

# Bradley Creek 3-5 Health & Physical Education

Name:	Grade:	Teachers: Mrs. Young
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**Purpose:** This Log is meant to encourage families to become more physically active and to take steps toward a healthier lifestyle. Over the next three weeks, students are asked to complete each activity with a family member (or with adult supervision).

**Directions:** After a student completes an activity, adults write the date of completion and initial in the space provided (Done column). Pick a MINIMUM of 5 activities each week. Return Log to your teacher upon returning to school.

✓ Done	Options	Drop Everything and Move (DEAM) Activity
	1	Pick 10 different muscles to stretch. Hold each stretch for 20 seconds. Complete 3x's today.
	2	Go outside and play/be active for 30 minutes.
	3	Do 75 sit-ups 3x's today.
	4	Do a chore around the house of your choosing. Then tell a parent/guardian what you did for them. Great Job!
	5	Complete 30 Jumping Jacks, 30 sit-ups, and 30 Push-ups at the half hour mark for 3 hours. (ex. 9:30, 10:30, 11:30).
	6	Take a walk 30 minutes.
	7	You should be active sixty minutes EVERY day! Do 60 jumping jacks.
	8	Do an exercise video you find on YouTube. What video did you do? _____
	9	Play a game that is active. You decide! What did you pick? _____
	10	Do as many trunk-lifts as you can (Lay on belly, toes stay on ground, hands under legs, and lift) How many did you do? _____
	11	Find a video on how to do a Sun Salutation. Do 10 Sun Salutations!
	12	Help a Parent/Guardian make dinner. What did you make?
	13	JOG around your house/neighborhood for 10 minutes.
	14	Give Yoga a try! Find a YouTube Video. What Yoga video did you do? _____
	15	Make an obstacle course outside or throughout your house. Challenge each family member to see who can complete the course the fastest.
	16	Ride a bike 30 minutes.
	17	Clean your room or a room of your parent/guardians choice. You're welcome!
	18	Make a Healthy snack for your family. What did you make? _____
	19	How many stairs are in your house? _____ How many rooms are in your house _____ How many steps does it take to walk around your house? _____
	20	Take a walk 30 minutes.
	21	Name the different food groups? Find two food items in your kitchen for each food group. Write each food group and the two foods you found for each on the back of this Worksheet.
	22	Pick 10 different muscles to stretch. Hold each stretch for 20 seconds. Complete 3x's today.
	23	Play/ Be active outside for 60 minutes.
	24	Play a board game with a family member. What board game did you play? _____. This will help you practice following game rules.
	25	Challenge a parent, sibling, or family member to see who has the best dance moves. 30 minutes.
	26	Read a book for 60 minutes. Complete one of the following every 5 pages your read: 30 Jumping Jacks, 15 Push-ups, 20 Sit-ups, 15 Wall jumps, or 20 Squats/Squat Jumps.
	27	Practice Jump Roping for 30 minutes. How many can you do before re-starting? _____
	28	About how many glasses of water should you drink each day? _____ Only drink water today! How many glasses of water did you drink today? _____
	29	Teach a family member your favorite game from gym class. Try to play it at home.
	30	Ask a family member to teach you their favorite game. Try to play it at home. Safety First!

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## Reflection

Throughout the next 3 weeks, you will complete Reflection Exercises on Tuesdays and Thursdays and you will use calming music to help you clear your mind and focus on your breathing on Mondays and Wednesdays.

### Reflection 1:

Write a list of 5 things you can do to help your mind and body relax.	
If you could choose one place in the world where you could go to relax, where would it be and why did you choose this place?	

### Now Breathe 1:

(Visit [www.hhph.org/resources/mindful-beats/](http://www.hhph.org/resources/mindful-beats/) for free music to use in this exercise)

<ul style="list-style-type: none"><li>✓ You're going to practice breathing into your belly.</li><li>✓ Find a comfortable place to lay flat on your back. Place a light object (like a small book) on your belly.</li><li>✓ Close your eyes and focus on breathing. As you inhale and exhale, stay mindful of the position of the object. Is it moving?</li><li>✓ Focus on making the object move up when you inhale and down when you exhale. If the object falls off your belly, simply pick it up and place it back in position.</li></ul>	Did you complete this breathing exercise? <b>Yes or No</b>
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# Bradley Creek 3-5 Health & Physical Education

## Reflection 2:

<p>Write a list of 5 things that you are grateful for. List people, places, or important events.</p>	
<p>Write 3 “Thank You” sentences that you could say to a specific person that you are grateful for. Now, go find that person and read what you wrote.</p>	

## Now Breathe 2:

(Visit [www.hhph.org/resources/mindful-beats/](http://www.hhph.org/resources/mindful-beats/) for free music to use in this exercise)

<ul style="list-style-type: none"><li>✓ It’s time to practice breathing into your belly.</li><li>✓ Find a comfortable place to lay flat on your back. Place a light object (like a small book) on your belly.</li><li>✓ Close your eyes and focus on breathing. As you inhale and exhale, stay mindful of the position of the object. Is it moving?</li><li>✓ Focus on making the object move up when you inhale and down when you exhale. If the object falls off your belly, simply pick it up and place it back in position.</li></ul>	<p>Did you complete this breathing exercise?</p> <p><b>Yes or No</b></p>
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## Reflection 3:

<p>It's important to use positive language when we talk to others as well as in our own self-talk. Write 5 positive words or phrases you can use</p>	
<p>Write a single statement of encouragement to yourself. This statement should encourage you to keep working toward daily</p>	

## Now Breathe 3:

(Visit [www.hhph.org/resources/mindful-beats/](http://www.hhph.org/resources/mindful-beats/) for free music to use in this exercise)

<ul style="list-style-type: none"> <li>✓ It's time to practice breathing into your belly.</li> <li>✓ Find a comfortable place to lay flat on your back. Place a light object (like a small book) on your belly.</li> <li>✓ Close your eyes and focus on breathing. As you inhale and exhale, stay mindful of the position of the object. Is it moving?</li> <li>✓ Focus on making the object move up when you inhale and down when you exhale. If the object falls off your belly, simply pick it up and place it back in position.</li> </ul>	<p>Did you complete this breathing exercise? <b>Yes or No</b></p>
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## Reflection 4:

<p>List 3 words or phrases that describe how you feel each time you finish being physically active.</p>	
<p>Write 3 sentences that you could use to convince a friend or family member to be physically active with you.</p>	

## Now Breathe 4:

(Visit [www.hhph.org/resources/mindful-beats/](http://www.hhph.org/resources/mindful-beats/) for free music to use in this exercise)

<ul style="list-style-type: none"><li>✓ It's time to practice breathing into your belly.</li><li>✓ Find a comfortable place to lay flat on your back. Place a light object (like a small book) on your belly.</li><li>✓ Close your eyes and focus on breathing. As you inhale and exhale, stay mindful of the position of the object. Is it moving?</li><li>✓ Focus on making the object move up when you inhale and down when you exhale. If the object falls off your belly, simply pick it up and place it back in position.</li></ul>	<p>Did you complete this breathing exercise? <b>Yes or No</b></p>
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## Reflection 5:

<p>List 2 accomplishments that you are proud of.</p>	
<p>Choose 1 of those accomplishments and write 3 sentences to yourself describing why you are proud and how that accomplishment will help you in the future.</p>	

## Now Breathe 5:

(Visit [www.hhph.org/resources/mindful-beats/](http://www.hhph.org/resources/mindful-beats/) for free music to use in this exercise)

<ul style="list-style-type: none"><li>✓ It's time to focus on our breathing without using a moving object.</li><li>✓ Find a comfortable place to lay flat on your back.</li><li>✓ Close your eyes and focus on breathing.</li><li>✓ As thoughts come into your mind - let them come and go. Bring your focus back to your breathing as you inhale, and then clear your mind as you exhale.</li></ul>	<p>Did you complete this breathing exercise? <b>Yes or No</b></p>
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## Reflection 6:

<p>How did practicing the Breathing Exercises make you feel?</p>	
<p>When is a good time to use a deep breathing exercise? Give one example for during school and one example outside of school.</p>	

## Now Breathe 6:

(Visit [www.hhph.org/resources/mindful-beats/](http://www.hhph.org/resources/mindful-beats/) for free music to use in this exercise)

<ul style="list-style-type: none"><li>✓ It's time to focus on our breathing without using a moving object.</li><li>✓ Find a comfortable place to lay flat on your back.</li><li>✓ Close your eyes and focus on breathing.</li><li>✓ As thoughts come into your mind - let them come and go. Bring your focus back to your breathing as you inhale, and then clear your mind as you exhale.</li></ul>	<p>Did you complete this breathing exercise? <b>Yes or No</b></p>
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