Health & Physical Education Menu H

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 Walk	Body Scan	Mindful Eating	**Heartbeat Exercise**
Active Living Outdoors		Work in a Garden	**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** Track number of steps or kilometers travelled. Keep a chart. How long will it take you to complete a marathon?
Active Living Indoors	**Victoria Day!**	**Bookworm Workout!**		**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		**Get Creative!** Put on your favourite song and create a dance or fitness routine! Be sure to share with your family.	**Flip a Coin Workout**	**Yoga** Cosmic Kids Yoga 30 days of Yoga with Adrienne 10 minute Chair Yoga	**UNO Activity Challenge**
Healthy Living		**Mental Wellness** Click on the following website for mental health information: https://smh-assist.ca/emhc/ School Mental Health Ontario	**All You Can Eat!** Call out and mimic/pose like all the healthy foods you can think of in this fun activity!	**Have a Gratitude Attitude!** Jot down 3 things you are thankful for and why.	What would healthy eating look like vs. unhealthy eating?

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

Mindful Walk

Begin your walk:

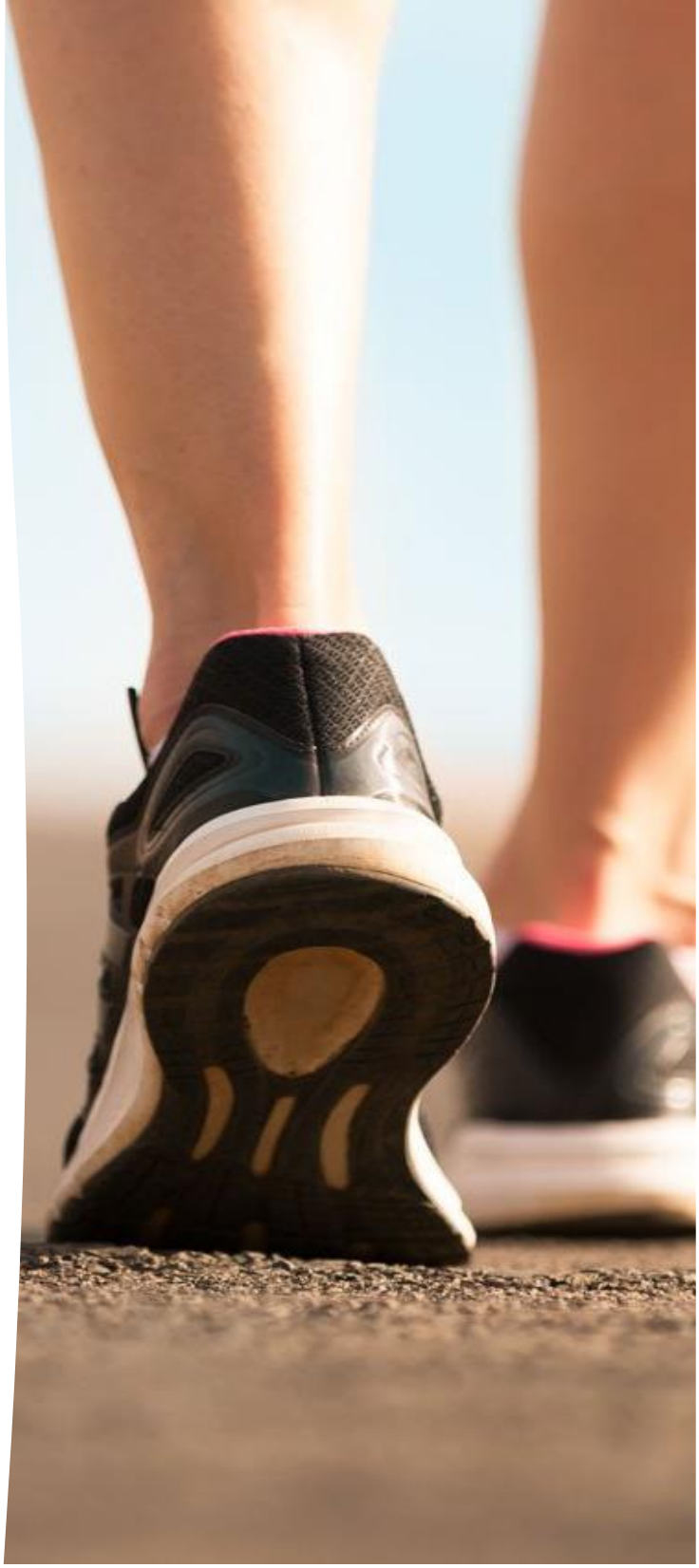
- As you begin, walk at a natural pace. Place your hands wherever comfortable: on your belly, behind your back, or at your sides. If you find it useful, you can count steps up to 10, and then start back at one again. If you're in a small space, as you reach ten, pause, and with intention, choose a moment 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.

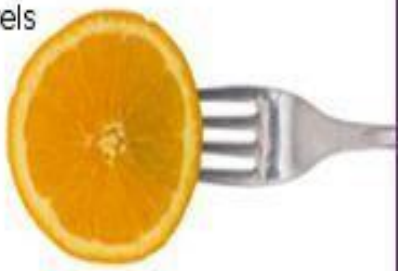
3. smell the food.
Take in the aroma + notice how it affects you.

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

http://internationalbeautyclinics.com/emotional-eating/zomt-mindful-eating-exercis/

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/

A strong heartbeat has so much meaning… strength, love and so much more.

Read the story provided to understand why the “strawberry” is considered to be the “heart medicine” for indigenous peoples in our area.

Lillian Pitawanakwat, Ojibwe/Powawatomi Elder

“The strawberry teaching is a story of forgiveness and peace. The strawberry is shaped like a heart and strawberries are known to our people as heart berries. We were taught stories like these from a very early age. In the strawberry teaching we learn something about death and about the power of change and healing and that finding peace doesn’t necessarily come from the head – it comes from the heart.”

A long time ago, there was a family that chose to no longer live in their village because of community feuding and ill will. This young family took their two little boys and said, “Let us go back into the forest, and we’ll let the trees nurture our children; we’ll let the birds sing songs to remind them of their own songs. And we’ll let the animals become their friends.” And so they packed up their little boys and went deep into the forest.
The father offered his tobacco, and asked the tree nation to give him a home. He was granted that gift and so he cut down the trees. He made a home for his family and they moved in. The boys grew tall and strong, and yet year after year they continued to play fight and wrestle. Finally when they were in their teens, their mother said to them, “It’s time for you to give up your childish ways.” And they said, “Okay mom, we won’t wrestle anymore.” But as soon as they were out of earshot from their mother, they said, “Let’s go deeper into the forest and we’ll build a wrestling ring for ourselves, so we can go out there any time we feel like it.” And so they did. They cleared some land and went there secretly, without their mother’s knowledge.

And then one fateful day the time came when the boys were wrestling and the older brother knocked his younger brother to the ground, where he hit his head on a rock and died instantly. The oldest brother was beside himself. He said, “Please, please wake up…… Mom and dad are going to kill me. Please, please answer me.” The only answer was silence. He cried and begged his brother: “Please, please.” Finally after a couple of hours, a voice told him: “Bury your brother.” And so he dug into the ground and put his brother there. He covered him up and ran home.

Next

Out of breath, he ran to his parents: "Mom, Dad I've lost my brother in the forest – I can't find him." And, so the parents went out with him and they looked. They couldn't find him anywhere. The father said, "I will go into the community, and seek out our relatives to come and help us form a search party so we can find him." So they searched for ten days, and ten nights, and then they went into mourning after they couldn't find their son.

But every day the brother would go to his little brother's grave, and he would say, "Please, please tell me that you're okay! Please!" And he would cry as he walked away, because he had no answer. And years went by. He carried this sadness into manhood because only he knew where his brother's body lay.

After many years and visits to his grave, the elder brother saw a tiny plant. He watched it grow into a strawberry vine on top of his brother's grave. Each day he watched the leaves grow and the berries come into fruition.

White heart-shaped berries appeared first. Then, over days, they transformed into big red delicious berries, luscious and sweet. As he contemplated them, a voice from inside him said, "Take a berry and eat it." So he picked a berry and put it in his mouth.

As he ate it, he became aware, for the first time in his life, that he could taste the sweetness of life again. No more did he blame himself for his brother's death, and no more did he blame his brother for not answering him. He no more blamed his parents for their strict upbringing. And, most of all, he no more blamed the Creator for taking his brother's life. He was free. After all of the long years, he was finally free.

Work in a Garden

If you have a garden, or have the space to create even a small plot, do a gardening exercise. Gardening provides all four types of exercise: endurance, flexibility, balance and strength.

Digging, raking, carrying, pulling, pushing, and walking, can help to improve your overall physical health!

https://healthy-food-choices-in-schools.extension.org/using-school-gardens-to-promote-childrens-physical-activity-and-fitness/

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.	

Kilometer Club

Date	Distance Km or Steps	Total Distance or Steps

Bookworm Workout!

Click on title for direct link to full instructions

Choose your favourite book and workout while you read!

How to play:

- Choose a book and select a word which is often repeated
- Decide on a skill that will be performed every time the word is read.

*For example, when the word “up” is read, jump up as high as you can 5 times. When the word “down” is read, hold the plank pose for 30 seconds. When the word “yelled” is read, do 5 sit ups, etc…

https://www.championsforlife.ca/my-active-family-bookworm-workout

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

http://www.checkyourhealth.org/pdf/workouts/Animal%20Walks.pdf

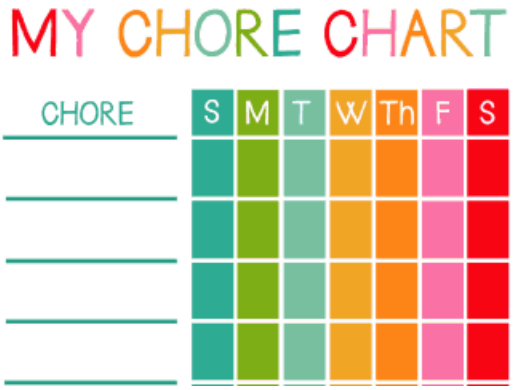
Clean Up!

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.

FLIP A COIN WORKOUT

@workouts_daily

	Heads:	Tails:
1st time	15 jump squats	25 calf raises
2nd time	:60 jog in place	25 jumping jacks
3rd time	20 kneeling pushups	10 pushups
4th time	20 jumping jacks	:50 jog in place
5th time	40 high knees	40 jumping jacks
6th time	35 crunches	20 sit-ups
7th time	10 pushups	20 kneeling pushup:
8th time	:60 jog in place	25 jumping jacks
9th time	50 crunches	20 sit-ups

https://www.ndisd.net/apps/classes/show_class.jsp?classREC_ID=968986

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

ALL YOU CAN EAT

FITNESS

EQUIPMENT >>>

- ✓ Calming music (optional)

SET UP >>>

- ✓ Participants quietly stand a safe distance apart from each other in the activity area.

ACTIVITY >>>

- ✓ Play calming music (optional) and turn down the lights.
- ✓ Ask participants to close their eyes and take five long, slow breaths.
- ✓ Ask participants to continue breathing calmly while thinking of their favourite healthy foods and how eating healthier foods makes their body feel. Do this for one minute.
- ✓ Call out different types of healthy food, such as bananas, pretzels, popcorn, broccoli, and apples. Ask participants to move their body (stretch/pose) to look like or mimic the food.
- ✓ Participants hold each position for 30 seconds to one minute, and then close their eyes and take five long, slow breaths.

phea

ophea.net

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