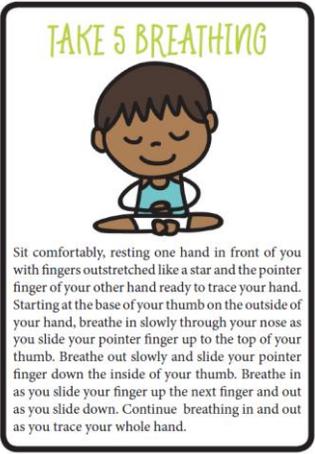
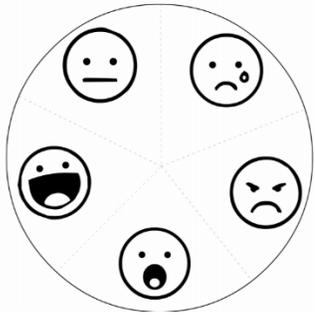


May 4-8, 2020 Dickinson ISD

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"> Choose an activity based on what equipment you have at home: bicycle, throw a ball, jump rope, walk etc. 	<p>Physical Activity</p> <ul style="list-style-type: none"> Try some new yoga poses and work on stretching your muscles. 	<p>Physical Activity</p> <ul style="list-style-type: none"> Make sure to stay hydrated by drinking lots of water. Plan a healthy meal with your family and ask to join in while preparing the meal. Take a walk and pretend you are your favorite animal while walking. Jump rope (or shadow jump if you don't have a jump rope) Practice some of the breathing exercises we've been working on. 	<p>Physical Activity</p> 	<p>Physical Activity</p> <ul style="list-style-type: none"> Freestyle Friday: Come up with your own exercise routine. Think about all the different things we have done in PE class or physical activity you've been doing since we've been home. Exercise Challenge: Challenge yourself to see how many jumping jacks, lunges, push ups and sit ups you can do. If you can, ask a family member to join the challenge with you.
<p>Social Emotional Learning</p> <p>When we are nervous or anxious our thoughts often are not on the present. 5,4,3,2,1 is a grounding technique to help calm you.</p> <ul style="list-style-type: none"> Take a deep breathe. Focus on 5 things you see: Use your eyes to look around. 4 things you feel: think about things you can touch with your hands. 3 things you hear: listen carefully. 2 things you smell 1 thing you taste 	<p>Social Emotional Learning</p> <ul style="list-style-type: none"> Try a new breathing exercise  <p>Sit comfortably, resting one hand in front of you with fingers outstretched like a star and the pointer finger of your other hand ready to trace your hand. Starting at the base of your thumb on the outside of your hand, breathe in slowly through your nose as you slide your pointer finger up to the top of your thumb. Breathe out slowly and slide your pointer finger down the inside of your thumb. Breathe in as you slide your finger up the next finger and out as you slide down. Continue breathing in and out as you trace your whole hand.</p>	<p>Social Emotional Learning</p> <p>Think about friendships. Which of these skills make a good friend?</p> <ul style="list-style-type: none"> Make fun of a friend Respect differences Argue a lot Tell the truth Usually have fun together Share your stuff Keep promises Cooperate Brag about winning Be a good sport Leave a friend in need 	<p>Social Emotional Learning</p> <ul style="list-style-type: none"> Draw a "Feel Wheel" on paper  <ul style="list-style-type: none"> Point to the way you feel at the moment? Why do you feel that way? Come back to your chart throughout the day and see how your feelings change. 	<p>Social Emotional Learning</p> <ul style="list-style-type: none"> Go on a feelings scavenger hunt. Find something that... Makes you feel happy Surprises you Makes you feel nervous Helps you remember something fun Reminds you of someone you miss Makes your loved ones happy You don't like doing That makes you laugh Is a favorite gift

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