

# Extreme Health and Well Being Len Wood Middle School's

Learning Opportunities for  
Health and Well Being

**May 11-15**

# What you'll find inside...

- ▶ 1. Resources and Activities for Mental Health
  - ▶ Coping with stress and anxiety
  - ▶ Guided Imagery for sleep
- ▶ 2. The Arts... learning opportunities for Music and Visual Arts
- ▶ 3. A Kitchen Hacks Challenge
- ▶ 4. Gardening tips and tricks...
- ▶ 5. Physical Activity Information and Ideas...
  - ▶ Daily workouts, outdoor adventures, extreme challenges, etc.
- ▶ 6. 30-day Challenge... check out what Mr. Hryniw is doing and create your own challenges.

# LWMS Arts

## ► Van Gogh Museum Virtual Tour

Virtually visit the largest collection of artworks by Vincent van Gogh, including over 200 paintings, 500 drawings, and over 750 personal letters.

## ► Google Arts & Culture

Features content from over 2000 leading museums and archives.

## ► The Louvre Virtual Tour

Virtually visit the museum's exhibition rooms and galleries.

## ► Uffizi Gallery Virtual Tour

Virtually visit the museum and galleries.

Don't forget to check  
out the Weekly Grade  
6-8 Music Activity  
[here!](#)

# Food Critics, share your thoughts!



"It was the food critics who gave our soup the two 'reallys'."

Bake or  
Cook

Make something delicious. [Check here for some ideas.](#)

Snap a  
Photo

Take a picture of what you've made.

Critique

Write a critique of the recipe. What was good? What could be done better? What skill level does this recipe require?

Send

Send your pictures, recipes and/or critiques to Ms. Woolnough at ewoolnou@sd83.bc.ca

# Kitchen Hacks Challenge!

- ▶ *Better Together BC* is asking for a 60 second video sharing your family food hacks. Enter for a chance to **WIN \$1000** for yourself and for \$1000 donated to Food Banks BC.



Share a video "explaining how you make family meals happen in your homes. This could be a go-to recipe or prep-cipe, or tip that makes it easier for your family to sit down and eat together."

The Contest begins at 12:01 a.m. Pacific Time on April 22, 2020, and ends at noon Pacific Time on May 22, 2020

Take a look at how to submit the video and specific details [here.](#)

# Be Active During COVID-19

- ▶ Physical activity includes all forms of active recreation, sports participation, cycling and walking, as well as activities you do at work and around the home and garden.
  - ▶ It doesn't have to be exercise or sport - play, dance, gardening, and even house cleaning and carrying heavy shopping is all part of being physically active.
- ▶ During the COVID-19 pandemic, when so many of us are very restricted in our movements, it is even more important for people of all ages and abilities to be as active as possible.



# The WHO recommends the following minimum levels



- ▶ **Children under 5 years of age**
  - ▶ should spend at least 180 minutes a day in physical activities, with 3-4 year-olds being moderately or vigorously active for an hour a day.
- ▶ **Children and adolescents aged 5-17 years**
  - ▶ all children and adolescents should do at least 60 minutes a day of moderate to vigorous-intensity physical activity, including activities that strengthen muscle and bone, at least 3 days per week.
- ▶ **Adults aged over 18 years**
  - ▶ should do a total of at least 150 minutes of moderate-intensity physical activity throughout the week, or at least 75 minutes of vigorous-intensity physical activity throughout the week, including muscle-strengthening activities 2 or more days per week.
  - ▶ older adults with poor mobility should do physical activity to enhance balance and prevent falls on 3 or more days per week.

Read more by visiting [World Health Organization](https://www.who.int) website.

# How do I stay active in and around the home?

## 1. Movement Breaks in your home

- ▶ Reduce sitting for long periods by taking short 3-5 minute breaks every 20-30 minute.
- ▶ Complete Ms. Holt's Workout of the Day (next slide)

## 2. Movement Breaks outdoors

- ▶ Go for a walk, jog or bike ride.
- ▶ Help with spring cleaning such as rake yard, clean windows.
- ▶ Plant a garden.
- ▶ Do Mr. Hryniw's 30 Day Challenge!

## 3. Set movement goals for yourself and your family

- ▶ Schedule time in your day to do a short living room workout.
- ▶ Get each family member to set a realistic movement goal.
- ▶ Record personal records each day or week.

# "WOD"

(Workout Of the Day)

Week of May 11-15



Monday

[Keep Defender](#)



Tuesday

[Thrive](#)



Wednesday

[Druid](#)



Thursday

[Mayhem](#)



Friday

[Spaceman](#)

If you would like more workout ideas for this week, just ask! Email Ms. Holt: [dholt@sd83.bc.ca](mailto:dholt@sd83.bc.ca)

# Mr. Hryniw's 30 Day Challenge!

2. Take some time to consider a realistic and meaningful challenge for yourself. Will you cater to your creative needs? Physical well being? Or start a new habit or routine? Mine is achievable, I think: "For the next 30 days I will go for a walk in my local forest, and take some pictures... at the end of each walk, I will post one or two pictures, and maybe write the odd poem or comment about my walk and what I saw!"

3. Create a slide show and email an update to Mr. Hryniw at the end of each week... Mr. Hryniw will post all slide shows for us to share and comment with each other.

4. See Mr. Hryniw's challenge [here!](#)



# Make Stress Your Friend!

- ▶ Change and loss can cause us to feel stressed
- ▶ Some stress is actually helpful for us!
- ▶ Learning to adapt to changes can help reduce our stress
- ▶ Learning how to manage our stress response can help us feel better long term

- ▶ Watch this Ted Talk about how to make stress your friend!



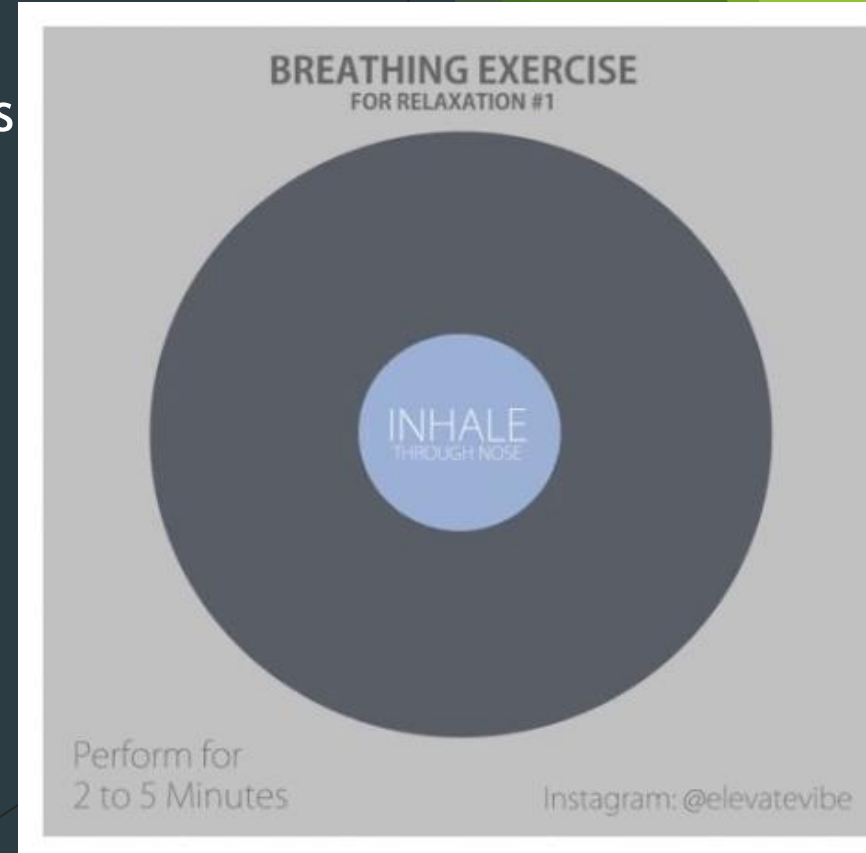
- ▶ [https://www.ted.com/talks/kelly\\_mcgonigal\\_how\\_to\\_make\\_stress\\_your\\_friend?utm\\_campaign=tedsprea&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?utm_campaign=tedsprea&utm_medium=referral&utm_source=tedcomshare)

# Your Stress Response

Notice your physical symptoms:

- ❑ Changes in appetite
- ❑ Sleep difficulties
- ❑ Fatigue
- ❑ Headaches
- ❑ Muscle tension
- ❑ Constant restlessness
- ❑ Stomach ache
- ❑ Faster heartbeat

Our physical symptoms are letting us know we need to do something different!  
STOP and BREATHE....



# Simple Steps to Help Reduce Stress for the week of May 11-15

**Monday** - Feel connected by showing gratitude towards our essential service workers. Go outside at 7:00 PM to make noise using pots and pans. Doing so will encourage others in your household or neighborhood to do the same. Let's help spread kindness and appreciation for our essential service workers and all that they are doing to keep us all safe and healthy.

**Tuesday** - Write positive messages or inspirational quotes on signs in windows, on sidewalks in chalk, or paint them on rocks. Division 10 & 11 students: this can be done on your melted crayon rocks!

**Wednesday** - Indulge in a relaxing activity. Depending on who you are this can take the form of a number of things (writing, enjoying a hot bubble bath, listening to music, painting your nails, lifting weights, drawing, spending time with pets etc.)

**Thursday** - Detox from technology at least an hour before bed. If you are having trouble winding down for the night, try reading a book or dimming the lights/visualizing yourself somewhere calm and relaxing.

**Friday** - Play your favorite song and take a dance break. You may want to encourage others in your household to do the same. Make it a dance party! Not only is this good for the soul but also for your physical health as it gets you up and moving and hopefully laughing.



# Miss Clinaz's Reading Challenge



Read

Read for 30 minutes a day!

Take

Take a picture of yourself reading in your favourite spot!

Send

Send your picture to Miss Clinaz at [kclinaz@sd83.bc.ca](mailto:kclinaz@sd83.bc.ca)

# Indigenous Healing



Healing Tools  
and Methods  
with Gerry Oldman