



Week 3 Movement Mat

Try and complete these activities over the next week. Feel free to record yourself doing an activity and upload to your Seesaw Journal.



<p>Cosmic Kids Yoga Complete a Yoga session https://www.youtube.com/user/CosmicKidsYoga</p>	<p>Karate King Training 20 second plank 5 karate kicks 30 high knees 10 karate kicks 30 second plank 20 karate kicks</p>	<p>"Pump it up" Workout Complete this workout https://youtu.be/etYhiq9hM8A</p>	<p>Burpee Challenge How many burpees can you do in 2 minutes. Set the timer and go!</p>
<p>May Fitness Challenge Complete the "May the force be with you" Jedi Training</p>	<p>Sport Yoga https://youtu.be/WPLvBESNaxE</p>	<p>Monday Workout M – 10 leg kicks O – 3 burpees N – 4 lunges D – 10 push ups A – 10 star jumps Y – 5 lunges</p>	<p>Kids Beginners Yoga A great video to introduce you to new yoga moves. https://youtu.be/CBko9JPMHts</p>
<p>Dancing Workout from Kidz Bop "Thunder" https://youtu.be/9BrEL6fBQnk</p>	<p>Tuesday Workout T – 5 sit-ups U – 15 second plank E – 10 sit ups S – 4 leg kicks D – 10 push ups A – 10 star jumps Y – 5 lunges</p>	<p>Fresh Start Fitness 'WAKE UP' Workout https://youtu.be/ALrdbSWYoJs</p>	<p>Friday Workout F – 10 crab walks R – 15 star jumps I – Bear crawls 20m D – 10 push ups A – 10 star jumps Y – 5 lunges</p>
<p>Fresh Start Fitness "Full Speed" Workout https://youtu.be/g3L556EpRuo</p>	<p>Animal Yoga A 5-minute video of animal yoga poses. https://youtu.be/WS7O00De17I</p>	<p>Thursday Workout T – 5 sit-ups H – Run in place for 1 min U – 30 second plank R – 15 star jumps S – 4 leg kicks D – 10 push ups A – 10 star jumps Y – 5 lunges</p>	<p>Bike-stade Course Ride your bike or scooter through an obstacle course you have made.</p>

Workout Wednesday Week 3 Challenge

Spell out your name and complete the activity listed for each letter. For an added challenge, spell out for middle and last name too!

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

May Fitness Challenge

"MAY" the FORCE be with YOU – Jedi Training

Odd days of the month

- 20 star jumps
- 10 calf raises
- 20 sit-ups
- 10 squat jumps

Even days of the month

- 10 burpees
- 10 squats
- 20 mountain climbers
- 20 high knees

LEVEL 1 – Youngling

Complete 2 rounds

Level 2 – Padawan

Complete 3 rounds

Level 3 – Jedi Knight

Complete 4 rounds

Level 4 – Jedi Master

Complete 5 rounds



Choose a level that challenges you. Try to advance your level throughout the month. The ultimate goal is to become a **JEDI Master** by the end of May.

Colour in each day you complete the exercise on a calendar.

Week 3 Mindful Moments

Mindfulness, relaxation and mental wellbeing



We exercise our bodies all the time but it is just as important to exercise our brains too! Each day, choose an activity below to help stretch and relax your growing brains.

Create a Gratitude Journal

“Have an attitude for gratitude”

Create your very own gratitude journal using this link:

<https://youtube.com/hXych0lc2v4>

What does it mean to be grateful?

Think of things in your life that bring you joy, make you happy and keep you safe and healthy. Each day write something that you are grateful for. Read it to yourself before you go to sleep each night.

For example: “I am grateful for my bed that keeps me warm while I sleep”

“Let it Go” Mindfulness Technique

Sometimes we have things that upset us, make us anxious or bother us throughout the day. This activity will hopefully help with this.

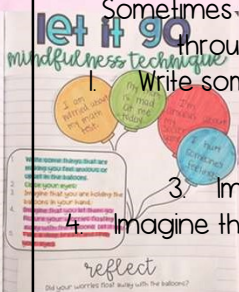
1. Write some things that are making you upset, sad or anxious in some balloons.

2. Close your eyes.

3. Imagine that you are holding the balloons in your hand.

4. Imagine that you let them go. Picture your worries floating away with the balloons. Let it go.

5. Take a deep breath and open your eyes.



Go Noodle Energy Meditation

This exercise will teach you to turn high, stressful energy off so you can do what you need to do to be your best self.

<https://youtube.com/IZP-TMr984s>

5-Day Self-Love challenge

Day 1: words that describe me – how many positive words can you think of to describe yourself? Create a poster of these words.

Day 2: “I am grateful for my body”. Write what your body helps you to do. Think about what your brain, face, heart, arms and legs allow you to do. Create a video explaining this.

Day 3: Make an emoji bookmark for “I choose kindness” or “I am loved”

<https://youtube.com/BEwl0fvqol8>

Day 4: I can choose my thoughts. Complete this meditation.

<https://youtube.com/O8DRreTGmkDg>

Day 5: Create a poster about yourself: “I am Uniquely Me” activity.

Mindful Body Scan

Complete this meditation to scan your body and see how you are feeling.

https://youtube.com/iHwCw_ofuME

“I am uniquely me” Craft Activity

There is no one else like you! You are you and that is true!

Create a poster that celebrates who you are and your unique abilities.

Look at this video: <https://youtube.com/MLkIRJ8Hml>

Use materials that you can find to create your own poster. Post to Seesaw so that everyone can celebrate you and your uniqueness.