**Physical and Mental Fitness (April 6-9, 2020)**

**Mental Fitness:**

Quote of the Week: “Each new day is a blank page in the diary of your life. The secret of success is in turning that diary into the best story you possibly can.”

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| Brainstorm and write many ways that you can motivate yourself each day while at home. For example: when you get up make the bed, take a bath/shower, read a few chapters of a favorite book, etc. What can you come up with that motivates you? |
| Practice **4-7-8 Breathing** for stress relief:* Close your mouth and inhale quietly through your nose for a 4 second count
* Hold your breath for a 7 second count
* Exhale completely through your mouth making a whoosh sound for an 8 second count.
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| Spend time listening to some calming/relaxing music on YouTube:* <https://youtu.be/9Q634rbsypE>
* <https://youtu.be/hlWiI4xVXKY>

Write a favorite inspirational quote/saying and create a design around it. |
| * Spend time each day, writing about your thoughts, feelings and experiences in a journal
* Talk to someone about how you are feeling.
* If you are having difficulty, don’t hesitate to reach out to a family member, to one of your teachers or call (506) 522-8167. We are here to help!
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**Physical Activity:**

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| A few Ideas for ***outdoor* Physical Activity** (*while maintaining social distancing*)* Go for a walk with a family member or with your dog.
* Go for a bike ride or a jog around the block
* Jump rope / hula hoop out in the driveway
* Shovel some snow onto your driveway to make it melt quicker
* Play catch with a family member
* Play a game of Ladder Ball or Washer Toss. You can create your own target game from items found around the house
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| A few ideas for **indoor Physical Activity** (click the links below)* **PE with Joe** (New workout videos posted on *YouTube* each day Monday-Friday for everybody in the family – 30, 15 and 5 minute videos) <https://www.youtube.com/user/thebodycoach1>
* **Just Dance** videos posted on *YouTube* <https://www.youtube.com/channel/UC5-3tkqR92QINQyCrVocb1Q/videos> This channel is one of many where Just Dance videos are posted.
* **BOKS Canada** Kid-Friendly Home Workouts on *Facebook Live* every weekday at 1PM <https://www.facebook.com/BOKSKidsCanada/> or archived on *YouTube* <https://www.youtube.com/playlist?list=PLLGEzXIfoka2LVTq0KiYNGEuwSR3hiZNW>
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