

Weekly Wellness (April 27 - May 1, 2020)

Mental Fitness:

Take 10 slow, deep, mindful breaths	Take time to do some light stretching	Get a good night's sleep (eight to ten hours).	Drink about eight glasses of water a day	Get out and help a family member with yard work
Don't forget about daily personal hygiene (Brushing teeth, combing hair, washing your face, etc.)	Go out after dark to look at the stars (Check out Mr. Maillet's teacher page for info).	Listen/Explore a different type of music with which you are not familiar	Create a piece of art writing your name and using descriptive words describe yourself.	Keep a gratitude journal – write 3 things daily that you are grateful for.

Physical Fitness: Mr. Graham recommends the following resources to help you stay active at home a minimum of 30 minutes a day.

A few Ideas for **outdoor Physical Activity** (*while maintaining social distancing*)

- Go for a walk with a family member or with a pet.
- Go for a bike ride or a jog around the block.
- Shovel some snow onto your driveway to make it melt quicker
- Play catch with a family member.
- Play a game of hopscotch with a family member out in the driveway.
- Perform a series of balancing stunts:
 - Balance on one leg for 30-60 seconds.
 - Balance on one leg and close your eyes for 30-60 seconds.
 - Balance an object on your head for 30-60 seconds.
 - Perform a balance using one hand and one foot for 30-60 seconds.

A few ideas for **indoor Physical Activity** (click the links below)

- **YGym Virtual Physical Activity:** <https://www.ymcahome.ca/ygym>
YGym is a free healthy community program for young people and families across Canada! YGym is instructed by YMCA certified fitness instructors and features content based on YMCA Canada's Health & Fitness Programs and Canada's Physical Activity Guidelines.
- **GoNoodle:** <https://family.gonoodle.com> GoNoodle engages kids with free movement and mindfulness videos created by child development experts. GoNoodle inspires kids to be active and mindful with a wide range of offerings that appeal to kids' different ages, interests, skills, and abilities.
- **Jr. NBA at Home:** <https://bit.ly/2VTTxcM> The Jr. NBA is the league's youth basketball participation program that teaches the fundamentals and values of the game to help grow and improve the youth basketball experience for all. 90+ videos have been posted, some with current and former NBA players.