

Health & Well-being Learning Activities Primary & Elementary (Grades 1 – 6)

Daily Physical Activity

Encourage children to engage in 60 min of vigorous (heart pumping!) physical activity daily. Chunk the time and include a mixture of movement opportunities (Ex: 20, 30, 40, 50, 60 min per go)

Daily Physical Activity +

Learning Activity	Time	Instructions	Considerations
Daily Physical Activity	Up to 60 Minutes/ Day Until Complete (Ex: 10, 20, 30, 40, 50, 60 min per go)	<ul style="list-style-type: none"> ● Jump rope ● Jog/Run/Walk ● Ride a bike ● Rollerblade ● Skateboard ● Dance ● House and Yard work ● Running obstacle course ● Games that involve running and chasing (alone or with siblings) ● Do a circuit of jumping jacks, push ups, running on the spot, squats, lunges, jumping etc.. 	<ul style="list-style-type: none"> ● Engaging in physical activity is a way to celebrate what our bodies can do. Children should explore ways to find the joy in movement! ● Make up a heart pumping work out or game, record it, and send it to a friend or relative ● Make up a heart pumping workout to do with your family ● Set a goal to get your 60 mins of heart pumping physical activity every day. Write it down and keep a journal. ● Make an obstacle course, indoor or outdoor, that includes running, jumping, hopping, leaping, exercises etc. ● Plan movement breaks throughout the day to interrupt sedentary behaviour
Reading and writing	Up to 20 Minutes/ Day Until Complete	<ul style="list-style-type: none"> ● Read or write about a health related topic 	<ul style="list-style-type: none"> ● Choose books or readings about healthy habits, the body, a sport, fitness, healthy relationships, hygiene
Nutrition	Up to 20 Minutes/ Day Until Complete	<ul style="list-style-type: none"> ● Explore Canada's Food Guidelines 	<ul style="list-style-type: none"> ● Add healthy food choices to a family grocery list ● Draw a healthy plate ● Help prepare a healthy snack in the kitchen
Service Learning	Up to 20 Minutes/ Day Until	<ul style="list-style-type: none"> ● Create ways to help others while practicing social distancing 	<ul style="list-style-type: none"> ● make cards for healthcare professionals ● write a letter to a grandparent or

	Complete		<p>family member</p> <ul style="list-style-type: none"> record a story reading and send it to someone to brighten their day Connect with a friend over the phone, video call, messages, write a letter/email
Mindfulness	Up to 20 Minutes/ Day Until Complete	<ul style="list-style-type: none"> Engage in a daily mindfulness activity 	<ul style="list-style-type: none"> Blow bubbles Explore textures in nature Drawing and/or coloring listen to music Meditate
Get Outdoors!	Up to 20 Minutes/ Day Until Complete	<ul style="list-style-type: none"> If you can, spend some time outside and write or draw about your experiences, using the five senses to guide your writing. 	<ul style="list-style-type: none"> What sense do you feel you use the most? Why is that? What stands out? Is there something that you notice that you haven't paid attention to before? Explain. Do a simple scavenger hunt Create art with chalk on a driveway Free play
Managing Emotions & Feelings (Social Emotional Learning)	Up to 10 Minutes/Day	<ul style="list-style-type: none"> Keep a writing or drawing journal about your feelings. 	<ul style="list-style-type: none"> Daily you can write the word for how you are feeling (parents you or your child can make a list of words that represent feelings E.g. happy, sad, scared, angry, funny, silly, tired, excited, kind) Write about how you feel Draw a picture of yourself to show how you are feeling. Talk about your drawing and writing with someone in your family.

Online resources to support physical activity:

- GoPEI! Live@Home: via GoPEI! Facebook
- BOKS Canada: BOKS at home: <https://www.bokskids.ca/boks-at-home/> is an online tool that's free!
- Many at home physical activity options can be found here: Open Phys Ed: Active at home: <https://openphysed.org/activeschools/activehome>
- [Daily PE with Joe](#) on Youtube: a new PE class every day!

- Go Noodle Families <https://family.gonoodle.com/>
- Cosmic Kids Yoga Youtube series <https://www.youtube.com/user/CosmicKidsYoga>
- [Follow Along Dances for PE- DANCEPL3Y](#)

Online resources to support health promotion learning activities:

- Printable or easily recreatable 'My Feelings' journal [Click Here](#)
- Search credible information related to health (note 'recommended for' section as this is a K-12 resource) <https://newsela.com/>
- Canada's Food Guidelines <https://food-guide.canada.ca/en/>
- Participaction's [Build Your Best Day Online Activity](#)
- Links to [meditation scripts](#) for kids
- Scholastic Classroom: Life Science [reading and learning activities about bones](#)
- Social Emotional Learning 101 for parents: <https://www.youtube.com/watch?v=y2d0da6BZWA>