

















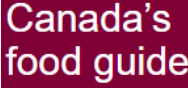





Instructions: Each day choose from the options below. Enjoy as many or as few as you have time for.

	Monday	Tuesday	Wednesday	Thursday	Friday
Mindfulness	<a href="#">Mindful Eating</a> 	<a href="#">Mindful Breathing</a> 	<a href="#">Body Scan</a> 	<a href="#">Mindful Walk</a> 	<a href="#">Heartbeat Exercise</a> 
Active Living Outdoors	<a href="#">Kilometer Club</a> Track number of steps or kilometers travelled. Keep a chart. How long will it take you to do a marathon?	<a href="#">Soccer Dribbling</a> Can you dribble a ball through a series of gates? 	<a href="#">Inuit and Northern Games</a> Learn more about traditional Indigenous Peoples games by clicking on the icon: 	<a href="#">Scavenger Hunt</a> 	<a href="#">Kilometer Club</a> See Monday 
Active Living Indoors	<a href="#">Alphabet Workout</a> 	<a href="#">Laundry Basket Ball</a> 		<a href="#">Chair Aerobics</a> 	<a href="#">Movement Dice</a> 
Movement Competence	Balance Click the image for more details: 	<a href="#">Skipping</a> How many skipping styles are you able to master? 	<a href="#">Movement Challenge</a> Try some different movement challenges! 	Yoga <a href="#">Cosmic Kids Yoga</a> <a href="#">30 days of Yoga with Adrienne</a> <a href="#">10 minute Chair Yoga</a>	<a href="#">UNO Activity Challenge</a> 
Healthy Living	Prepare a healthy dinner with family using the Canadian Food Guide.  Click here: 	Mental Wellness Click on the following website for mental health information: <a href="https://smh-assist.ca/emhc/">https://smh-assist.ca/emhc/</a>  	<a href="#">Sufficient and Satisfactory Sleep</a>  Brainstorm strategies you can use to get enough sleep every day.	Make Water Your Drink of Choice! <i>Drinking water is:</i> <ul style="list-style-type: none"> <li>- Important for your health.</li> <li>- A great way to quench your thirst and stay hydrated.</li> </ul> Read more about the benefits of water <a href="#">here</a> . 	<a href="#">Eat more colour!</a>  Create meals that incorporate every colour of the rainbow!



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

## mindful eating exercise

### 1. Choose a piece of food.

Try something like 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/>



# 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/>



# 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 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.

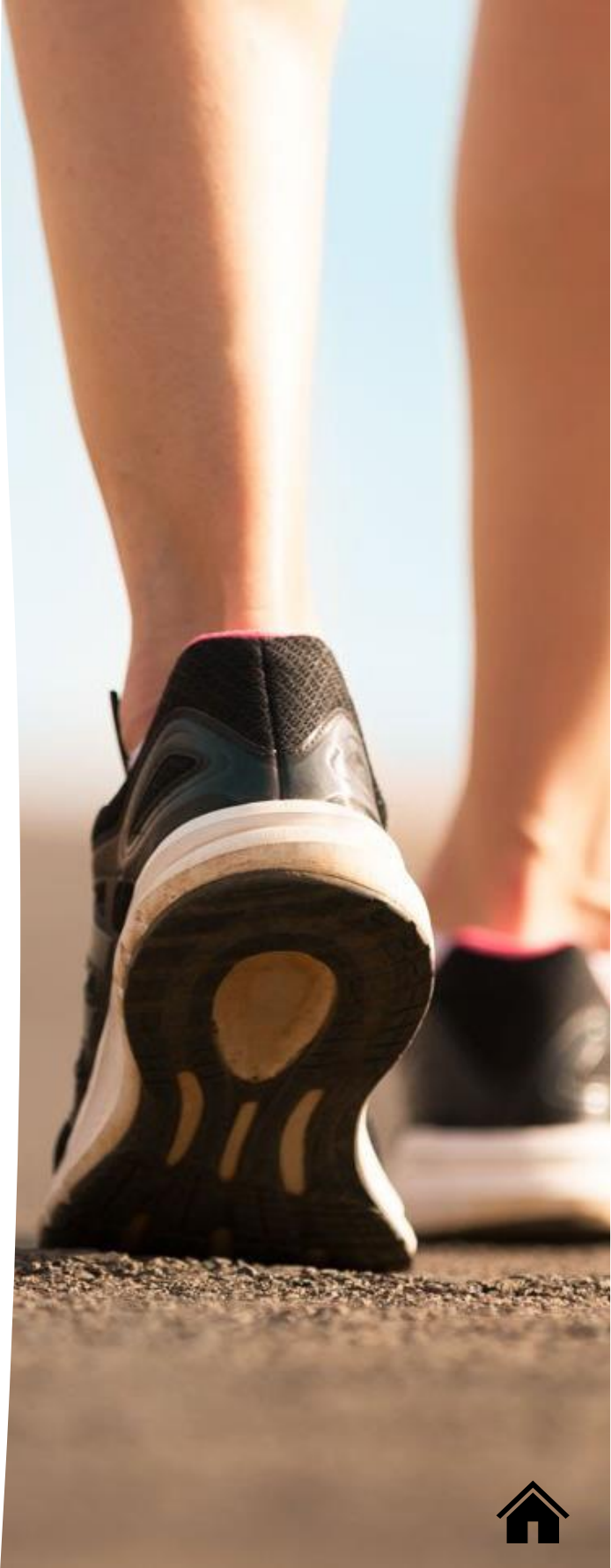
## During your walk:

- 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/>



# 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

### Goal:

Walk 42 km to reach a marathon distance!

[illegible]A full page of blank graph paper with a uniform grid of small squares. The grid consists of 20 columns and 20 rows, creating a total of 400 squares. The lines are thin and black, set against a white background. There are no margins or additional markings on the page.

# Soccer Dribbling

## Requirements:

- Open and flat outdoor space at least 5m by 5m
- Soccer ball
- 10-20 empty plastic yoghurt containers or other safe, light objects for markers

## Instructions:

1. In a flat, open outdoor space, create 5-10 one-metre goals or “gates”.
  2. Place the gates at odd angles to each other around the area.
  3. Have your child dribble the soccer ball through the gates using tiny kicks.
  4. Count how many gates your child can dribble through in one minute.
- TIP: Show your child how to dribble using soft, gentle kicks to keep the ball very close to feet.
  - TIP: Show children how to dribble using the inside of the foot, outside of the foot, and toe.
  - TIP: You can also “dribble” the ball using the bottom of your foot by putting one foot on top of the ball and pushing or pulling it.

## Variations:

- Challenge your child to dribble using both feet (any surface of foot).
- Challenge your child to dribble using only right foot (any surface of foot).
- Challenge your child to dribble using only left foot (any surface of foot).



[https://activeforlife.com/activity/soccer-dribbling\\_52/](https://activeforlife.com/activity/soccer-dribbling_52/)







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](#)



# Spring Scavenger Hunt

Use your senses to try and find as many listed items as you can

Find something that makes a crunching sound	
Find something that is long	
Find something that smells good	
Find something that is wet	
Find something that is rough	
Find something that smells bad	
Find something that is smooth	
Find something that is circular	
Find something that is soft	
Find something that is loud	
Find 3 of the same thing	



# what's your name? Fit activity for kids

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- |   |  |
|---|--|
| <b>A</b> jump up & down 10 times                      | <b>N</b> pick up a ball without using your hands                   |
| <b>B</b> spin around in a circle 5 times              | <b>O</b> walk backwards 50 steps and skip back                     |
| <b>C</b> hop on one foot 5 times                      | <b>P</b> walk sideways 20 steps and hop back                       |
| <b>D</b> run to the nearest door and run back         | <b>Q</b> crawl like a crab for a count of 10                       |
| <b>E</b> walk like a bear for a count of 5            | <b>R</b> walk like a bear for a count of 5                         |
| <b>F</b> do 3 cartwheels                              | <b>S</b> bend down and touch your toes 20 times                    |
| <b>G</b> do 10 jumping jacks                          | <b>T</b> pretend to pedal a bike with your hands for a count of 17 |
| <b>H</b> hop like a frog 8 times                      | <b>U</b> roll a ball using only your head                          |
| <b>I</b> balance on your left foot for a count of 10  | <b>V</b> flap your arms like a bird 25 times                       |
| <b>J</b> balance on your right foot for a count of 10 | <b>W</b> pretend to ride a horse for a count of 15                 |
| <b>K</b> march like a toy soldier for a count of 12   | <b>X</b> try and touch the clouds for a count of 15                |
| <b>L</b> pretend to jump rope for a count of 20       | <b>Y</b> walk on your knees for a count of 10                      |
| <b>M</b> do 3 somersaults                             | <b>Z</b> do 10 push-ups  |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

<https://www.730sagestreet.com/name-workout/>

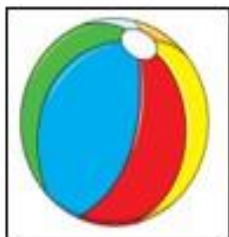


# Laundry Basket Ball!



- 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, use 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.



# MOVEMENT DICE



---

---



---

---



---

---



---

---



---

---



---

---

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 [a template to make printable dice](#), 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.





## Balance Poses

### Requirements

- No equipment required



### Instructions

- 1.Either indoors or outdoors, show your child a balance pose, and encourage your child to imitate you as you hold the pose.
- 2.Stand up on the tips of your toes, arms stretched straight overhead.
- 3.Stand on one leg, other leg bent at the knee, arms raised straight sideways like wings.
- 4.Stand on one leg, arms raised straight sideways like wings, bend forward at the waist, and lift rear leg (airplane pose).
- 5.Stand on all fours, head down, rear in the air (downward dog pose in yoga).
- 6.From all fours, raise and hold one leg high in the air.
- 7.From all fours, raise and hold one arm high in the air.

\* Adjust the difficulty of the pose according to age and ability of your child.

\* Invent other balance poses together—use your imagination!

### Variations




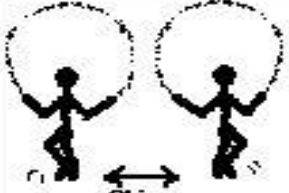













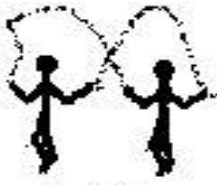

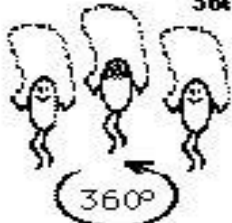


- Whenever you pose standing on one leg or one hand, be sure to repeat the same pose standing on the other leg or hand (develop ambidexterity).

### Benefits

This activity develops coordination and balance.

[https://activeforlife.com/activity/balance-poses\\_63/](https://activeforlife.com/activity/balance-poses_63/)



<p><b>Passport to</b></p>  <p><b>Jump Rope Skills</b></p>	 <p><b>Basic Jump</b></p>	 <p><b>Jogging Step</b></p>	 <p><b>Skiier</b></p>
 <p><b>Rel</b></p>	 <p><b>Head to Head</b></p>	 <p><b>Toe to Toe</b></p>	 <p><b>Straddle</b></p>
 <p><b>Can-Can</b></p>	 <p><b>Double Under</b></p>	 <p><b>Front-Back Cross</b></p>	 <p><b>Criss-Cross</b></p>
 <p><b>Twister</b></p>	 <p><b>Single Side Swing</b></p>	 <p><b>Two in One</b></p>	 <p><b>Leg Over</b></p>
 <p><b>Two Face-to-Face</b></p>	 <p><b>Two in Two</b></p>	 <p><b>Forward 180</b></p>	 <p><b>360</b></p>
 <p><b>The Wheel</b></p>	<p><b>Invent Your Own Skill and Give it a Name -</b></p> <p>_____</p> <p><b>Name of Skill</b></p>	 <p><b>One Alone</b></p>	<p><b>Demonstrate a Routine with at least 8 different Jump Rope Skills</b></p>

<https://greatactivitiesonline.com/passport-to-jump-rope-skills/>



# 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







Self-care is so important. All of us feel low at times, and finding our own strategies on how we might handle this can help.

Listen to the attached story which shares one way many First Nations Peoples tackle this.

Maybe it could help you some time.

### [Trudy's Rock Story](#)



## 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/>



The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

## RED & PINK

beets  
cherries  
cranberries  
pink grapefruit  
pomegranates  
radicchio  
red radishes

raspberries  
red apples  
red grapes  
red peppers

red potatoes  
rhubarb  
strawberries  
tomatoes  
watermelons

## BLUE & PURPLE

blackberries  
blueberries  
eggplants

grapes  
plums  
prunes  
purple figs  
purple onions  
radicchio  
red cabbage  
red onions

# EAT MORE COLOR

## YELLOW & ORANGE

acorn squash  
butternut squash  
apricots  
cantaloupes  
carrots  
corn  
grapefruit  
lemons  
mangoes  
nectarines  
oranges  
orange peppers

papayas  
peaches  
pineapples  
pumpkins  
summer squash  
sweet potatoes  
tangerines  
yams  
yellow apples  
yellow peppers  
yellow squash

## WHITE & BROWN

bananas  
brown pears  
cauliflower  
currants  
dates  
garlic  
Jerusalem artichokes  
mushrooms

onions  
potatoes  
parsnips  
raisins  
shallots  
turnips

## GREEN

artichokes  
asparagus  
avocados  
bok choy  
broccoli  
Brussels sprouts  
celery  
collard greens  
cucumbers  
green beans  
green cabbage  
green grapes  
green onions  
green peppers

kale  
kiwis  
leeks  
limes  
mustard greens  
okra  
pears  
peas  
romaine lettuce  
snow peas  
spinach  
sugar snap peas  
watercress  
zucchini

[heart.org/addcolor](http://heart.org/addcolor)  
#ADDCOLOR

