


Wellness and Physical Activity ideas at home for K-12

Grade K-5

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Make a calming jar- create a jar with a bunch of pieces of paper that have ideas of how to relax, de-stress or calm.	Chalk drawings- make a hopscotch pattern outside around the block!!	Look for bugs !!! get into the a garden or a garden and count how many different creepy crawlies you can find!	Be a nature photographer. Go out into nature and take 5 pictures of nature from different creature perspectives i.e. a birds view, an ants view	Make a sail boat. If you have a body of water near by build a boat out of natural materials and see how far it goes !
Week 2	Make a bird feeder and go outside to put it up for your feathery friends !! Draw or paint a picture of the birds you see!!	Chase bubbles!! Go out into a park/open field and blow bubbles and chase them- see how far a bubble can go !!	Unique rocks. Pretend to be an archaeologist and look for amazing rocks that resemble different animals !	Paint rocks. Collect a few rocks and paint them for decoration at your front door step!	Do a puzzle or a play a board game!

Grade 6-8

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Make a calming jar- create a jar with a bunch of pieces of paper that have ideas of how to relax, destress or calm.	Look for an exercise program on the television or online and try to complete the whole session.	Get Outside !!! Go out with a friend or family member for a walk or a bike ride for at least 30 minutes.	Nature walk and craft. Go for a walk in nature and pick up some artifacts along the way to make a craft.	Write an email to a friend or relative and share a song that reminds you of them.
Week 2	Take your phone outside- go for a walk and take 5 pictures of something eye-catching in nature that you may want to draw. Is there a cool bird or leaf that is interesting.	Find a dance that is fun to do and try to do it- could be on youtube or another popular social media site. Share your dance with a close friend or family member.	Shoot hoops! Or go to a local play ground and make an obstacle course. Time yourself and then try to improve on the time 	Learn to make friendship bracelets and make one for a family member or friend.	Go bowling or to a place where you have never been in Lethbridge before that supports physical activity!! This could be a biking trail, fishing or boating !!

Grade 9-12

	Monday	Tuesday	Wednesday	Thursday	Friday
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Week 1	Make a calming jar- create a jar with a bunch of pieces of paper that have ideas of how to relax, destress or calm.				
Week 2					