

Week 2



NEW - May Calendar

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WEEKLY
CHALLENGE

Challenge: Mindfulness Matters

Practicing mindfulness helps us check in with ourselves and pay attention to how we are feeling. Mindfulness can help improve things like focus, planning and organizing. Things that are important in our day-to-day activities in the classroom become much easier through practicing mindfulness. This week we challenge you to get out in nature for a daily 10-minute walk, to clear your mind and improve your focus.

BURST 1: BINGO BURST

Materials :None

Directions:

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: FREEZE DANCE

Materials: Music

Directions:

- Start some upbeat music. Have the kids dance/move freely (trainer can guide kids in movements such as “move like a robot”, “pretend to be a flag flapping in the wind”, “do the twist”, etc.).
- Pause the music. The kids should pause/freeze in the position they are in at that exact moment.
- Have all kids perform two jumping jacks before resuming game with music.
- Repeat two times but switch “jumping jacks” movement to “squats” and then to “crunches/sit-ups”.

Weekly Bursts

Week 2



BURST 3: BOKS AS IF

Materials: None

Directions:

Do each activity for 20 seconds then rest for 10:

- Jog in place as if a big scary bear is chasing you.
- Take big steps in place as if you are wading through thick, creamy yogurt.
- Jump up and down as if you are popcorn popping.
- Reach up as if you are grabbing balloons out of the air.
- March in place and play the drums as if you are in a marching band.
- Paint as if the paint brush is attached to your head.
- Jump up as if you are going to do a big cannon ball splash in pool.
- Swim as if you are in a giant pool of applesauce.

BURST 4: JUMP ROPE BURST

Materials: None

- 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 allotted time.

Variations/Challenges:

- Rotate around the room and have the kids ask questions.

BURST 5: SLOW MOTION MOVEMENT

Materials: None

Directions:

- Find space away from your friends or any objects.
- Start by running on the spot for 30 seconds.
- After 30 seconds, switch your run into slow motion. Move as slowly as you possibly can, as if you're running in a slow-motion movie.
- We can use balancing skills to help us while we're in slow mo.
- Take a few minutes to reflect on what it felt like to be in slow motion.
 - Was it hard to balance? What did you notice when you slowed down? Maybe your heartbeat or the sound of your breathing?