

# Weekly Bursts

## Week 3

### Weekly Challenge

### Challenge: Gratitude

Practicing gratitude is an important piece of mindfulness. Gratitude helps us tap into positive emotions and experiences, improves our health, helps us overcome adversity, and builds strong relationships. This week we challenge you to write down three things every day that you are grateful for. At the end of the week, review your list and consider sharing it with a friend or family member. How did it make you feel to be grateful every day?

#### BURST 1: BINGO BURST

Perform activities from each letter of the word BINGO for 30 seconds:

- B – burpees
- I – inch worms
- N – narrow knee squats
- G – gallop in a circle
- O – hop over an imaginary hurdle



#### BURST 2: JUMP ROPE BURST

- Have kids pretend to jump rope.
- Ask the kids questions such as: "Do you have a sister?", "Are you wearing black socks?", "Did you have breakfast this morning?", "Do you have a pet at home?", "Is your hair brown?".
- If they answer yes, they can stop pretending to jump rope and perform ten jumping jacks. If the kid answered no to the question, they continue "jumping rope".
- Repeat for the allotted time.

Variations/Challenges: Rotate around the room and have the kids ask questions.

#### BURST 3: SPRING DANCE PARTY

Materials: Music – BOKS Canada Spotify playlist

- Do each movement for 30 seconds:
  - Free dance for 30 seconds.
  - Pretend you have a hula hoop and keep that hula hoop up for 30 seconds.
  - Wiggle while standing for 30 seconds.
  - Spin to the left then spin to the right for 30 seconds – airplane arms.
  - Two-foot jump and backward swim with your arms for 30 seconds. Repeat.

You can download our Monthly Calendar on the BOKS Trainer Hub.

# Weekly Bursts

## Week 3

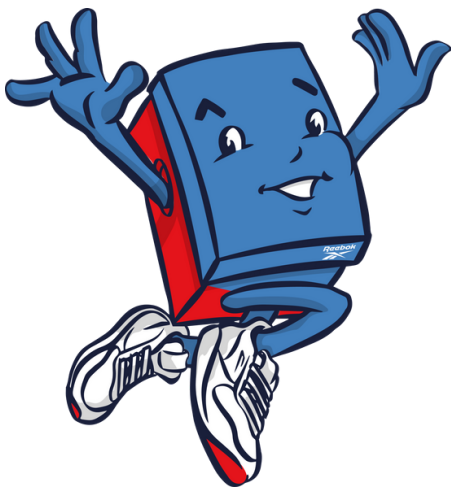
### BURST 4: TABATA SQUAT

- Perform each exercise for 20 seconds followed by 10 seconds rest.
- 20 seconds squat in place.
- 10 second rest.
- Repeat four to eight times.
- On each consecutive attempt try to get the same number or higher of the skill.

### BURST 5: LIMITLESS GRATITUDE

Materials: Paper and writing utensil.

- Write down the following categories.
- Think about one thing that you are grateful for in each category and write it down.
  - Family (eg: I am grateful for my younger sister).
  - Friends (eg: I am grateful that I have such incredible friends).
  - Self (eg: I am grateful for my kindness and bravery).
  - Home (eg: I am grateful for a warm place to sleep at night).
  - Skills (eg: I am grateful for my guitar that I love to play).
  - Miscellaneous (eg: I am grateful for the ocean and the beach).
- Share what you are grateful for with a friend.



You can download our Monthly Calendar on the BOKS Trainer Hub.