

## Grades 1-3 Health & Well-being

Choose from the following:

Learning Task	Time	Instructions	Considerations
<p>Physical Activity</p> <p>Encourage children to engage in 60 min of vigorous (heart pumping!) physical activity. Chunk the time and include a mixture of movement opportunities</p> <p>(Ex: 20, 30, 40, 50, 60 min per go)</p>	<p>Up to 60 Minutes</p> <p><i>As per Canadian Physical Activity Guidelines</i></p>	<ul style="list-style-type: none"> <li>● Jump rope</li> <li>● Jogging/Running</li> <li>● Walking</li> <li>● Ride a bike</li> <li>● Rollerblade</li> <li>● Skateboard</li> <li>● Dance</li> <li>● House and Yard work</li> <li>● Running obstacle course</li> <li>● Games that involve running and chasing (alone or with siblings)</li> <li>● Do a circuit of jumping jacks, push ups, running on the spot, squats, lunges, jumping, etc</li> </ul>	<p>Engaging in physical activity is a way to celebrate what our bodies can do. Children should explore ways to find joy in movement!</p> <ul style="list-style-type: none"> <li>● Join a free online fitness class or activity virtually with your friends</li> <li>● Make up a heart pumping workout to do with your family</li> <li>● Create a video of a workout and share with someone</li> <li>● Make a video of a sport or movement skill to teach a younger person (Ex: dribble a soccer/basketball, strike with an implement, yoga pose, dance moves, etc.)</li> <li>● Plan movement breaks throughout the day to interrupt sedentary behaviour</li> <li>● Start a virtual physical activity challenge with friends/family (Ex: 10 push ups</li> <li>● Practice a movement skill (soccer dribbling, basketball, striking with an implement) outdoors</li> </ul>
<p>Get Outdoors!</p>	<p>Throughout the day</p>	<ul style="list-style-type: none"> <li>● Connect with nature</li> <li>● Get a break from screen time</li> </ul>	<ul style="list-style-type: none"> <li>● Could you do some chores outside?</li> <li>● What are you noticing about the outdoors? Use your 5 senses to guide you.</li> <li>● Walk a pet</li> </ul>
<p>Mindfulness</p>	<p>Up to 20 Minutes</p>	<ul style="list-style-type: none"> <li>● Engage in a mindfulness activity</li> </ul>	<ul style="list-style-type: none"> <li>● Blow bubbles</li> <li>● Explore textures in nature</li> <li>● Drawing and/or coloring</li> <li>● Listen to music</li> <li>● Meditate <a href="#">Guided Meditations for Kids</a></li> </ul>

<p>Managing Emotions &amp; Feelings (Social Emotional Learning)</p>	<p>Up to 10 Minutes</p>	<ul style="list-style-type: none"><li>• Write or draw about your feelings.</li></ul>	<ul style="list-style-type: none"><li>• You can write the word for how you are feeling (parents, you or your child can make a list of words that represent feelings E.g. happy, sad, scared, angry, funny, silly, tired, excited, kind)</li><li>• Write about how you feel</li><li>• Draw a picture of yourself to show how you are feeling.</li><li>• Talk about your drawing and writing with someone in your family.</li><li>• <a href="#">5 Easy Social Emotional Learning Activities Kids Can Do At Home</a></li></ul>
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