praise my... | <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. What is one thing you are not good at? Practice that skill until you get better. Turn on your favorite music and create a new dance. |

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