

Extreme Health and Well Being Len Wood Middle School's

Learning Opportunities for
Health and Well Being

April 14-17

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 Cookbook Collaboration...Share your favourite recipes, food pictures, etc.
- ▶ Physical Activity Information and Ideas...
 - ▶ Daily workouts, outdoor adventures, extreme challenges, etc.
- ▶ 5. Book Club, book reviews, reading activities and challenges.
- ▶ 6. 30-day Challenge... check out what Mr. Hryniw is doing and create your own challenges.

LWMS Arts Portal

- ▶ On the LWMS Arts Portal website, students/families will be able to access links, lessons and resources all surrounding the Arts.
- ▶ These links and resources will be centered around music/band including lessons, music history, music theory, TED talks about music etc. There will also be links and resources surrounding Art including art history, virtual museum tours, art projects at home.
- ▶ This website could also be a jumping off point for more interaction with students in regards to a wide range of topics surrounding the arts.
- ▶ Other topics could include dance, photography, choir etc.
- ▶ A preliminary website has been created: [LWMS Arts Portal](#)

LWMS COVID Cookbook - with Ms. Woolnough

- ▶ Do you feel like you have a lot of time on your hands right now and you're not sure what to do with it? Cooking or baking is a great way to pass the time, while shifting your focus and helping out those around you.

When I say helping, I mean it helps make happy tummies, but it can also be helpful to the adults in the house who are having to do a lot of different and new work right now too.

- ▶ I will be putting together a virtual Len Wood cookbook that everyone will be able to reference. However I will need your help.

- ▶ If you are cooking, baking, or gardening during this time then take a picture. Email pictures and recipes to me. Channel your inner food critic and send me a review to share with others. ewoolnou@sd83.bc.ca

- ▶ All of this, plus some mini lessons will be soon available.

Food Activities - April 14-17

- ▶ 1. I encourage you to **help with preparing lunch or dinner** at least twice this week. If you have the experience, take charge in making a meal.
- ▶ 2. Spring is the perfect time to start growing food. Take a look at [this blog post](#) to see some simple ways to get a garden started. All you need are scissors, an empty pop bottle or milk jug and some soil.
 - ▶ If you have seed at home, read the back to know how deep to plant them. You want to keep seed warm and damp until they have started to grow.
 - ▶ Don't forget to label what you have growing where. - Paper or popsicle sticks work well for this.
- ▶ 3. Write down the recipes you make. Take pictures of your finished work. Write about the smells, the taste and texture. What could you do to make it better? Email Ms. Woolnough to share with others.

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 5-17years

- 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)



Monday

Happy Egg Day! [Easter Egg Hunt Workout](#) or
[Lower Body Moves Monday](#)



Tuesday

[Try It Tuesday](#) snack box and workout.



Wednesday

[Upper Body Work Wednesday](#)



Thursday

[Game Day Thursday](#)



Friday

[Fun Fact Friday](#)

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

Mr. Hryniw's 30 Day Challenge!

1. Watch the short Ted Talk linked below.
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!



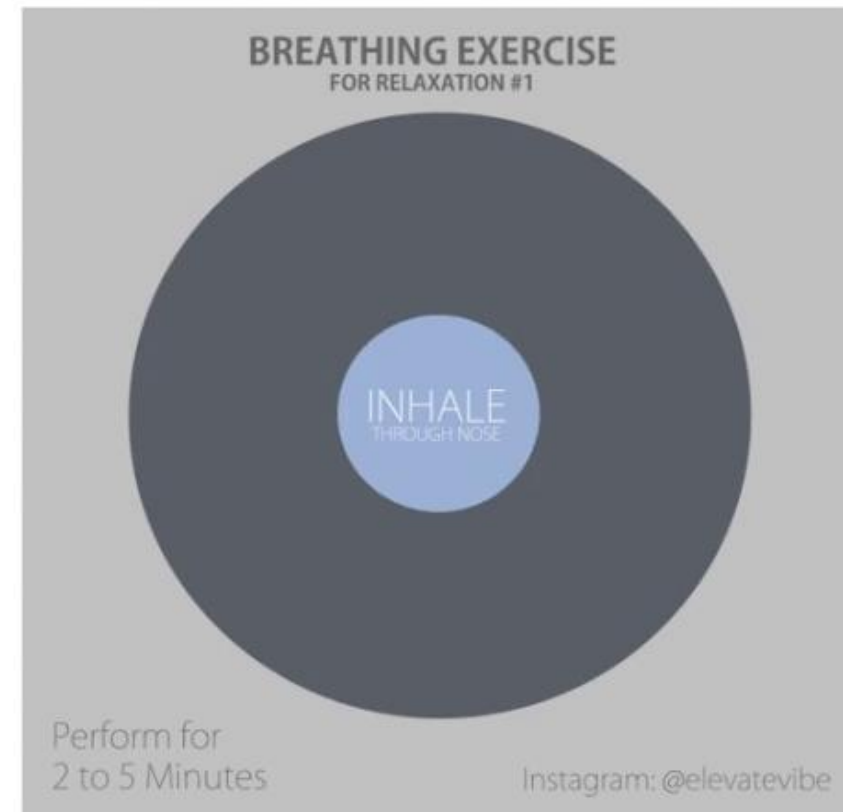
- ▶ https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?utm_campaign=tedsprea&utm_medium=referral&utm_source=tedcomshare

Understanding Your Stress Response

Notice your physical symptoms:

- ❑ Changes in appetite
- ❑ Sleep difficulties
- ❑ Fatigue
- ❑ Headaches
- ❑ Muscle tension
- ❑ Constant restlessness
- ❑ Stomache 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 April 14-17

Monday - Reach out: Schedule time to connect with friends, family and team mates this long weekend. It is an important part of mental wellness and allows you to maintain a sense of familiarity.

Tuesday - Keep routines/structure: Routines provide predictability and can be very supportive for those struggling to cope. Routines can include things such as learning, creativity, physical activity and self-care. Create a routine that will work for you and your family during this time. Attempt to follow the same routine every day this week.

Wednesday - Monitor screen time: Over exposure can cause more anxiety/stress. Try to track and reduce your screen time.

Thursday - Inform yourself: Discuss good hygiene and ask questions. Inform yourself through reputable sources like the World Health Organization [WHO](#) and the Government of Canada [Government of Canada](#).

Friday - Focus your attention on the good: Start your morning off by focusing on the positives. You may wish to try the [Five Minute Journal App](#), which will help you do this or simply journal using a notebook that inspires you!

