

Weekly Wellness (May 11 - May 17, 2020)

Mental Fitness:

Create a card for someone you care about	Try dressing up fancy for the day.	Take an hour break (or more) from your screens each day this week.	Ask a parent what extra chore you could do that would help them today.	FaceTime or Skype or call a friend or family member.
Make a wish list of 3 things you want to do after social distancing. Reflect on why they are important.	Discuss a time you were scared during quarantine. What could you do different next time?	Make a family tree. Use paper or an online site. Call a relative to get more info. Can they tell you a story about your ancestors?	Make a poster or collage about yourself. Include your favorite food, activities, etc.	Write a letter to a favorite teacher past or present. Share a memory from their class.

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 It Up Monday Make up a game where you move like different animals? (For example, Gorilla, Fish, etc.)
- **Try-it Tuesday:** Find 5 things to go over, under, around and through.
- **Wobbly Wednesday:** Practice your balance by walking forwards and backwards on a line.
- **Target Thursday:** Set up some toilet paper rolls or items to act as pins. Practice your bowling skills.
- **Family Fun Friday:** Who in your family can do the most push-ups? Crunches? Squats?
- **Softball Saturday:** Get 4 items to act as bases & spread them out. Practice running around the bases. How long does it take you?
- **Sunday Special:** Spend time with your family playing a game like charades, twister or hide and seek.

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)
- **Yoga with Adrienne:** <https://bit.ly/2RJ2R27> A library of free yoga videos ranging in length from 10 minutes to 45 minutes. This channel has videos for Beginners as well for those looking to work up a sweat (“Yoga for Weight Loss” or “Total Body Yoga”)
- **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>