

**Active Living Outdoors** 

**Active Living Indoors** 

Competence

Movement

# Health & Physical Education Menu A



Instructions: Each day choose from the options below. Enjoy as many or as few as you have time for.

Wednesday

	<u>Mindful</u>
ess	<b>Breathing</b>
Mindfulness	<b>5</b>

# Mindful Walk

**Tuesday** 

# **Body Scan**

## Mindful Walk

Thursday

# Work in a Garden

**Friday** 



Monday







**Scavenger Hunt** 



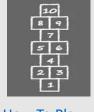
# **Kilometer Club**

Track number of steps or kilometers travelled. Keep a chart. How long will it take you to move a marathon?

# **Yard Work**

Help with work that needs to be done outside. Can you rake the grass? Tidy up flower beds, take down Christmas lights?





**How To Play** 

**Kilometer Club** See Monday



# **Dance Party**

Put on some favourite music and dance together.

# **Chair Aerobics**





## Challenge: Complete 10/20/30 sit-ups, pushups, and body squats. How can you group these

# **Movement Dice** MOVEMENT DICE 4 :: 5 %

#### Throwing, Catching Coordination



**Prepare** 

together as a

about food as

family. Talk

fuel for our

bodies.

dinner

## Yoga

Cosmic Kids Yoga

30 days of Yoga with Adrienne

10 minute Chair **Yoga** 

Chair Yoga Poses

# DancePl3y

Click on the link above and learn some new dance moves to your favourite songs.

#### Yoga

**Exercise** 

Cosmic Kids Yoga

movements (e.g. 10-10-10)?

30 days of Yoga with Adrienne

10 minute Chair Yoga

**Chair Yoga Poses** 



**Obstacle Course** 

## **Discussion:**

Think about what exercises you do. How could someone get hurt? How can we avoid getting hurt?



# **Mindful Eating**

Choose a healthy snack and describe what it looks like, how it smells and/or how it feels. Describe its taste and texture to someone.

## Sufficient and **Satisfactory Sleep**

Brainstorm strategies you can use to get enough sleep every day

Sleep Better!

What would healthy eating look like vs. unhealthy eating?



# Mindful Breathing



#### Instructions:

- You may sit or stand for this activity
- Put both hands on your belly
- Close your eyes or look down to your hands.
- Take three slow deep breaths in and out to see if you can feel your hands being moved.
- You may like to count "1, 2, 3" for each breath in and "1, 2, 3" for each breath out, pausing slightly at the end of each exhale.
- Think about how the breath feels, answering the following questions silently, in their mind.
  - ➤ What is moving your hands? Is it the air filling your lungs?
  - Can you feel the air moving in through your nose?
  - Can you feel it moving out through your nose?
  - Does the air feel a little colder on the way in and warmer on the way out?
  - Can you hear your breath?
  - What does it sound like?
- Breathe slowly for 5 minutes



# Mindful Walk

#### Begin your walk:

- As you begin, walk at a natural pace. Place your hands wherever comfortable: on your belly, behind your back, or at your sides. If you find it useful, you can count steps up to 10, and then start back at one again. If you're in a small space, as you reach ten, pause, and with intention, choose a moment to turn around.
- With each step, pay attention to the lifting and falling of your foot. Notice movement in your legs and the rest of your body. Notice any shifting of your body from side to side. Whatever else captures your attention, come back to the sensation of walking. Your mind will wander, so without frustration, guide it back again as many times as you need. Particularly outdoors, maintain a larger sense of the environment around you, taking it all in, staying safe and aware.

#### **During your walk:**

- Now for a few minutes, expand your attention to sounds. Whether you're indoors, in the woods, or in a city, pay attention to sounds without labeling or naming, or getting caught up in whether you find them pleasant or unpleasant. Notice sounds as nothing more or less than sound.
- Shift your awareness to your sense of smell. Again, simply notice. Don't push or force yourself to feel anything at all, just bring attention to the sense of smell, whatever you discover.
- Now, move to vision: colors and objects and whatever else you see. Patiently coming back each time something grabs your attention, or even if something needs addressing, like avoiding an obstacle. Staying natural, not overly rigid, not daydreaming and drifting, but with sustained awareness.
- Keep this open awareness of everything around you, wherever you are. Nothing to do, nothing to fix, nothing to change. Fully aware, and walking.

#### **Ending your walk:**

- In the last moments, come back to awareness of the physical sensations of walking, wherever else your mind found itself throughout the practice. Notice your feet again touching the ground. Notice again the movements in your body with each step.
- When you're ready to end your walking meditation, stand still for a moment again.
   Pausing, choose a moment to end the practice. As you finish, consider how you might bring this kind of awareness into the rest of your day.





- Lay on the floor, with their eyes closed if they are comfortable (or they may prefer to look at the ceiling). Alternatively, sit comfortably in a chair
- Pay attention to their feet for 5 or 10 seconds.
- Move on to their toes, then ankles, then calves and knees. Continue body part by body part until you reach the head.
- Question how each part of the body feels to bring awareness to their body in the moment.
- If there is tightness or stress, imagine breathing the stress out of that part of the body with each exhale

# Questions to ask during a body scan:

- How does this body part feel?
- > Is it cold or warm?
- Does it feel tight or relaxed?
- Is all or part of that body part touching the floor?
- ➤ Or clothing?
- What does that feel like?



# Work in a Garden

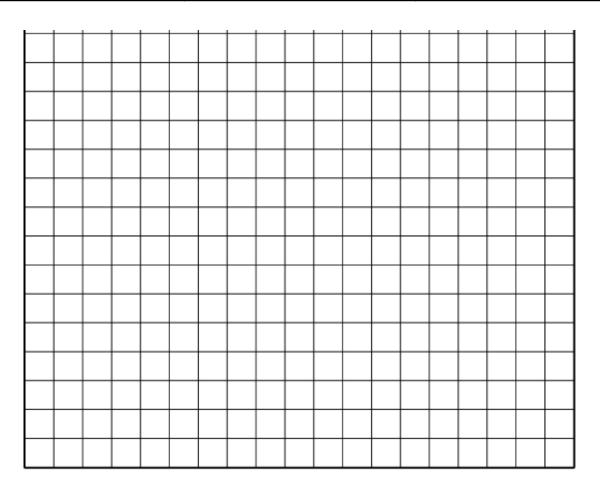
If you have a garden, or have the space to create even a small plot, do a gardening exercise. Sink their hands into the soil and notice the sensations they experience during the activity. They can also tune into smells and sounds while working in the garden.





# Kilometer Club

Date	Distance Km or Steps	Total Distance or Steps





# **Spring Scavenger Hunt**

	Item	What I found
,	A yellow flower	
	Easter decorations	
ļ -	A watering can	
ļ .	A baby animal	
:	Sidewalk chalk	
1	A tricycle	
	Red lawn furniture	
,	A sprinkler	
-	A playground with a swing	
-	A skipping rope	
4	A basketball	
4	A person jogging	
	A duck	
	A robin	
	Someone planting flowers	
	A lawnmower	
	Someone spring cleaning	
-	Decorated windows	
4	A bicycle	
,	A worm	





Don't have bean bags or scarves? Try a small stuffed animal or ball.

# Throwing, Catching, Coordination

**Bean Bags or Scarves** 

## Top 10 Progressive Challenges

- Throw and catch with two hands
- Throw a little higher, catch with two hands
- Throw, clap your hands, catch how many times can you clap before you catch?
- Throw, touch the ground, catch
- Throw, turn around, catch
- Throw, catch in different positions sitting, lying, kneeling
- Throw and catch with one hand only, then with the other hand
- Throw with one hand, catch with the other
- Rainbow toss toss from hand to hand over the head in an arching pathway
- Throw under one leg and catch right side, left side, throw under the leg from left to catch right, then from right to catch left



M	VEMENT DICE
1 .	
2	
<b>3</b>	
4 ::	
<b>5</b> **	
6	

Choose an activity for each number of the die. When the die is rolled, each person does that movement.

In need of idea, click here!

Here's <u>a template to make printable dice</u>, if you don't have any, Or, write the numbers one to six on scrap pieces of paper and draw them out of a hat or bowl.

# How to play Hopscotch!



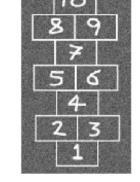
Victorian children didn't have computers or television so they played lots of games. Some of the games that were popular in Victorian times are still played in playgrounds today. Have a go at playing hopscotch with your friends and family!

## Things You'll Need!

- Chalk or masking tape
- A marker this would traditionally have been a flat stone, but you can use a bean bag
  or a ball of modelling clay

#### Instructions

- Draw the hopscotch board on to the floor with chalk or you could use masking tape.
- The object of the game is to throw the marker onto the board and hop over it onto the next square (or set of squares), working your way up and down the board without making a mistake.
- 3. To begin the game, the first player throws their marker onto square one. They must hop over that square and land on squares two and three with one foot in each. Then they try to hopscotch up to the top of the board hopping in single squares and landing with two feet in double squares once they reach the end of the board they must turn and come back down, stopping to pick up the marker on the way back.
- If no mistakes were made, the same player continues by throwing their marker to square two and repeating the process, always avoiding contact with the square that contains the marker.
- 5. The next player starts their go when the board is complete or if:
  - A player does not throw the markerin the correct square.
  - A playerloses balance and places a hand or second foot down.
  - A player steps on a line, hops on the wrong square or hops on the square containing their marker.
  - A player puts both feet down in a single box.









#### SUFFICIENT AND SATISFACTORY SLEEP

#### WHAT IS IT ALL ABOUT?

Students brainstorm strategies they can use to get enough sleep every day.

#### WHY DO IT?

Getting enough quality sleep helps improve or maintain your good mood, high energy, and enthusiasm the next day.

#### HOW DO WE DO IT?

Highlight for students the importance of getting quality sleep to improve or sustain mood, energy, and enthusiasm.

Have students brainstorm a list of strategies they use or have heard of to help them get quality sleep. For example:

Reducing screen time prior to going to bed assists in getting to sleep faster.

Completing an evening ritual that prepares you for bed also allows you to get to sleep faster. Brush your teeth, change into bedclothes, set out clothes for the next day, or do whatever makes sense to you that triggers your brain to know sleep is coming soon.

Have everyone place their heads on their desks for a full, quiet, 2-minute nap or restful moment.

#### WHAT ELSE DO WE NEED?

Relaxing music and audio equipment (optional)

#### HOW DO WE GET CREATIVE?

Have students use an app or a clock and track their sleep times for one week.

Students can share strategies they've brainstormed with the entire school or community through posters or social media. Consider having a teacher or mental health professional vet ideas before sharing.

#### ADAPTED FROM:

Adapted from: Alberta Education. Mental Health Matters. Retrieved from https://education.alberta.ca/mental-health/information-and-resources/everyone/mental-health-supports/

