

Extreme Health and Well Being Len Wood Middle School's

Learning Opportunities for
Health and Well Being

May 19-22

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

Think about a song that is special to you.

- ▶ Do you associate this song with a special person, place, or event in your life?
- ▶ What is the song about, and what does it sound like?
- ▶ Describe the song and explain why it is meaningful.
- ▶ Email your responses to mfilipsk@sd83.bc.ca

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



LWMS Arts

- ▶ This [Rock and Roll Hall of Fame video](#) includes demonstrations of the electric guitar, and provides background on its history, design, and use. Check it out!

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](#) and to see what your peers have been making.

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 19-22



Monday

Enjoy Beautiful British Columbia on Victoria Day. Go for a relaxing walk.



Tuesday

[Two Minute Plank Workout](#)



Wednesday

[Take Off](#)



Thursday

[So Far So Good](#)



Friday

[Magician](#)

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!

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!



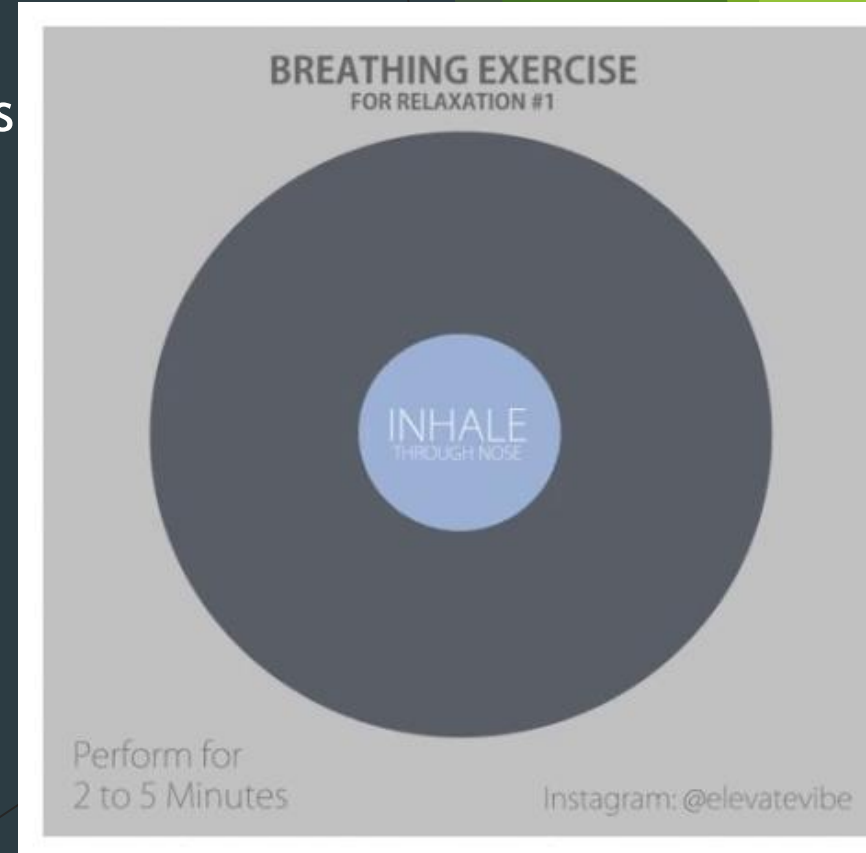
- ▶ https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?utm_campaign=tedsprea&utm_medium=referral&utm_source=tedcomshare

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 19-22

Monday - Try aromatherapy! Aromatherapy is a way of treating your mood by using scents. Several studies have shown that aromatherapy can reduce anxiety and improve one's sleep. A common scent used for relaxation and stress relief is Lavender.

Tuesday - Hug it out. Find time this week to give someone a hug. This could be a family member or a pet in your household. This positive physical contact can help release oxytocin and lower one's cortisol. This can help lower blood pressure and heart rate, both of which are physical symptoms of stress.

Wednesday - Doing something nice for another person you care about will not only make them feel good but also work towards increasing your overall wellbeing. Try putting together some small items that you can drop off from a safe distance on someone's front porch. This will be a welcome surprise from the receiver!

Thursday - Watch your caffeine intake. High doses of caffeine can sometimes increase one's stress and anxiety. Remember that moderation is key. You can still enjoy chocolate or a cup of coffee, but do so in moderation.

Friday - Reach out to someone in your life that you are grateful for and tell them why. This could be done over the phone, through an online video chat, or in writing. Find which form of communication is best suited to you.



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

Indigenous Healing



Healing Tools
and Methods
with Gerry Oldman