

Name _____

Log each time you participate in physical activity throughout the day. You should:


- Participate in a variety of activities that work on cardiovascular fitness, strength, endurance and flexibility.
 - Example activities: dancing, Pilates, walking, jogging, light weight training, body weight training.
- Be sure to start with a warm-up and end with a cool down that includes stretching.
- Aim to get at least 30 minutes of physical activity each day.

DAY/DATE	FITNESS COMPONENT	PHYSICAL ACTIVITY	INTENSITY	TIME
Day 1 _____	Cardio			
	Strength Endurance			
	Flexibility			
	Warm-up			
	Cooldown			
Day 2 _____	Cardio			
	Strength Endurance			
	Flexibility			
	Warm-up			
	Cooldown			
Day 3 _____	Cardio			
	Strength Endurance			
	Flexibility			
	Warm-up			
	Cooldown			
Day 4 _____	Cardio			
	Strength Endurance			
	Flexibility			
	Warm-up			
	Cooldown			
Day 5 _____	Cardio			
	Strength Endurance			
	Flexibility			
	Warm-up			
	Cooldown			
Day 6 _____	Cardio			
	Strength Endurance			
	Flexibility			
	Warm-up			
	Cooldown			
Day 7 _____	Cardio			
	Strength Endurance			
	Flexibility			
	Warm-up			
	Cooldown			
Reflection – On the back of this sheet or on another piece of paper explain the following prompts. <ol style="list-style-type: none"> 1. My biggest challenges this week were... 2. How can improve on these challenges next week by... 3. My biggest successes this week were... 				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Health Observances <ul style="list-style-type: none"> National Autism Awareness Month National Minority Health Month National Distracted Driving Awareness Month Stress Awareness Month April 7: World Health Day 			1 Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind. 	2 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	3 Crane Pose Here's a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows. 	4 4 Walls Face each wall in a room and do a different exercise for 30 seconds -side shuffle -grapevine to left then right -wide stance punches -vertical jumps
5 Mindful Snack When eating a snack today, really pay attention to the taste, feel, sound, smell and look of the snack you're eating. What do you notice?	6 Balance Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling repeat 10 times then switch sides.	7 World Health Day Did you know regular, moderate-intensity physical activity can help prevent diabetes? Go for a walk with an adult & discuss other ways to prevent diabetes.	8 10 Jump Lunges Complete a right leg lunge, while in the down position jump up landing in a lunge position on the left leg.	9 Tabata Jump squats 20 seconds of work 10 seconds of rest 8 rounds	10 Before Bed Breathing While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.	11 Dribble Challenge Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?
12 Fish Pose Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds 	13 Card Fitness Take a deck of cards, flip the top card. Complete exercises based on the suit & number on the card. Face cards are worth 15. Spades- jumping jacks, Clubs- squats, Hearts- mountain climbers, Diamonds- Your choice	14 Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x	15 Mindful Senses What do you notice around you? Find: 5 things you see 4 things you feel 3 things you hear 2 things smell 1 thing you taste	16 Jump rope to music! Can you jump to an entire song without stopping?	17 How Fast Can You Go? Pick a distance and see how fast you can run the distance.	18 Slide, Slide, Sprint Slide to your left for 10 steps, slide to right for 10 steps then face forward and sprint for 10 seconds.
19 Garland Pose Practice your balance with this pose! 	20 Tabata Tuck Jumps 20 seconds of work 10 seconds of rest 8 rounds	21 Commercial Break Can you hold a plank for an entire TV commercial break?	22 Nighttime Note Empty your mind before you go to bed by writing a note about what you're thinking and leave it for tomorrow.	23 Chair Pose Hold for 30 seconds, relax then repeat. 	24 Positive Talk Be sure to talk to yourself today like you would talk to someone you love.	25 Jump, Jump Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.
26 Put your favorite song on and make up a dance or fitness routine!	27 Paper Plate Planks In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest	28 Step Jumps Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.	29 A Gratitude Attitude Write down something you're thankful for and why.	30 Try Savasana again. Use this to relax and wind down all year! 	SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising! Yoga photos from www.forteyoga.com	

At Home Activities

Use the following chart for ideas for activities that you can try at home. Pick five different exercises to complete, once you have done all five repeat them for three rounds. Be sure to start with a warm-up to get your muscles ready for movement and end with a cool down and stretches to avoid soreness. Once you're done, think about all the activities you did. Circle the activities you enjoyed and star the activities that were challenging. Be sure to try all the activities before repeating.

Vertical Jump Jump as high as you can for 30 seconds. Repeat.	Fitness Intervals 10 squats 10 broad jumps 10 second sprints 10 pushups 10 sit-ups	Cardio Day 10 Jump rope 10 Mountain climbers 10 Boxing punches (use both arms) 10 Step-ups	Balance Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling repeat 10 times then switch sides	Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!	Frog Sit-Ups Sit down with your knees bent and soles of your feet touching with knees spread. Do a sit-up touching your heels and lower back down.	Ragdoll Pose Hold Ragdoll Pose for 30 seconds. Repeat. 
Reverse Lunges to Front Kicks Do a reverse lunge and transition into a front kick with the same leg. 10 then switch. Do at a good pace.	Boat Pose Hold Boat Pose three times for 15 seconds 	10 Chair Squats Stand about six inches in front of a chair. Squat until your buttocks barely touches the chair and stand back up.	Jab, Jab, Cross Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.	Abs! 10 knee to elbow planks 10 crunches 10 superman poses	Fish Pose Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds. 	Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x
Kick City 10 side kicks 10 front kicks 10 back kicks	Scissor Jacks As you jump, scissor your legs each time. When your right leg is in front, raise left arm. Left leg in front, raise right arm. 4 sets of 10	Paper Plate Planks In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest	10 Squat Kicks Complete a normal squat, as you are standing kick your right leg forward. Repeat on the left leg	Yogi Squat Pose  Hold for 30 seconds rest and repeat.	10 Star Jumps Jump up with your arms and legs spread out like a star. Rest and repeat.	Shuffle, Cross Shuffle three times to your right then punch across your body with your left hand. Repeat in the opposite direction. Repeat 10x.
Flutter Kicks Lie on your stomach. Keeping your legs straight kick them up and down while holding your glutes tight.	Bridge Pose Lie on your back; place your hands and feet on the ground. Push your stomach up towards the sky. 	10 Shuffle Squat Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.	10 Lunges with a Hook Complete a side lunge with a cross-hook punch. Do 10 on each side.	Power Knees Bring hands over your head and have your hands and left knee meet in the middle as fast as you can. Repeat 10 times on each leg.	Plank Jacks In plank position move your feet in and out like when performing a jumping jack for 30 seconds. Repeat 10 times.	10 Half Burpees Start in a push-up position; jump both feet forward into a squatting position and jump back out into pushup position.
Walk Down Superman Walk your hands down to your feet and out until you're flat on your stomach then complete a superman. Walk your hands back to your feet & repeat 10 times.	Crane Pose Here's a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows. 	Tabata Jump squats 20 seconds of work 10 seconds of rest 8 rounds	10 Fly Jacks Done like a normal jumping jack except bring your arms to the side to form a T. Open & close your arms in front as you move your feet.	10 High Knee Twists Bring your knee to your opposite elbow and switch. For a challenge add a hop when switching sides.	Happy Baby Pose  Straighten your legs for an added challenge.	Wall Sit Find an empty space on the wall and pretend to be sitting in a chair. Hold for 30 seconds. Repeat two more times.



The Daily Big 3

This is a great time while we are out of school for you to start practicing taking care of your overall wellness on your own. But don't worry, I'm here to guide you! The Daily Big 3 are three things you can do while you're out of school to take care of your physical and mental wellness. Fill in the date for each day and check off items as you complete them.

- Each day you will work on a skill that helps with mental or emotional wellness.

Why are we doing this? As humans, we are going to feel a variety of emotions and feelings throughout our lives every day. Practicing skills to help manage them is really important and can be difficult. A lot of times our decisions can be related to our emotions. The better we get at managing and recognizing our emotions, the better we will get at making healthier decisions.

- You will also complete some kind of physical activity.

Why are we doing this? Being physically active regularly is a healthy habit, not just for our physical health, but it helps with our mental and emotional health, too. When we are physically active, we can improve our mood immediately and we are using up energy which can help us have more restful sleep. If we practice making physical activity a part of our day now, it will be easier to do when we are adults and are busier.

- After you complete the activities you will reflect on them.

Why are we doing this? Figuring out why we do what we do is important so that we can create healthy habits. If we take moments to pause and reflect, we can figure out why we like something (or don't), why we may have done something, we can figure out ways to improve going forward, and sometimes it's even a really good way to vent! It's healthy to learn about ourselves and be able to do things that are meaningful to us as individuals.

Click on the links below to take you to that day's Daily Big 3.

The Daily Big 3	<input type="checkbox"/> when complete
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	

Day 1 (Date: _____)



- ☐ **Start and end your day with a Mindful Minute.**
A Mindful Minute is 60 seconds of quietness in the present moment. Don't think of anything that has already happened or anything that will happen in the future. If your mind starts to wander, focus on your breathing. A Mindful Minute is a great tool to use any time of day especially if you feel overwhelmed, anxious, mad or just need to focus.

- ☐ Start of the day Mindful Minute
- ☐ End of the day Mindful Minute

- ☐ **Try a Tabata workout.**

Today try a Tabata workout. A Tabata work out is a workout that consists of 20 seconds of high-intensity activity followed by 10 seconds of rest on and off for eight rounds.

Here is a workout to try:

- Complete eight rounds of 20 seconds of bodyweight squats followed by 10 seconds of rest
- Complete eight rounds of 20 seconds of push-ups (on your knees is okay) followed by 10 seconds of rest.
- Complete eight rounds of 20 seconds of mountain climbers followed by 10 seconds of rest.

What did you think? Choose all that apply.

- ☐ This was fun!
- ☐ Not for me.
- ☐ I would do a Tabata workout again.
- ☐ It was challenging.

- ☐ **Reflect on the day.**

On a separate piece of paper or on the back of this page answer the following questions.

- ☐ How did you feel before, during and after your Mindful Minutes? Things to consider in your answer are determining if you found it difficult to be in the present moment or why you were feeling a certain emotion.
- ☐ Do you feel a Mindful Minute is something you would do regularly? Why or why not.
- ☐ Explain why you selected your answer for the Tabata workout response above.

Day 2 (Date: _____)

☐ Try progressive muscle relaxation.

Progressive muscle relaxation is a way to relax your body by tightening your muscles then relaxing them. You lay down and start at your head, squeezing and relaxing different muscles in your face, and work all the way down to your toes. Like a Mindful Minute, this is a great tool to use if you feel overwhelmed, anxious, mad or just need to focus.

Start progressive muscle relaxation with these areas of your body listed below. Squeeze the muscles and hold for 15 seconds then relax your muscles while counting to 30. Do this for each area until that area feels relaxed. Remember to breathe and not hold your breath.

Body Area	Action
Forehead	Furrow eyebrows.
Eyes	Close your eyes tightly.
Cheeks/Jaw	Smile as big as you can.
Shoulders	Raise your shoulders up to your ears.
Neck	Touch your chin to your chest.
Arms and hands	Ball your hands into a fist while crossing her arms across your chest.
Stomach	Suck stomach in and tighten abs.
Glutes	Squeeze together.
Legs	Start with your quadriceps then your calves.
Feet	Point your toes to your face then curl them down.

☐ Try a Would You Rather workout.

This is a fun way to get some physical activity in by choosing between two things (e.g. PlayStation or Xbox). Depending on what you pick is what exercise you complete. Try the Would you rather?" workout below. Use the physical activity chart to look up how to do an exercise if you're not sure. Once you've completed it, do it again but picking the opposite choices.

Would you rather?	Exercise answer
a. Eat school lunch b. Bring your lunch from home	a. 20 jumping jacks b. 20 high knees
a. Win a million dollars now b. Get three wishes in five years	a. 40 boxing punches b. 20 arm circles forward, 20 arm circles backward
a. Read really fast b. Text/type really fast	a. 10 shuffle squats b. 10 lunges with a hook
a. Breathe under water b. Fly	a. 20 plank jacks b. 10 half burpees
a. Be an adult overnight b. Stay your age forever	a. 10 star jumps b. 20 scissor jacks



What did you think? Choose all that apply.

- ☐ This was fun!
- ☐ Not for me.
- ☐ I would do a Would You Rather workout again.
- ☐ It was challenging.

☐ **Reflect on the day.**

On a separate piece of paper or on the back of this page answer the following questions.

- ☐ Compare progressive muscle relaxation to a Mindful Minute. List out the pros and cons of each one. Which one did you like better? Which one do you see yourself using more often? Be sure to explain the reasons why or why not.
- ☐ How did you feel during and after the Would You Rather workout? Explain your selections for “What did you think?” above.

Day 3 (Date: _____)

- ☐ **Your choice of mindfulness activity.**
Pick from one of the following to do.
 - ☐ Mindful Minute
 - ☐ Progressive muscle relaxation
- ☐ **Create your own Tabata.**
Create your own Tabata using the Physical Activity Chart in your packet using the table below. Once you've created it, do it! If you're up for a challenge complete your Tabata three times.



My Tabata Workout	
Pick four exercises and list them below.	For each exercise, complete it for 20 seconds then rest for 10 seconds for eight rounds.

What did you think? Choose all that apply.

- ☐ This was fun!
- ☐ I think I could improve.
- ☐ I think I did a good job.
- ☐ It was challenging.

Bonus: Share it with your classmates!

- ☐ **Reflect on the day.**
On a separate piece of paper or on the back of this page answer the following questions.
 - ☐ How are you feeling about being out of school because of the coronavirus? Be sure to explain why you are feeling a certain feeling.
 - ☐ How can you use a Mindful Minute or Progressive muscle relaxation during this time?

Day 4 (Date: _____)



- ☐ **Listen to some mindfulness music and create a playlist.**

Have you ever listened to a song and it made you happy or triggered a memory? Music can affect our emotions and we tend to listen to music that reflects our mood. Music can also be a great strategy when we may be feeling down, anxious, overwhelmed or even mad.

Today, try listening to some music or sing a song you really enjoy. Remember to be in the present moment, not thinking about what has already happened or what will happen. If your mind starts to wander focus on the music, like the melody or the lyrics of the song, and how you're feeling. Once you're done, create a playlist of songs you like that make you happy, tend to uplift you or make you feel relaxed when you listen to them.



- ☐ **Create your own Would You Rather workout.**

Create your own Would You Rather workout using the Physical Activity Chart for exercise ideas.

Once you've created it, do it!

Would you rather?	Exercise answer
a. b.	a. b.
a. b.	a. b.
a. b.	a. b.
a. b.	a. b.
a. b.	a. b.

What did you think? Choose all that apply.

- ☐ This was fun!
- ☐ I think I could improve.
- ☐ I think I did a good job.
- ☐ It was challenging.

****Bonus: Share it with your classmates!**

- ☐ **Reflect on the day.**

On a separate piece of paper or on the back of this page answer the following questions.

- What kind of music do you normally like to listen to? Do you like upbeat music? Do you like music that's slower? Or do you especially pay attention to the lyrics?
- Could this be a tool (listening to music) in the future? Why or why not.
- For fun, answer and explain your answers to the following Would You Rather questions:
 - Run at 100 mph OR Fly at 10 mph
 - Never use Instagram again OR Never use Netflix again

Day 5 (Date: _____)

- ☐ **Your choice of mindfulness activity.**
Pick from one of the following to do.
 - ☐ Mindful Minute
 - ☐ Progressive muscle relaxation
 - ☐ Listen to the playlist you created or some mindfulness music

- ☐ **Your choice of physical activity.**
Pick from one of the following.

- ☐ Tabata – Try one of your classmates' Tabata!
- ☐ Would You Rather – Try one of your classmates' routines!
- ☐ Your choice: _____

- ☐ **Reflect on the day.**

On a separate piece of paper or on the back of this page answer the following questions.

- ☐ What was your favorite mindfulness activity? Mindful Minute, progressive muscle relaxation or listening to music. Explain why.
- ☐ Now that the week is over, how are you feeling? What was the best part of your week? What was something that could have been better?



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Mind and Body Bingo

Mark with an "X" the different activities you complete over the course of a week.
How many different variations of BINGO can you get?

B	I	N	G	O
Go outside for a walk and find 10 things that start with the letter of your name.	Try a new healthy recipe.	Do a Mindful Minute.	Complete three tasks from the Mind & Body Calendar.	Call a friend or family member to check in.
Drink eight glasses of water.	Make a list of things for which you are grateful.	Back in the Day: Play a game you used to like when you were smaller.	Write a compliment to yourself and keep it to look at later.	Take three movement breaks in a day.
Write a letter to a friend or family member.	Complete all the yoga poses on the At Home Physical Activity Chart.	FREE	Draw or color a picture.	Find an object that you feel represents kindness.
Clean up your room before bed.	Device Detox: don't use any technology for three consecutive hours.	Put on some music and dance for five minutes.	Complete five exercises from the At Home Physical Activity Chart.	Try a new activity.
Share your feelings with someone or journal about school being closed.	Physical activity of your choice.	Complete a chore around the house.	10 jumping jacks 10 squats 10 bell jumps	Leave a kind note somewhere for somebody to find.



Internal Voice as an Influence

Part 1: Think about the Thought of the Day. Do you agree or disagree with the statement below?

You will make better decisions the more you value yourself.

In the space below explain why you agree or disagree.

Thought of the Day

How I feel about myself
directly affects my
behavior.





Part 2: What does your internal voice say to you? Answer in the space below.

Part 3: Create a positive “I” statement using markers, colored pencils or whatever you have around the house. Then post it somewhere you can see it daily.

Note to Teachers

This lesson was adapted from the [health.moves.minds. Power Through Empowerment: Lesson 1](#) for grades 6-8, but can easily be used for grades 9-12.

Depending on your distance learning capabilities you may want to follow up with students about this assignment. Use the example script below to continue discussion. Either by e-mail, video conference, or in the next take-home packet.

Example script: *“Who do you hear most in your head? Probably yourself. Most of us are always having an internal conversation with ourselves. Earlier we saw how outside influences can affect our decisions, but your own thoughts and self-esteem can influence your behavior as well as outside influences.”*

Discuss the following questions/scenarios:

- Use the example of a parent.
 - What if the parent is constantly negative to their child? (You are a pain, you're stupid, you will never be anything, etc.)
 - How will that child feel about him or herself?
 - What if the parent is nurturing, loving, and positive? (You are great, I love you, you will do better next time, etc.)
 - How will the child feel about himself/herself?
- Make the point to students that it's important to be kind to ourselves as much as it's important to be kind to others.
- Give some of the following as potential thoughts people might think about themselves.
 - I'm smart
 - I'm pretty/handsome
 - I'm ugly
 - I'm stupid
 - I'm OK
 - I'm weak
 - I'm a good friend
 - I'm nothing
 - I'll never be loved
 - I deserve to be loved
 - I deserve to be treated well
- How does someone's self-esteem affect their health?
- How can a person's internal thoughts influence their relationships with others, such as friends, parents or other classmates and peers?