

Weekly Bursts

May
2022

Week 1



NEW - May Calendar

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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: BOKS SAYS - IN YOUR CHAIR

Materials : Chair

Directions:

- 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.
- After a minute, let the kids shake out their legs, pick a new leader and play again.
 - Turn body left.
 - Turn body right.
 - Bring knees to chest, one by one.
 - Lift legs straight out.

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BURST 2: EARTH DAY BURST

Materials: None

Directions:

Perform each activity for 20 seconds then rest for 10:

- Move as if you are climbing a tree.
- Pretend to fly like a bird.
- Do a bear crawl.
- Do a crab walk.
- Bunny jump around the room.
- Slither like a snake.
- Repeat as time allows.



BURST 3: EMOTIONS DANCE BURST (NATIONAL BALLET SCHOOL)

Materials: None

Warm Up:

- Saying "no" with our heads (turning heads side to side)
- Saying "yes" with our heads (tilting heads up and down)
- Saying "I don't know" with our shoulder (shrugging shoulders up and down)
- Moving hips side to side
- Shake out the legs

Emotions Dance (using cards):

Happy Dance:

- Start standing with arms and legs close to body – star jump, arms and legs spread.
- Marching legs while swinging the arms.
- Wiggling the body down and up.
- Choose a pose that matches how you feel when you're happy

Silly Dance

- Get the wiggles out and act silly. Wiggle body up and down then land in a silly pose of your choosing.
- Wiggle the whole body
- Make a pose with a silly face

Sad Dance

- Wiggle the arms
- Wiggle the legs
- Make a pose with a silly face
- Curve the body inwards and then stretch the body up, rolling the shoulders back (X2)
- Reach the arms out for a hug and give yourself a hug
- Repeat above movements

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BURST 3: EMOTIONS DANCE BURST CONTINUED

Mad Dance

- Crouch really low to the ground
- Slowly stand up while reaching the hands to the ceiling
- Jump and open the arms and legs away from the body
- Repeat above movements 2 more times

Calm Dance

- Bring the hand to the chest and take a deep breath (imagine that your favourite food is in front of you and take a deep breath to smell it) and exhale
- Reach your hand up to the top shelf and put your favourite food in front of you
- Reach arms out and take a deep breath, smelling that food and exhale (repeat)
- Take a deep breath, but this time reach the arms out higher above the head
- Bring the hands to the heart

BURST 4: BASEBALL AS IF

Materials: None

Directions:

Kids will perform the exercises for 30 seconds each.

- Jump in place as if you are catching a fly ball.
- Run in place as if you are trying to beat out a ground ball (really fast).
- Swing your arms as if you are hitting a home run.
- Side shuffle left then right as if you are leading off 1st base.
- Throw a ball as if you are the pitcher.
- Squat down as if you are fielding a ball at short stop.
- Run in place as if you hit a home run (slower).
- Wave to your fans as if they are all cheering for you.

BURST 5: LIMITLESS GRATITUDE

Materials: Paper and writing utensil

Directions:

Write down the following categories, think about one thing that you are grateful for in each category and write it down.

- Family (e.g. I am grateful for my younger sister).
- Friends (e.g. I am grateful that I have such incredible friends).
- Self (e.g. I am grateful for my kindness and bravery).
- Home (e.g. I am grateful for a warm place to sleep at night).
- Skills (e.g. I am grateful for my guitar that I love to play).
- Miscellaneous (e.g. I am grateful for the ocean and the beach).
- Share what you are grateful for with a friend!