

June Enrichment Calendar

High School

Grades 9-12

This Health and Wellness Calendar has an activity for each day of the month that is designed to enhance your wellness. Enjoy trying these activities!

June 1

Mindfulness has something to offer everyone. This mindfulness activity is designed to help you to recognize your thoughts and emotions, react to them in positive ways, and become more mindful of how your body feels.

Heartbeat Exercise

As you monitor your heartbeat and breathing after exercise, you will learn to become mindful of how your body feels.

How to: Start in a standing position, run in place, or jump up and down, or do jumping jacks, for 1 minute. At the end of that minute, place your hand over your heart and pay attention to how your heartbeat and breathing feels. Pay attention to your heartbeat and breathing until you return to being completely relaxed.

June 2

[Yoga for Beginners / Teen Yoga Class \(Grades 9-12\)](#)

A 15-minute teen yoga class for beginners with Yoga Ed, created for ages 13-18.

<https://www.youtube.com/watch?v=6kJgTouHHeE>

<https://youtu.be/6kJgTouHHeE>

June 3

Bionic Technology: Hugh Herr is building the next generation of bionic limbs, robotic prosthetics inspired by nature's own designs. Herr lost both legs in a climbing accident 30 years ago; now, as the head of the MIT Media Lab's Biomechatronics group, he shows his incredible technology with the help of

ballroom dancer Adrienne Haslet-Davis, who lost her left leg in the 2013 Boston Marathon bombing. Enjoy exploring this amazing health/science field. (Grades 9-12)

<https://ed.ted.com/lessons/g8KC49mB>

Be Outside: A University of Maryland study reports a 50 percent drop in the number of students who spent time in outdoor activities. But doctors know humans need to spend time outdoors to stay healthy. If you get outside and do things, you feel better.

<https://www.pbslearningmedia.org/resource/be-outside-science-trek/be-outside-science-trek/>

June 4

The Importance of Sleep: We spend about a third of our lives sleeping, but what do scientists really know about sleep? Host Joan Cartan-Hansen and her guests, Dr. Janat O'Donnell and Nancy Nadolski, a Family Nurse Practitioner specializing in sleep issues, will answer students' questions about sleep. Learn about the importance of sleep and your health.

<https://www.pbslearningmedia.org/resource/e2ef7332-7368-418e-b3ab-b982f0c026fa/sleep-science-trek/>

Mindful Breathing

Breathing exercises can be a great way to help relieve stress and anxiety. This video focuses on two relaxing breathing techniques: Square breathing and Pursed breathing. The instructor starts off with Square breathing. These breathing techniques are good at helping to relieve stress and anxiety. Enjoy practicing mindful breathing.

<https://youtu.be/odADwWzHR24>

June 5

3 Ways to Increase Positive Emotions: Positive emotions don't just feel good — they're good for you. Research shows that people feel and do their best when they experience at least three times as many positive emotions as negative ones. Click on "Listen" to learn how to increase positive emotions.

Note: If you have trouble with the "play/Listen" button, you can have the entire article read to you by pressing the mp3 button, just to the right of the "stop" button.

<https://kidshealth.org/en/teens/positive-emotions.html?WT.ac=ctg#catemotions>

June 8

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Breathing Buddy

Paying “attention to the breath” is at the core of most meditation practices, but it can be a tough idea to understand. A breathing buddy can simplify the concept.

How to: Lie down and place a stuffed animal, pillow, or even your cell phone on your belly (this will be your breathing buddy). Now breathe in and out and watch your “breathing buddy” go up as you inhale and down as you exhale.

In this way, you are able to tune in to your own breath. You’re training yourself to pay attention to your breathing and becoming familiar with one of the fundamental lessons of mindfulness.

June 9

5 Ways to Deal with Anxiety: Everyone has feelings of anxiety, nervousness, tension, and stress from time to time. Click on “Listen” to learn about 5 ways to help manage them.

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<https://kidshealth.org/en/teens/anxiety-tips.html?WT.ac=ctg#catemotions>

Above the Noise, Coping with Uncertainty during the Quarantine:

This whole quarantine thing is hard on every aspect of society. School is no exception, with millions of students now stuck at home dealing with a bunch of new stress. How do you deal with so much uncertainty? In this Above the Noise Video, see how you are experiencing this along with millions of other students and learn some tips to take care of yourself.

<https://www.pbslearningmedia.org/resource/77530f1a-e3a8-4a6a-85c2-f36f67bd6b9c/coping-with-uncertainty-during-the-time-of-corona-above-the-noise/>

June 10

5 Ways to Prevent Stress Build-Up: Everyday stressors have a way of piling up if we don't keep them in check. Adding these 5 simple actions to your regular routine can help you avoid that "bogged down by

stress" feeling. The key word is "routine." Click "Listen" to learn some ways to prevent the build-up of stress:

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<https://kidshealth.org/en/teens/stress-tips.html?WT.ac=ctg#catemotions>

June 11

Mindfulness: Mindfulness means paying full attention to something. It means taking your time to really notice what you're doing. Click "Listen" to learn some ways to practice Mindfulness.

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<https://kidshealth.org/en/teens/mindfulness.html?WT.ac=ctg#catemotions>

Pump It Up – Fresh Start Fitness

Pump up your body... and your jam with this intense and awesome workout. This video comes from GoNoodle's Fresh Start Fitness channel. Fresh Start Fitness helps you get fit with an awesome (and intense) fitness routine in less than 5 minutes! Enjoy this fitness break!

<https://youtu.be/etYhiq9hM8A>

June 12

Mindfulness Exercises: Being mindful helps people do better in just about every part of life, like focusing on homework or feeling less stressed out. Practicing Mindfulness a little bit every day helps you to build this valuable skill. Click "Listen" to learn how to practice Mindfulness in five different ways. Try doing all of them.

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June 15

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Muscle Relaxation Squeeze and Release

This is an attention-building exercise that will show you how to tune into your body and be present.

How to: Lie down on a towel, blanket or your favorite spot on the floor/rug. First, squeeze every muscle in your body tightly, and then release. Second, start at your feet, tighten your feet and toes and then...relax. Then your legs, then on to your hips and buttocks, stomach, arms, face. Lastly, squeeze every muscle in your body tightly, and then release/relax.

This exercise will help you to recognize when you are holding stress in your body versus letting it go.

June 16

Study Break Yoga (Video): Have you ever noticed that if you're stuck on something and you take a little break from it, you're often able to solve the problem when you go back to it? That kind of refocusing is what study breaks are for! Yoga makes a great study break because it helps both the body and mind. Follow this routine to stretch out, refresh, and re-energize.

<https://kidshealth.org/en/teens/yoga-break.html?WT.ac=t-ra#catemotions>

June 17

Welcome Home Yoga: If you need to feel peaceful and refreshed. Make this yoga routine part of your daily routine. These 5 poses will help you feel balanced, powerful, and ready to face whatever comes your way.

<https://kidshealth.org/en/teens/yoga-home.html?WT.ac=t-ra#catemotions>

June 18

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Mindful Eating

Developing this mindfulness practice can help you make better choices at the table. Try this the next time you have a meal or a snack.

How to: Look - what colors and shapes do you see? Listen - does your food make a sound? Touch - is it smooth, bumpy or rough? Smell - what does your food smell like? Taste - put the food on your tongue but don't chew it just right away. Notice how it feels in your mouth. Do you taste anything yet? Start to chew, does the flavor change? How many different flavors are there?

June 19

Personal Protective Equipment (PPE) / Things Explained

Healthcare professionals wear personal protective equipment (PPE) to protect themselves and patients from contaminants like bacteria and viruses. In this episode of Things Explained, we talk with a nurse who is caring for coronavirus patients and examine why PPE is in such high demand during the global pandemic and why it is important for you to wear a face covering. Enjoy learning about PPE and how to keep yourself safe.

<https://www.pbslearningmedia.org/resource/5536a61b-1f5e-4a1b-a56d-c7cb2e8619e7/personal-protective-equipment-ppe-things-explained/>

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June 22

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Mindfulness STOP Skill

STOP is primarily used to introduce Mindful experience throughout your day when you need it most. It's easy to get caught up in all of the stresses and activities of daily life. By applying mindfulness to these experiences during your day, you will be able to check-in with how you are feeling, what you are thinking, and what behavior you're engaging in. By occasionally reminding yourself to stop during your day, you can increase your awareness of what is going on around you and inside you.

How to: STOP is an acronym that stands for:

S: Stop. Whatever you're doing, just pause momentarily.

T: Take a breath. Re-connect with your breath. The breath is an anchor to the present moment.

O: Observe. Notice what is happening. What is happening inside you, and outside of you? Where has your mind gone? What do you feel? What are you doing?

P: Proceed. Continue doing what you were doing. Or don't: Use the information gained during this check-in to change course. Whatever you do, do it mindfully.

June 23

5 Minute Total Body Stretch:

If you're in need of a five-minute full body stretch, then this video is for you! This routine has 14 stretches, held for 20 second each, that will loosen your major muscle groups from head to toe. One of the secrets of success with flexibility is having a routine. It doesn't need to be long or complicated, either. Doing just a few minutes of basic stretches on most days of the week will help prevent the loss of flexibility while keeping your body performing optimally. A couple of quick pointers: You should feel a gentle stretch, not pain and Remember to **breathe** throughout the stretch. Enjoy this stress buster!

<https://youtu.be/2L2InxIcNmo>

June 24 (Last day of School)

Mindfulness has something to offer everyone. This mindfulness activity is designed to help you to recognize your thoughts and emotions, react to them in positive ways, and become more mindful of how your body feels.

Walk Mindfully

It can be as easy as going for a walk. This simple mindfulness activity has the added bonus of providing some physical activity and fresh air!

How to: Next time you take a walk through your yard or neighborhood, make it a “notice walk”. As you walk, be really quiet and pay attention to all the sounds you can hear. Notice the smells, then the colors. As you walk, stop to pick up at least five items from nature: a rock, a flower, a stick, a leaf, a blade of grass, and note how it feels, what shape it is, etc. After a few seconds of quiet observation, think about how you feel and what you are thinking about. You will start paying more attention to the world around you and notice the beauty in your own surroundings.

HAVE A SAFE AND HEALTHY SUMMER!