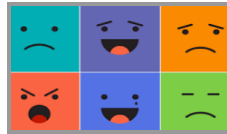
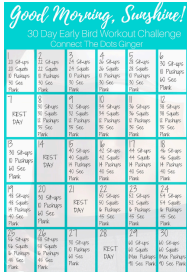
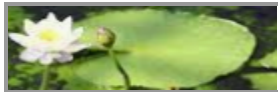
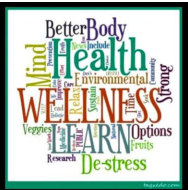
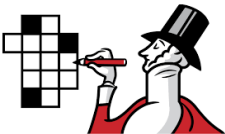
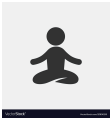


Bigelow Bulldogs

Physical Education, Health and Wellness Grades 6-8

Mindfulness and Yoga	Physical Activity	Nutrition	Health & Wellness	Social-Emotional Learning
Qigong Video  Follow along with this 15 minute energy routine! What is Qigong?	Workout Videos - LittleTo No Equipment: Day Middle School  https://youtu.be/nmmNWj9YtA Try the HIIT Workout. What did you think?	Food Guides Around the World  What do you notice about similarities and differences?	Why Do We Sleep?  20 min TED Talk on the importance of sleep	Feelings & Empathy Problem-Solving  This resource, designed for younger children, works for <u>all</u> students!
Ms. Fitzgerald's 9 Minute Guided Meditation Body Scan  You can also print out the script and read it to a family member! Script	30 Day Fitness Challenge 	Whole Grains  Whole Grains Quizlet!	Coping Calendar  30 simple actions for looking after ourselves and others	Health and Wellness Challenge  Print out this sheet to help track your healthy behaviors

Mindfulness and Yoga	Physical Activity	Nutrition	Health & Wellness	Social-Emotional Learning
- Ted Talk - How To Make Stress Your Friend  10 Mindful Minutes	A Variety of Fitness Activities Indoor & Outdoor  Lots of ideas to get you and your family moving!	My Plate Tips - Adding More Veggies! Use this tip sheet above to come up with ways to increase your vegetable intake. 	Health and Wellness Challenge 	How to Make a Basic Paper Airplane Paper Airplane #2 Advanced Paper Airplane (MS) 
Mandala Printable Coloring Pages 	What's Your Name Extreme (MS) 	MyPlate Crossword Puzzle 	BrainPOP - Conflict Resolution 	Draw a picture or write a song or poem about someone who helps you. 
20 minute Beginner Yoga Workout - Yoga with Adriene 	Learn to Juggle 	Healthy Eating  Watch the video then describe to someone something you	Mindful Eating Activity 	Create a game that you can play at home or in school. Write the objective of the game. Share with your PE teachers!

Yoga Terms	Does juggling exercise your brain?	learned		
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