

# Weekly Bursts

## Week 4

### Weekly Challenge

#### Challenge: Friendship

Focus on friendship- for some of us making new friends is easy and for others it is a real challenge. This week we challenge you to find new ways to make your classmates feel included. Invite someone who is sitting alone or who is new to your school to join you for lunch. Or, maybe just offer up a friendly smile. Who knows, you might make a new friend?

#### BURST 1: BOKS SAYS - IN YOUR CHAIR

The trainer or one lucky kid will lead the group through BOKS Says:

- Have all of the kids sitting down facing front in their chairs.
- BOKS Says:
  - Stand up.
  - Sit down.
  - Fast feet while sitting.
  - Stand up and squat.
  - Stand up and jump.
  - Run behind chair to the left or right.
  - Turn body left
  - Turn body right.
  - Bring knees to chest, one by one.
  - Lift legs straight out.
- After a minute, let the kids shake out their legs, pick a new leader and play again.



#### BURST 2: MIRROR IMAGE

- Stand face to face, 6 feet (2 metres) apart.
- One kid is the "leader" and the other kid follows exact movements by mimicking them as if they were a mirror image (no verbal communication at all).
- Kids can practice different skills such as squatting, jumping jacks and mountain climbers as well as yoga poses/balances.
- Leader leads for 30-45 seconds then switches roles.
- Hints: Put a list of skills on a poster or board.
- Challenge: Have someone try to figure out who the leader is for each pair as they perform their movements.

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### BURST 3: BALANCING ON THE GROUND

- Kids do a "v" sit on the ground and right hand touches left foot. Hold for 10 seconds then switch so left hand touches right foot.
- Kids flip over and do a "high plank" by putting hands face down, tummy facing ground, and body flat.
- Lift **right hand** for 10 seconds so that only **three** parts of your body are touching ground.
- Lift **left hand** for 10 seconds so that only **three** parts of your body are touching ground.
- Lift **right leg** for 10 seconds so that only **three** parts of your body are touching ground.
- Lift **left leg** for 10 seconds so that only **three** parts of your body are touching ground.
- Lift **both right arm and left leg** so that only **two** body parts are touching ground.
- Lift **both left arm and right leg** so that only **two** body parts are touching ground.
- Variations/Challenges:
  - Repeat this burst but begin by sitting on your chair doing a "v" sit. Hold each pose for 20 seconds.

### BURST 4: CLAP FOR 10

- Partners will perform exercises next to each other clapping with each repetition.
- 10 Jumping Jacks, clap.
- 10 Lunges, clap.
- 10 Burpees, clap.
- 10 Crunches/Sit Ups, clap.
- 10 Squats, clap.



### BURST 5: BALANCE AND FLOW

This flow is perfect for practicing balance and mindfulness. Give yourself about 10 minutes to work through the flow, and make sure you have enough space to move comfortably.

- Tree pose: Stand on one foot, balancing, bring the opposite foot to touch your ankle – knee.
- Toe stand: Bring feet and knees to touch while standing. Raise as high as you can on your toes and hold.
- Cat-cows with variations: Come to your hands and knees on the floor. On your inhale, lift your head to the sky and let your belly button sink toward the floor. On your exhale, let your head fall toward the floor and arch upwards through your back/shoulders.
- Plank with variations: Place hands under shoulders and lift knees off the ground so the back of your body forms a straight line.
- Side planks: From plank, shift all your weight to the right hand and foot, and stack the left foot on top of the right. Repeat on your left side.
- Child's pose: Sit all the way back on your heels and walk your hands out in front of you until your forehead is gently resting on the ground. Keep arms extended.
- Boat Pose: Sit on the floor, balance body on sit bones extend legs up so body is in a V position.
- Rest and reset: Lay on your back and let all the muscles in your body relax.