

Weekly Wellness (June 8-12, 2020)

Mental Fitness:

Cook a meal with or for someone in your “bubble”	Take 10 slow, deep, mindful breaths	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
Play (or learn to play) a musical instrument. There are many tutorials available on YouTube.	Go out after dark to look at the stars (Check out Mr. Maillet’s page on the CMS Website for info).	Find a comfy spot and daydream about something you’d like to do or somewhere you’d like to be.	After you wake up in the morning, say a couple of positive things about yourself.	Spend time dancing to some of your favourite songs - like nobody is watching.

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*)

- **Mission Monday:** Hold a plank while spelling your full name forwards and backwards.
- **Track Tuesday:** Practice your sprinting skills. Designate a start and finish line and get someone to time you. How long does it take to cross the finish line? Try 5 times. Can you improve your time?
- **Wheelie Wednesday:** Review road safety and then go Skateboard, Bike or Rollerblade.
- **Target Thursday:** Create your own washer toss game using 2 different size buckets or pots. Place the smaller object inside the larger one. Create a start line and use an underhand toss to try to throw a small object into the bucket.
- **Family Fun Friday:** with your family, play a game of tag or capture the flag.

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

- **PE with Joe:** <https://www.youtube.com/user/thebodycoach1> New workout videos posted on *YouTube* each day Monday-Friday for everybody in the family – 30, 15 and 5 minute videos)
- **BOKS Canada** Kid-Friendly Home Workouts on *Facebook Live* every weekday at 1PM <https://www.facebook.com/BOKSKidsCanada/> or archived on *YouTube* <https://bit.ly/2Lfc2DE>
- **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.
- **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.