

Weekly Wellness (May 4 - May 8, 2020)

Mental Fitness:

Write a positive letter to yourself.	Work on an art project (drawing or sculpture)	Get dressed in something other than your pyjamas.	Without asking, do an extra chore to surprise a parent.	Make a bird feeder and hang it up in the yard.
Look through a photo album from when you were young	Use some chalk or tape to create happy messages on your driveway	Create a nature scavenger hunt to do by yourself or with family.	Take an hour break (or more) from your screens each day this week.	Create a nature scavenger hunt to do by yourself or with family.

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:** Make up a game where you must practice your kicking skills.
- **Toning Tuesday for Cinco de Mayo:** Do 5 burpees, 5 pushups, 5 jumping jacks, 5 lunges, 5 squats and 5 exercises of your choice.
- **Wheelie Wednesday:** Review road safety and then go Skateboard, Bike or Rollerblade.
- **Tossing Thursday:** Toss a ball or a pair of socks at the wall. Can you think of 7 different ways to catch it? Example: 2 hands, clap then catch.
- **Family Fun Friday:** Make up a dance with your family, who has the best dance moves?
- **Skipping Saturday:** Go outside and skip or play a game of hopscotch with a family.
- **Mother's Day:** Do something nice for a special woman in your life and clean up your room or around the house.

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)
- **MadFit:** [youtube.com/channel/UCpQ34afVgk8cRQBjSJ1xuJQ/](https://www.youtube.com/channel/UCpQ34afVgk8cRQBjSJ1xuJQ/) Maddie Lymburner posts REAL TIME, AT HOME workouts, GYM workouts, and anything else fitness related. Her goal is to help inspire everyone at all fitness levels to get up, get moving and reach their goals.
- **Fitness Blender:** [youtube.com/user/FitnessBlender](https://www.youtube.com/user/FitnessBlender) A YouTube channel with videos that range from yoga, warm ups, strength training and HITT routines. 600 free full-length workout videos & counting!