



## Wellness Resources | K-5

### Suggestions for Wellness Learning at Home

#### Physical Activity

- Go on a nature scavenger hunt- use this list to guide you [Nature Scavenger Hunt](#)
- Go for a walk and stop to build a fairy garden or a home for a gnome along the way using different natural objects.
- Create a hopscotch challenge outside using sidewalk chalk, string or natural found items. You can also take up this challenge inside with items found in the house.
- Find a deck or cards or dice. Assign a fun movement activity to a number or card. Roll the dice or draw a card and see action you need to do. You can play with others or solitaire.
- Create your own dance using these dance cards. [Ophea Dance Cards](#) or make up a four-part dance using your own favorite dance moves
- Create an obstacle course using found objects, challenge your family to complete the course.
- Engage in movement challenges using I Love a Challenge resource [I Love A Challenge](#) or create your own challenge using a hacky sack made from a sock, bottle flip challenge or a roll of toilet paper and spatula- get creative!

#### Social Emotional Learning and Mental Health

- Use a grounding script 5-4-3-2-1 to help calm your mind. Sit in a quiet place and notice 5 things you can see, four things you can hear, 3 things you can feel, 2 things you can smell and 1 thing you can taste. Take 10 deep breaths to finish the activity
- After you stop moving your body, sit quietly and see how long you can feel and count your own heartbeat, count it softly aloud until you lose the beat.
- Create a breathing buddy. They can be a stuffed animal, ball of yarn, a rock, bean bag, or anything that you can see and feel rising and falling. Lay on your back and breathe in through your nose and out through your mouth and watch your breathing buddy rise and fall. Use this link to see the how this works. [Breathing Buddies](#)
- Do a breathing star! You draw the star with your finger in a really large pattern while you breathe. Breathe in and out at each point of the star. Here are some other ways you can learn use your breath to create a calm mind [Breathing Icons](#)
- Practice point concentration by creating an elaborate doodle with a dark pencil or marker on a sheet of paper. Colour in the spaces in between with different colours. Trace your finger along the lines of your artwork practicing your calm breathing as you go along.
- Create a gratitude journal and record something you are grateful for each day or write a letter of gratitude to a family or community member that is keeping you safe and healthy. You can choose to share your letter or keep it to yourself.

## Online Resources

- Smiling Mind <https://www.smilingmind.com.au/>
- Mind Yeti <https://www.mindyeti.com/v2/s/pricing>
- Greater Good <https://greatergood.berkeley.edu/>
- Heart Mind Online <https://heartmindonline.org/>
- Self-Reg Resources- Stuart Shanker <https://self-reg.ca/resources/>
- Active Home  
[https://openphysed.org/wpcontent/uploads/2018/09/ActiveHome\\_ActivityPacket.pdf](https://openphysed.org/wpcontent/uploads/2018/09/ActiveHome_ActivityPacket.pdf)
- BOKS Kids at Home <https://www.bokskids.ca/boks-at-home/>
- Cosmic Kids Yoga <https://www.youtube.com/user/CosmicKidsYoga>
- AMA Youth Run Club at Home  
<https://amayouthrunclub.com/wpcontent/uploads/sites/11/2020/03/YRC-@-Home.pdf>
- Learn Sports from Home <https://www.darkhorseathletic.ca/learn-sports?reqp=1>
- Activity Mat –Junior High [https://openphysed.org/wp-content/uploads/2020/03/AX-XMS4-ActiveHome\\_MS\\_Week4-FinalPacket.pdf](https://openphysed.org/wp-content/uploads/2020/03/AX-XMS4-ActiveHome_MS_Week4-FinalPacket.pdf)
- Dance P13Y  
[https://www.youtube.com/watch?v=kdm1wVIA4OE&list=PLTfstHhuPAIMjHGmRsf3CmbZ\\_PVq7NtTa](https://www.youtube.com/watch?v=kdm1wVIA4OE&list=PLTfstHhuPAIMjHGmRsf3CmbZ_PVq7NtTa)

