

Monday	Tuesday	Wednesday	Thursday	Friday
Keep Moving and Staying Active! Physical Activities/ Mental Wellness				
<p>Physical Activity Long Jump Pick a starting point & jump as far as you can. Try 3 different times to see how far you can go. Who can jump the furthest in your family? Make a chart to show your family results.</p> <p><u>Create Visual Schedules for everyday routines</u> – do2learn Create a visual schedule for each day on a chalk-board, white board or a poster. Recipe cards can be used and re-used for particular activities</p> <p><u>Exercise Sessions</u> – Boks Canada (Facebook) Staying active helps with physical and mental health. Plan some physical activity daily. Looking for other daily ideas on how to stay active? Boks Canada is hosting daily exercise sessions for children and youth.</p> <p><u>Self-regulation and Mindfulness</u> – gonoodle.com Videos created by child development experts.</p>	<p>Physical Activity Core Crunch → 30 lunges → 1 min. kicks → 1 min wall sit → 20 wood choppers Repeat 2x</p> <p><u>Eating Healthy</u> – Nourish Nova Scotia Prepare a meal or snack together. Be sure to use your math skills when you are measuring and when you are dividing up the food to share. Ask questions like, show me what half the snack is or how many pieces will each person get? Nourish Nova Scotia is a great source for daily snack and meal ideas, including their Twitter, Facebook and Instagram accounts.</p> <p>Creative Activities Write, draw, or talk about things you like to do as a family. Make a top 5 list. Families can share their lists.</p>	<p>Physical Activity There are lots of television and internet fitness programs. Find one that your family might like to do and do the exercises together.</p> <p>Gaming Play a board/card game. You can make up a game, too, like charades acted out or drawn out, like pictionary. It is good to use words that your child has been studying in school if you are making your own games.</p> <p>Social Interaction Take time to show caring. Call a grandparent or person you know is not able to get out of their home and be a friend.</p> <p><u>Music</u> – Carnegie Hall Music activities from Carnegie Hall with diverse musicians</p>	<p>Physical Activity Leg Burners → 10 lunges → 1 min. High Knees → 1 min. Glute Bridge → 25 squats Repeat 3x</p> <p>Creative Activities Do you like to draw or doodle? Doing something tactile with your hands is good for your brain. Try the doodle challenge: everyone in the family has a paper, they each draw a squiggle on their own paper, pass the paper to the next person who then makes a drawing from the squiggle. Create your own doodle gallery.</p> <p><u>Handwashing Poster</u> – Government of Nova Scotia Frequent handwashing is recommended. It goes much quicker if you wash as you sing your favourite song.</p>	<p>Physical Activity Five heel raises for every text message you send throughout the day.</p> <p><u>Lunch Doodles</u> Tune in with Mo Willems every day at 2 p.m. to learn how to draw a daily doodle. Or watch the recordings on YouTube.</p> <p><u>Electronic Devices</u> – Media Smarts Canada Chances are digital devices will play a big role in the lives of many families. Learn more about being safe online, practicing good social media and how to spot fake news from real news. Media Smarts Canada is the authority on this. They have games and resources to support students and parents.</p>

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