

Spring into Mind and Body Renewal

Materials needed: Wellness journal

<p style="text-align: center;">Let It Go</p> <p>-Tense different muscle groups in your body for 5 seconds. -Release and relax. -Repeat with other muscle groups.</p>	<p style="text-align: center;">Belly Buddies</p> <p>-Lay on your back and place a stuffed animal on your belly button. -Breath deeply 10 times. In through your nose and out through your mouth. -Watch the animal move up and down.</p>	<p style="text-align: center;">Color Your Feelings</p> <p>-Select one color to draw a picture to represent a feeling. -Repeat with 5 or more feelings, using a different color for each.</p>
<p style="text-align: center;">Weather Report</p> <p>-Think about how you are feeling and describe it like a weather report. Ex-I'm feeling dark and gloomy. -Keep a journal of your "weather reports" for a week or more.</p>	<p style="text-align: center;">Safari</p> <p>Turns an average, everyday walk into an exciting new adventure.</p> <p>You will be going on a safari/walk: the goal is to notice as many birds, bugs, creepy-crawlies, and any other animals as you can. Anything that walks, crawls, swims, or flies is of interest, and they'll need to focus all of your senses to find them. In your journal, keep a tally of how many of each item you can find. Which you find more of? Less?</p>	<p style="text-align: center;">Pyramid Workout</p>  <p>*Log your heart rate before your workout. Count the beats in 10 seconds and then multiply by 6 for one minute. *Log your heart rate after your workout. Count the beats in 10 seconds and then multiply by 6 for one minute *Log how you feel each day in your journal.</p>
<p>Light Exercises To Keep You Moving: Sky reaches</p> <p>Do this 3-5 times:</p> <ol style="list-style-type: none"> Stand up. Swing arms up to the sky. Rise up on your tippy toes. Reach for the sky while keeping your body tight. Hold for 15 seconds. Lower your heels and arms. 	 <p style="text-align: center;"><i>printable yoga poster</i></p>	<p style="text-align: center;">Squats</p> <p>Do this 10 times slowly:</p> <ol style="list-style-type: none"> Stand with your legs a little wider than shoulder-width apart. Hold your arms out in front of your body. Slowly bend your knees and squat down until your thighs are parallel to the floor. Rise up slowly.

Grades 3-5 Activities

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<https://kidshealth.org/en/parents/elementary-exercises.html>