

# May 11-15, 2020 Dickinson ISD

## Physical Activity & Social Emotional Learning

Mindful Monday	Try it Tuesday	Wellness Wednesday	Think Healthy Thursday	Fun Fitness Friday
<p><b>Physical Activity</b> Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!</p> <div style="display: flex; flex-direction: column; gap: 10px;"> <div> <b>FROG JUMPS</b> Hop, hop, back and forth like a frog.         </div> <div> <b>BEAR WALK</b> Hands &amp; feet on the floor, hips high - walk left and right.         </div> <div> <b>CORILLA SHUFFLE</b> Sink into a low sumo squat, with hands on the floor, shuffle around the room.         </div> <div> <b>STARFISH JUMPS</b> Jumping jacks as fast as you can, with arms and legs spread wide.         </div> <div> <b>CHEETAH RUN</b> Run in place, as FAST as you can! Just like the fastest animal in the Sahara.         </div> <div> <b>CRAB CRAWL</b> Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.         </div> <div> <b>ELEPHANT STOMPS</b> March in place lifting your knees as high as you can and stomping the ground as hard as you can!         </div> </div> <p style="font-size: small; text-align: center;">RAISING AN EXTRAORDINARY PERSON HTPS://WEL.EXTRAORDINARY.COM</p>	<p><b>Physical Activity</b></p> <ul style="list-style-type: none"> <li>Complete a circuit workout             <ol style="list-style-type: none"> <li>Jump up and down 6 times.</li> <li>Roll across the grass on your side 10 times.</li> <li>Take 15 giant steps forward.</li> <li>Run to the nearest building (or object) and back 8 times.</li> <li>Hop on one foot 8 times – repeat with other foot.</li> <li>Spin around with your arms outstretched 10 times.</li> <li>Hop like a frog 7 times.</li> <li>Take 5 giant steps backwards.</li> <li>Walk like a crab to the nearest object and back.</li> <li>Take 15 giant steps sideways.</li> </ol> </li> </ul>	<p><b>Physical Activity</b></p> <ul style="list-style-type: none"> <li>Choose an activity based on what equipment you have at home: bicycle, throw a ball, jump rope, walk etc.</li> </ul> <div style="text-align: center;"> <p><b>Heartbeat Exercise</b></p> <p>Ask your child to stand up and either jump up and down or do jumping jacks for one minute.</p> <p>At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.</p> <p><small>Big Life Journal - biglifejournal.com</small></p> </div>	<p><b>Physical Activity</b></p> <ul style="list-style-type: none"> <li>Make sure to stay hydrated by drinking lots of water.</li> <li>Practice any of the breathing exercises we have worked on this year.</li> <li>How old are you? Do that many pushups.</li> <li>Throwback Thursday: Do some activities from Coach's childhood             <ol style="list-style-type: none"> <li>Fly a kite</li> <li>Ride a skateboard</li> <li>Bike ride</li> <li>Kickball</li> <li>Hide and go seek with your family</li> </ol> </li> </ul>	<p><b>Physical Activity</b></p> <ul style="list-style-type: none"> <li>Turn on music and create a new dance. Practice and then put on a show for your family.</li> </ul> <div style="text-align: center;"> <p><b>FUN FITNESS FRIDAY!</b> FITNESS FUN FOR KIDS</p> <p><b>WARM UP:</b> 10 Arm Rotations 10 Toe Touches</p> <p><b>LET'S MOVE:</b> 20 Jumping Jacks 15 Hops 5 sit Ups ***REPEAT***</p> <p><b>COOL DOWN:</b> Stretch Arms up to the Sky (10 secs) Shake Arms and Legs like Wet Spaghetti (10 secs)</p> <p><b>GUNFIT</b> Fun Fitness in Transit</p> </div>
<p><b>Social Emotional Learning</b></p> <ul style="list-style-type: none"> <li>Look at the list of things you can control. Make goals for these things.</li> </ul> <p style="text-align: center; font-size: 1.2em; font-weight: bold;">I CAN CONTROL</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> My thoughts</li> <li><input type="checkbox"/> My happiness</li> <li><input type="checkbox"/> My actions</li> <li><input type="checkbox"/> Who I choose as friends</li> <li><input type="checkbox"/> What I focus on</li> <li><input type="checkbox"/> My goals</li> <li><input type="checkbox"/> My study habits</li> <li><input type="checkbox"/> My effort</li> <li><input type="checkbox"/> My habits</li> <li><input type="checkbox"/> Others:</li> </ul> <ul style="list-style-type: none"> <li>Look at what you cannot control. Let go of these things.</li> </ul> <p style="text-align: center; font-size: 1.2em; font-weight: bold;">I CANNOT CONTROL</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Other people's thoughts and attitudes</li> <li><input type="checkbox"/> Other people's actions</li> <li><input type="checkbox"/> Other people's happiness</li> <li><input type="checkbox"/> Other people's sadness</li> <li><input type="checkbox"/> Other people's anger</li> <li><input type="checkbox"/> The problems in the world</li> <li><input type="checkbox"/> Grown up issues</li> <li><input type="checkbox"/> Others:</li> </ul>	<p><b>Social Emotional Learning</b></p> <ul style="list-style-type: none"> <li>Try a new breathing exercise</li> </ul> <div style="text-align: center;"> <p><b>BREATHE THE RAINBOW</b></p> <p>Imagine the color of the rainbow. Take a deep breath while imagining you are breathing in each color.</p> <p><b>Red:</b> Breathe deeply through your nose, the warming calm of the color red. Hold it and feel the warmth in your chest. Blow that warmth back into the room, slowly with your mouth.</p> <p><b>Orange:</b> Breathe in the zesty excitement of the color orange in through your nose. Hold it and feel the tingling joy in your heart. Blow that joy slowly back into the room with your mouth.</p> <p><b>Yellow:</b> Breathe deeply through your nose, the glowing rays of the color yellow. Hold it like sunshine beaming down on your face. Blow those rays back into the room, slowly with your mouth.</p> <p><b>Green:</b> Breathe in the morning dew of the color green through your nose. Hold it and feel the feeling of a new morning in my arms. Blow the freshness of a new start back into the room with your mouth.</p> <p><b>Blue:</b> Breathe in the calming waves of the color blue. Hold it like you are floating on the top of that wave. Let that wave crash as you blow it's calmness back into the room with your mouth.</p> <p><b>Purple:</b> Breathe in the loving embrace of the color purple. Hold it like a tight hug for a moment. Blow the love of that hug slowly out of your mouth, back into the room.</p> </div>	<p><b>Social Emotional Learning</b></p> <ul style="list-style-type: none"> <li>Goal setting is an important part of life. A goal is something that you determine you want, and you work hard to achieve it. Whether it's preparing for a big test or exercising to run a race, goal setting can help you get there!</li> <li>What goals do you have for this summer?</li> <li>What goals do you have for next school year?</li> <li>What kind of career would you like to have when you grow up?</li> <li>What other goals do you have?</li> </ul>	<p><b>Social Emotional Learning</b></p> <ul style="list-style-type: none"> <li>Get a piece of paper and write <b>POSITIVE WORDS TO DESCRIBE ME.</b></li> </ul> <p style="text-align: center; font-size: 2em; font-weight: bold; letter-spacing: 0.5em;">ME.</p> <p>Write words all over the page to describe you.</p> <ul style="list-style-type: none"> <li>Pick a person you care about, get another piece of paper and write a page with positive words for them.</li> </ul> <p style="text-align: center; font-size: 1.2em; font-weight: bold;">POSITIVE WORDS TO DESCRIBE _____.</p>	<p><b>Social Emotional Learning</b></p> <ul style="list-style-type: none"> <li><b>Calm Scavenger Hunt</b> How many of these things can you do today?</li> </ul> <ul style="list-style-type: none"> <li><input type="checkbox"/> Stretch your arms up to the sky, hold while counting to 15. Release.</li> <li><input type="checkbox"/> Try a new hobby.</li> <li><input type="checkbox"/> Make shapes with play-doh.</li> <li><input type="checkbox"/> Play with kinetic sand.</li> <li><input type="checkbox"/> Stretch all of your muscles.</li> <li><input type="checkbox"/> Talk to an animal.</li> <li><input type="checkbox"/> Take a bubble bath.</li> <li><input type="checkbox"/> Take a nature walk.</li> <li><input type="checkbox"/> Balance on one leg and time it.</li> <li><input type="checkbox"/> Read a book in quiet in your bed.</li> <li><input type="checkbox"/> Try a yoga pose.</li> <li><input type="checkbox"/> Daydream in the dark.</li> <li><input type="checkbox"/> Make a list of things or people that make you feel grateful.</li> </ul>

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