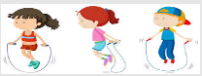
Health & Physical Education Menu D

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

	A	B	C	D	E
Mindfulness	Mindful Breathing	Mindful Walk	Body Scan	Mindful Eating	**Heartbeat Exercise**
Active Living Outdoors	**Kilometer Club** Track number of steps or kilometers travelled. Keep a chart. How long will it take you to complete 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?	**Inuit and Northern Games** Learn more about traditional Indigenous Peoples' games. Click here:	**Scavenger Hunt** Outdoor Scavenger Hunt Get outside and see if you can find everything in the list! Find something that flies Find something that needs water to survive Find something that is made of wood Find something that smells interesting Find 2 of the same thing Find something that is square Find something that makes a squeaky sound Find something that is circular Find something that has a hole through it/in it Find something that you can sit on Find 5 pieces of garbage.	**Kilometer Club** See Monday
Active Living Indoors	**Balloon Volleyball** How long can you and a partner volley a balloon without it touching the ground? Keep Track!	**Laundry Basket Ball**		**Animal Walks** Act out your favorite animal by walking, swimming, hopping, or slithering around the room!	**Go Noodle** Now that everyone's home, make clean-up fun with this motivating clean up song and dance!
Movement Competence	**Skipping** How many skipping styles are you able to master? 	**Get Creative!** Put on your favourite song and create a dance or fitness routine! Be sure to share with your family.	**Movement Challenge** Follow this link to try some different movement challenges!	**Yoga** Cosmic Kids Yoga 30 days of Yoga with Adrienne 10 minute Chair Yoga Chair Yoga Poses	**UNO Activity Challenge**
Healthy Living	Prepare a healthy dinner with family using the Canadian Food Guide. Click here: Canada's food guide	**Mental Wellness** Click on the following website for mental health information: https://smh-assist.ca/emhc/ School Mental Health Ontario	**Have a Gratitude Attitude!** Jot down 3 things you are thankful for and why.	**Make Water Your Drink of Choice!** *Drinking water is*: 1.Important for your health. 2. A great way to quench your thirst and stay hydrated. Read more about the benefits of water here.	What would healthy eating look like vs. unhealthy eating?

Please click on this Icon, wherever you see it, to access Indigenous content.

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

https://www.teachstarter.com/au/blog/classroom-mindfulness-activities-for-children/

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.

https://www.mindful.org/daily-mindful-walking-practice/

Body Scan

- 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?

https://www.teachstarter.com/au/blog/classroom-mindfulness-activities-for-children/

mindful eating exercise

1. Choose a piece of food.
Try something lke a nut, slice of apple or even a piece of chocolate.

2. look at the food.
Check out the shape, colour and texture.

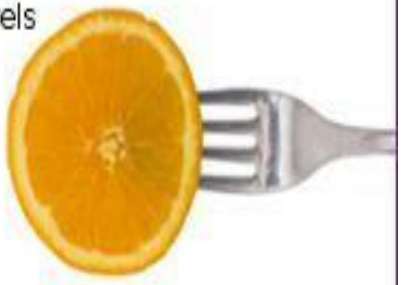
3. smell the food.
Take in the aroma + notice how it affects you.

4. taste the food.
Place it on your tongue. Notice the response of your salivary glands.

5. bite the food.
Don't eat it one mouthful. notice the chewing sounds + texture on your tongue.

6. chew the food.
Notice the texture changing as you chew it.

7. swallow the food.
Actually take time to notice the sensation of the food as it travels down your throat to your stomach.



8. say the name of the food.
Yep, say it out loud. acknowledge it. be grateful.

9. practice a mindful bite once at every meal.
Set the tone for your meal by turning on your mindfulness with this simple exercise.

ZOMT

Heartbeat Exercise

- Have your child jump up and down in place or do jumping jacks for one minute

- When finished, have your child sit down and put a hand over his/her heart. Instruct your child to close their eyes and pay attention to their heartbeat and their breathing as well.

https://confidentcounselors.com/2019/04/16/middle-school-mindfulness-activities/

Kilometer Club

Date	Distance Km or Steps	Total Distance or Steps

Many people spend a great deal of time manicuring their lawns. Taking great effort in ensuring it serves as a reflection of their personal standards.

"The grass is always greener on the other side of the fence."

Often, they take exception to others' "unkempt" properties. Many Indigenous Peoples do not share the same perspective.

Please watch the following video to understand why some people might prefer to let the weeds grow.

Why Would We Let the "Weeds" Grow

Return Home

For Indigenous Peoples, games were often ways to hone skills required for hunting and warfare. Many of these games have evolved, but the traditional values in them remain.

Please watch the attached video on Inuit & Northern Games for a better understanding. Then, try some of the games provided in the link below.

Arctic Winter Games

Traditional Inuit Games

Return Home

Outdoor Scavenger Hunt

Get outside and see if you can find everything on the list!

Outdoor Scavenger Hunt

Get outside and see if you can find everything in the list!

Find something that flies	
Find something that needs water to survive	
Find something that is made of wood	
Find something that smells interesting	
Find 2 of the same thing	
Find something that is square	
Find something that makes a squeaky sound	
Find something that is circular	
Find something that has a hole through it/in it	
Find something that you can sit on	
Find 3 pieces of garbage.	

Balloon Volleyball

- Arrange everyone into a circle, alternating adults and children where possible
- Using an air inflated balloon (not helium), try to keep it in the air as long as you can
- Instead of being a competition to see who wins, this is a cooperative game that requires everyone to communicate and move to see how long they can keep playing
- Options to make the game more challenging could include having everyone stand on one leg, only use their head (works best with a highly inflated balloon), or hitting the balloon then calling the name of another player to be the next to hit

Extensions & Considerations:

- Another type of balloon game is more competitive: playing volleyball with the balloon over a net or line on the floor
- Arrange equal teams on either side of the line/net and try to prevent the balloon from hitting the ground on the side you are standing on while trying to have the balloon hit the ground on the opposing team's side
- Add some rice or beads into the balloon to create sound

Laundry Basket Ball!

- Place a laundry basket out
  (adjust distance based on age or skill level)
- Allow child to target and throw/toss the
  ball into the laundry basket

Use a beach ball, tennis ball, foam ball, etc...
If no balls can be found, us any type of ball shaped item,
such as a rolled-up pair of socks!

Roll them up! ↑

Step up your game!

- For every basket made, increase the distance of the basket. Keep increasing the distance until the child can no longer reach or no more baskets can be made.
- If possible, try to bounce the ball onto the floor one time before it hits the basket.
- Place a noise maker (ex. beeper, cell phone playing music) in the laundry basket and see if you can locate the target (ball to basket) without looking.

Animal Walks

How to play:

- Ask each child what their favorite animal is, for example, a cat, fish, snake, or gerbil
- Have each child act out their favorite animal by walking, swimming, hopping, or slithering around the room
- Every 15-30 seconds, change the animal to something different from before
- Have races between children and parents while walking like an animal

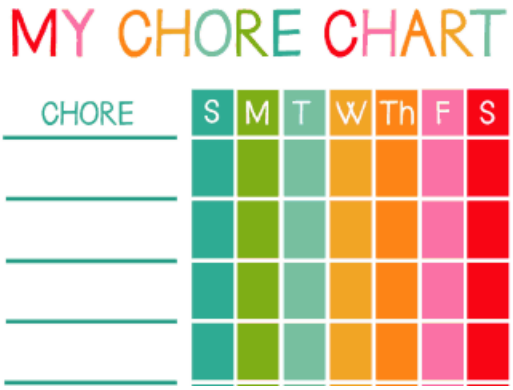
Clean Up!

GoNoodle

Now that everyone's home, make clean-up time fun with this motivating clean up song and dance!

My Chore Chart:

Create a chore list (like the one below) with your child with simple tasks they can do and check off every day. And don't forget to include a reward like a movie night!



Other At-Home Activity Ideas

Give kids a clean-up challenge like these:

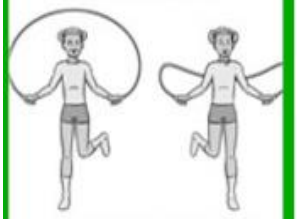
-Clean by Color: Call out the colors or shapes of items to be cleaned.

-Play Freeze Clean! Play and pause music, (just like freeze dance) while kids clean up.

Get creative with your cleaning! Kids can decorate a broom handle, bucket, or other cleaning supplies with permanent markers and stickers.

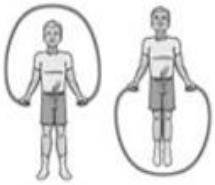
← Individual Jumps

Alternating Foot



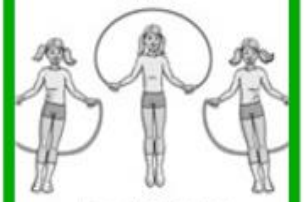
Jump like you are running on the spot.

Jump



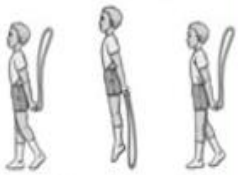
Jump with your feet together.
The shorter the jumps the better!

Skier



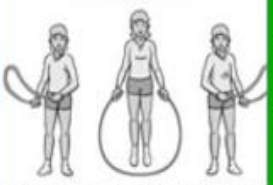
Jump with feet together.
Jump to the right with feet together.
Jump to the left with feet together.

Toe to Toe Jump



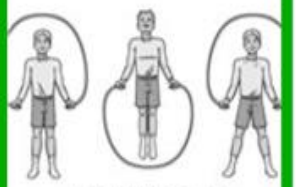
Jump and tap right toe on the floor
then jump and tap left toe on the floor.

Swing Jumps



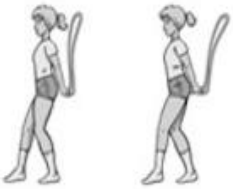
Swing the rope to the right side of the bod
Complete a jump over the rope.
Swing the rope to the left side of the bod
Complete a jump over the rope.

Side Straddle



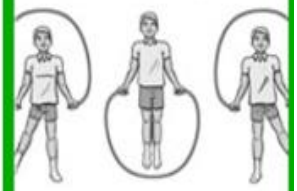
Jump with feet together.
Jump with feet split in a straddle position.
Jump with feet together.

Scissors



mp with right foot forward and left foot ba
mp again left foot forward and right foot b

Heel to Heel

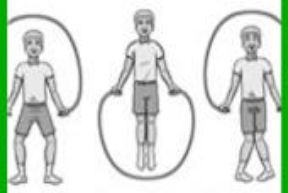


Jump with right heel forward.
Jump with left heel forward.

X-Foot Cross

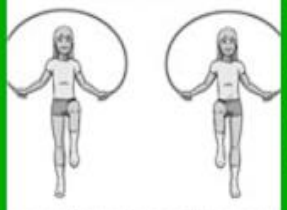
mp with feet in a straddle position, then jump a
and cross right foot over your left.
e landed, jump again and return to straddle pos

Wounded Duck



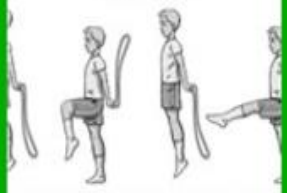
Jump with your toes pointed in.
Jump with your toes pointed out.

High Knee



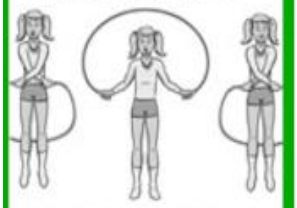
ump and lift right knee to a 90 degree angl
en jump and lift left knee to a 90 degree an

Can Can



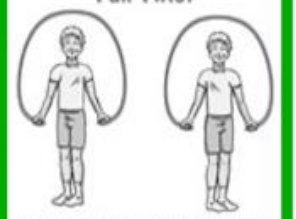
Jump with two feet, then jump and lift left knee
Jump with two feet again, and finish with
another jump where you jump
and kick your right foot forward. Repeat.

Front Arm Cross



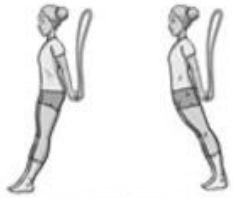
Jump with two feet then jump and
cross arms in front of your body.

Full Twist



Jump and twist lower body to the right.
Jump and twist lower body to the left.

Bell Jump



Jump forward with feet together then
jump backward with feet together.

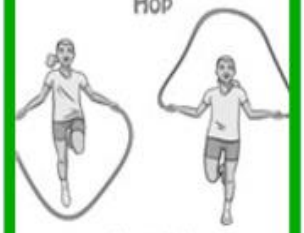
Jog + Jump

Jog and turn the rope at the same time.
Step over the rope as it hits the ground.

Double Bounce

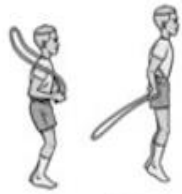
r feet touch the ground 2X for each turn of the r

Hop



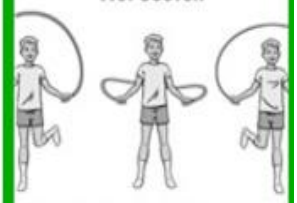
Hop on 1 foot.
Switch feet every 2-3 hops.

Backward



Swing rope backward
using any trick.

Hopscotch



Alternate a straddle with a hop and switch fe
whit each hop as though moving
through a hopscotch court.

Movement Challenge!

STATION 1: KNEE TAPS

March in place, tap knee with opposite hand 30 times.

Scan with i-nigma App
or QR Code App

STATION 2: BALANCE ON ONE FOOT

Stand on one foot and count to 20. Repeat on the other foot.

Scan with i-nigma App
or QR Code App

STATION 3: WALL SITS

Place your back up against the wall and slowly slide down to a seated position. Count to 20 then stand up.

Scan with i-nigma App
or QR Code App

UNO Activity Challenge

Each student is dealt one **UNO** card. They are to perform an activity by the following criteria:

(note: this activity is modified for a standard deck of playing cards here.)

Skip Card -- skip one lap around the room (or yard).

Reverse Card -- jog/walk 1 lap backward around room (or yard).

Draw 2 Card -- draw 2 cards from regular UNO cards and perform the activity which corresponds to the card color using the number of repetitions indicated by the number on the card

Wild Draw 4 Card -- draw 4 cards from the UNO deck and do all 4 activities

Wild Card -- draw from the pile and assign the activity to any player you choose.

Number Cards -- Perform the activity which corresponds to the card color (see chart below) using the number of repetitions indicated by the number on the card. *For Example: You draw a card that is 5 red. You must do 5 sit ups.*

Colour	Activity
RED	sit ups
YELLOW	jumping jacks
GREEN	arm circles
BLUE	lunges

Deck of Cards Activity Challenge

Each student is dealt one card. They are to perform an activity by the following criteria:

(note: this activity is modified for a deck of UNO cards here.)

Jack -- skip one lap around the room (or yard).

King -- jog/walk 1 lap backward around room (or yard).

Queen -- draw 2 additional cards and perform the activity which corresponds to the card suit using the number of repetitions indicated by the number on the card

Joker -- draw from the pile and assign the activity to any player you choose.

Number Cards -- Perform the activity which corresponds to the card color (see chart below) using the number of repetitions indicated by the number on the card. *For Example: You draw a card that is 5 of hearts. You must do 5 sit ups.*

Colour	Activity
HEARTS	sit ups
CLUB	jumping jacks
SPADE	arm circles
DIAMOND	lunges