

## Weekly Wellness (May 18 - May 24, 2020)

### **Mental Fitness:**

Cook a meal with or for someone in your "bubble"	Start your outdoor garden inside, so you can transfer it outdoors when the weather is warmer	Take an hour break (or more) from your screens each day this week.	Play a game of charades with family members or someone in your "bubble"	Play Simon says and/or duck, duck goose with a family member
Go fly a kite or build a kite with plastic bags if you don't have one.	Volunteer to help a neighbor by raking leaves or picking up branches in their yard	Camp out in your living room, build a blanket fort, get comfortable and relax by reading a good book.	Play balloon/or beach ball volleyball with a family member	Go outside after dark to look at the sky and stars. (Check Mr. Maillet's teacher page for more info)

**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*)

- **Make it up Monday:** (Victoria Day). Make up a game where you must protect a Queen or save a Princess!
- **Toning Tuesday:** 10 burpees, 10 high knees, 10 squats, 10 crunches and 10 exercises of your own.
- **Wheelie Wednesday:** Review road safety and then skateboard, bike or roller blade.
- **Tossing Thursday:** Toss a ball or pair of socks up in the air. Can you catch it 21 times in a row?
- **Family Fun Friday:** Who can jump the farthest? Highest? Who can hop the fastest?
- **Skipping Saturday:** Set a timer, how long can you skip for? Try again. Can you beat your record?
- **Sunday Special:** Go for a walk with your family. Who are 3 special people in your life? Write them a note or draw them a picture.

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

- **The Fitness Marshall:** <https://bit.ly/3bkkZar> Looking to stay active but not interested in "working out". Look no further than The Fitness Marshall and his upbeat Kid-Friendly Dance Workout - Fun for the whole family.
- **Darebee:** Fitness blueprints, no-equipment visual workouts, fitness programs and challenges, training and running tips, recipes and nutrition advice.
  - Choose from 1400+ workouts <https://darebee.com/workouts>
  - Follow a program <https://darebee.com/programs>
  - Try a 30-Day Challenge <https://darebee.com/challenges>
- **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.