




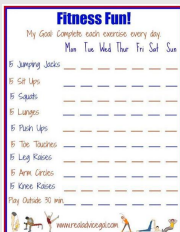













Instructions: Each day choose from the options below. Enjoy as many or as few as you have time for.

	A	B	C	D	E
Mindfulness	<p><u>Mindful Breathing</u></p> 	<p><u>Mindful Walk</u></p> 	<p><u>Body Scan</u></p> 	<p><u>Mindful Eating</u></p> 	<p><u>Heartbeat Exercise</u></p> 
Active Living Outdoors	<p><u>Fitness Fun!</u></p> 	<p><u>Kilometer Club</u></p> <p>Track number of steps or kilometers travelled. Keep a chart. How long will it take you to complete a marathon?</p>	<p><u>Scavenger Hunt</u></p> 	<p><u>Kilometer Club</u> See Column B</p> 	<p><u>Water Bottle Bowling</u></p> <p>Repurpose water bottles and enjoy a game of backyard bowling!</p>
Active Living Indoors	<p><u>Balloon Volleyball</u></p> <p>How long can you and a partner volley a balloon without it touching the ground? Keep Track!</p>	<p><u>What's Your Name Workout</u></p> 		<p><u>Animal Walks</u></p>  <p>Act out your favourite animal by walking, swimming, hopping, or slithering around the room!</p>	<p><u>Bedsheet Parachute</u></p> <p>Using a small bedsheet, work together to shake rolled up socks off the sheet!</p>
Movement Competence	<p><u>Balance</u></p> <p>Click the image for more details:</p> 	<p><u>Simon Says</u></p> 	<p><u>Hopscotch</u></p> <p>Click the image for more details:</p> 	<p><u>Float the Pond</u></p> <p>Develop your child's coordination and balance by playing this game! Click here for instructions.</p> 	<p><u>Target Time</u></p> <p>Aim and use an <u>overhand throw</u> to try and hit the target!</p>
Healthy Living	<p><u>Participation & Motivation</u></p> <p>Click here and take a moment to reflect on the 3 questions posed...</p>	<p>Mental Wellness</p> <p>Click on the following website for mental health information: https://smh-assist.ca/emhc/</p> 	<p><u>Eat more colour!</u></p> <p>Create meals that incorporate every colour of the rainbow!</p> 	<p>Healthy and Unhealthy Foods for Your Teeth</p> <p>Can you name 3 foods that are healthy and 3 foods that are unhealthy for your teeth?</p>	<p><u>Sugar Sugar!</u></p> <p>List 5 food items that contain natural sugar and 5 foods that have added sugar. Click here for ideas!</p> 



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:

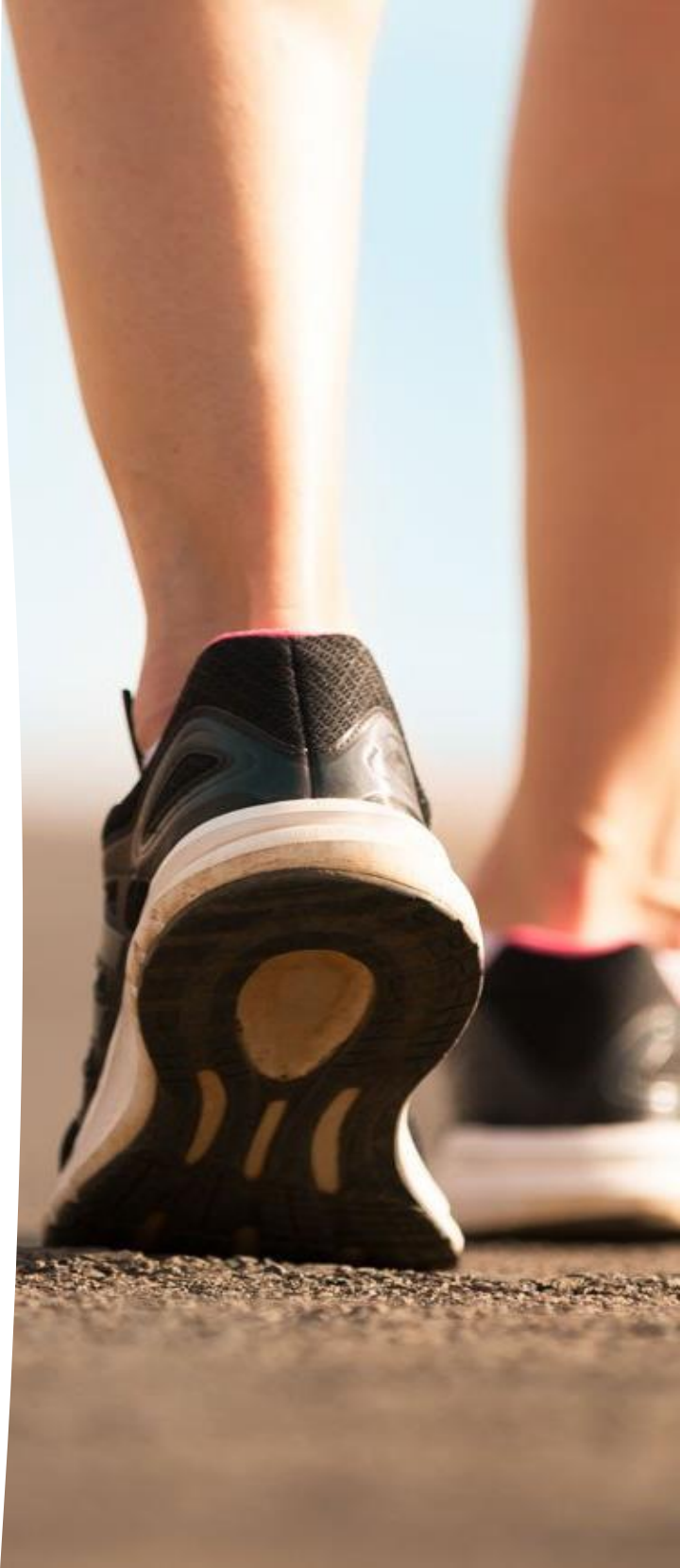
- As you begin, walk at a natural pace. Place your hands wherever comfortable: on your belly, behind your back, or at your sides. If you find it useful, you can count steps up to 10, and then start back at one again. If you're in a small space, as you reach ten, pause, and with intention, choose a moment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





“Mindful Walk” – What about “Walking with Purpose”?

The physical act of walking incurs many positive outcomes. Walking with purpose can result in many others.

Watch the attached video to understand how an elder promoted a cause by walking the Great Lakes and how students have taken it and started to run with it.

[Great Lakes and The Water Walker](#)





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 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/>



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/>



Fitness Fun!

My Goal: Complete each exercise every day.

Mon Tue Wed Thur Fri Sat Sun

15 Jumping Jacks _____

15 Sit Ups _____

15 Squats _____

15 Lunges _____

15 Push Ups _____

15 Toe Touches _____

15 Leg Raises _____

15 Arm Circles _____

15 Knee Raises _____

Play Outside 30 min. _____



www.realadvicegal.com



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



Kilometer Club

Walk 42 km
to reach a
marathon
distance!

[illegible][illegible]

Outdoor Scavenger Hunt

Get outside and see if you can find an item for every letter of the alphabet!

Nature A-Z Scavenger Hunt
by pocketot.com

A	_____	N	_____
B	_____	O	_____
C	_____	P	_____
D	_____	Q	_____
E	_____	R	_____
F	_____	S	_____
G	_____	T	_____
H	_____	U	_____
I	_____	V	_____
J	_____	W	_____
K	_____	X	_____
L	_____	Y	_____
M	_____	Z	_____



<https://www.pocketot.com/product/nature-scavenger-hunt-activity/>



Water Bottle Bowling

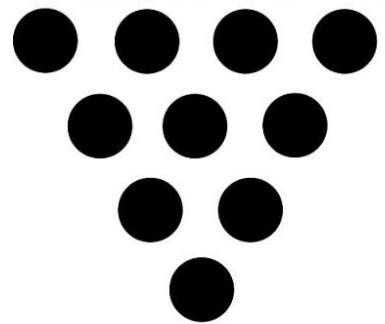
Fill 10 water bottles with water and enjoy
a game of backyard bowling!

Materials:

- 10 large or small plastic bottle with caps
- One heavy ball
- Water
- Food colouring (optional)



Set Bowling Pins up Like This



ReuseGrowEnjoy.com

Instructions:

- Fill plastic bottles with water and secure cap
(add less water for lighter pins)
*If desired, add food colouring to water
- Arrange water bottles in traditional bowling pin format
(see diagram)
- From a distance of approximately 10 feet or more, roll ball
and try to knock over as many pins as possible
- For a more competitive game, add point values to each pin
and keep score as pins get knocked down!

<https://reusegrowenjoy.com/kids-outside-activity-plastic-bottle-bowling/>



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



<http://www.checkyourhealth.org/pdf/workouts/Balloon%20Volleyball.pdf>



what's *fit activity for kids* your name?

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.

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

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

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



Bedsheet Parachute

Have each family member hold onto an edge of a small bedsheet and toss a pair of rolled up socks into the middle of the sheet. Time how many seconds it takes to work together to shake the rolled up socks off the sheet.

After five attempts, determine your quickest time for shaking off the socks.

Challenge: Add multiple pairs of rolled up socks to the top of the sheet. How does this change the amount of time required to shake the socks off the bedsheet?



<https://www.cbc.ca/parents/play/view/10-games-to-play-inside-that-get-kids-moving>



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/



Simon Says!

SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

Shake your whole body.	Hold your arms out at your side and make circles with them in the air.	Reach behind you and try and hold your left foot with your right hand without falling over.
Jump up and down.		
Spin around in circles.	Hop on your left foot 10 times.	Lay on the floor and stretch out as far you can for 10 a count of 10.
Do a cartwheel.	Hop on your right foot 10 times.	
Do a somersault.		Pretend to shoot a basketball 10 times.
Wave your arms above your head.	Hop around like a bunny.	Pretend to jump rope for a count of 10.
Walk like a bear on all 4s.	Balance on your left foot for a count of 10.	
Walk like a crab.	Balance on your right foot for a count of 10.	Pretend to ride a horse.
Hop like a frog.	Bend down and touch your toes 10 times.	Pretend to milk a cow.
Walk on your knees.	Reach behind you and try and hold your right foot with your left hand without falling over.	Take 5 of the biggest steps forward that you can.
Lay on your back & pedal your legs in the air like you are on a bike.	Show off the muscles in your arms.	Pretend to lift a car.
Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.		Do the strangest dance you can think of.
		Scream.



WWW.THEYSMELL.COM

<http://drpatriciamd.com/workout-wednesday-simon-says-fitness-game/>



Hopscotch

Requirements

- A hopscotch grid or chalk to draw one
- A bean bag, small stick or rock to use as a marker

Instructions

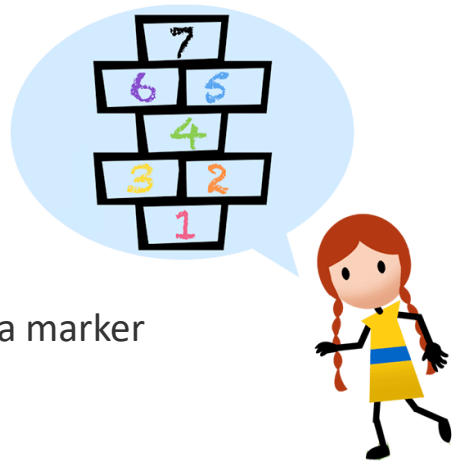
- 1.Line up in front of the hopscotch grid.
- 2.First in line tosses the marker onto square 1.
- 3.Hop over square 1 and hop through all the other squares on one foot.
- 4.At the end of the grid, turn around and hop all the way back on one foot.
- 5.Pause to pick up the marker from the square.
- 6.Finish hopping back to the start.
- 7.Throw the marker into square 2 and go again.
- 8.Repeat until you have done the hopscotch grid with the marker in every square.

NOTE: When you see two free squares side by side, you land one foot in each square at the same time before continuing on one foot.

RULE: If a player steps into the square with the marker, touches any lines, or touches the ground with any body part other than the one foot, that player starts again at square 1.

Variations

- Try different hopping actions to go through the course (alternate foot, feet together, hopping backwards, etc.)
- Make up your own hopscotch grid if chalk is available



https://activeforlife.com/activity/hopscotch_15/



Float the pond

Requirements:

- Open space, indoor or outdoor at least 3 X 10 metres
- Two round pieces of paper



Instructions:

1. Pretend the open space is a pond.
2. The goal is to cross the pond by walking on your two lily pads.
3. Begin by placing one lily pad on the “pond” and step onto it with one foot.
4. While balancing on one lily pad with one foot, place the second lily pad in front.
5. Step onto the second lily pad and balance on one foot again.
6. Continue until you have crossed the entire “pond”.
7. If you lose balance and fall into the “water,” pretend to swim up to your lily pad again by doing five jumping jacks, then continue crossing the pond.

Variations:

- Ask your child to think up a new scenario – for example, stepping between rocks over lava
- Challenge your child to place the lily pad as far as possible in front of the other lily pad (longer steps)

https://activeforlife.com/activity/float-the-pond_10/



TARGET TIME!

Materials: Paper, markers, soft throwing objects (e.g., bean bags or socks)

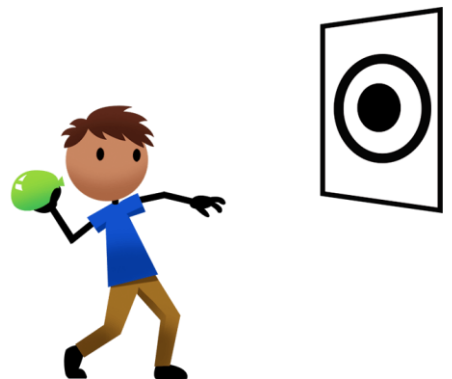
Learning Outcome: Demonstrate how to overhand throw and practice throwing for accuracy.

Description:

Use paper to create two different targets and post them on a wall or place them somewhere on the floor or ground 3-6 metres apart if possible. Modify the size of the playing area to fit the available space. Ensure safety hazards are moved out of the way before beginning the activity.

Review how to perform the overhand throw movement skill or refer to [Movement Skills Cues](#) to support you. Start by standing by one of the targets. Ask the child to throw the object aiming for the other target. If there is more than one player, all players throw one at a time, and the player who throws closest to the target scores a point.

Players retrieve their throwing object from the first target and turn around to throw their object at the other target.



<https://phecanada.ca/activate/phe-home-learning-centre/physical-education-activities>
https://activeforlife.com/activity/target-throwing_36/



Participation & Motivation Reflection

QUESTIONS TO CONSIDER

What do you think are the biggest barriers to being active (e.g. lack of time, motivation, access to resources)?

How do you overcome these barriers?

What motivates you to be active? Ask friends, colleagues, and family members what motivates them. Reflect on the similarities and differences in their responses.

https://sportforlife.ca/wp-content/uploads//2019/04/Indigenous-Communities-Active-For-Life_WEB_Mar2019.pdf



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
#ADDCOLOR



Added Sugar

When someone special makes your favorite chocolate chip cookies or a chocolate cake for your birthday, they usually put sugar in the recipe.

These kinds of food have **added sugars** because someone had to add sugar to make the food taste sweet.



Natural Sugar

Other kinds of food already have sugar in them, like bananas or honey. They have **natural sugars** and do not need sugar added to them to make them tasty.



https://healthpoweredkids.org/wp-content/uploads/2015/08/15256_Sugar.pdf

