

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

Learning Opportunities for  
Health and Well Being

April 27-May 1

# 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

- ▶ Arts websites to check out this week!

## Music/Band

- ▶ Band Instrument Instruction

- ▶ Basic Band includes free videos and downloadable method books for Flute, Clarinet, Trumpet, Saxophone, Trombone and Percussion.

- ▶ Vic Firth Education Resources

- ▶ A resource library from drumstick manufacturer Vic Firth including drum set/snare drum techniques.

- ▶ TED Talks about Music

- ▶ These TED Talks - from maestros, musical virtuosos and the occasional robot - take you into the world of creating and conducting music.

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

# LWMS Arts

## Art

- ▶ [The Louvre Virtual Tour](#)
  - ▶ Virtually visit the museum's exhibition rooms and galleries.
- ▶ [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.

# 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](mailto:ewoolnou@sd83.bc.ca)

# Kitchen Hacks Challenge!



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 5-17years**
  - ▶ 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)

Week of April 27 -  
May 1



Monday

Easy Monday



Tuesday

Healer



Wednesday

Piece of Cake



Thursday

Global Warrior



Friday

Louder Than Words

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!

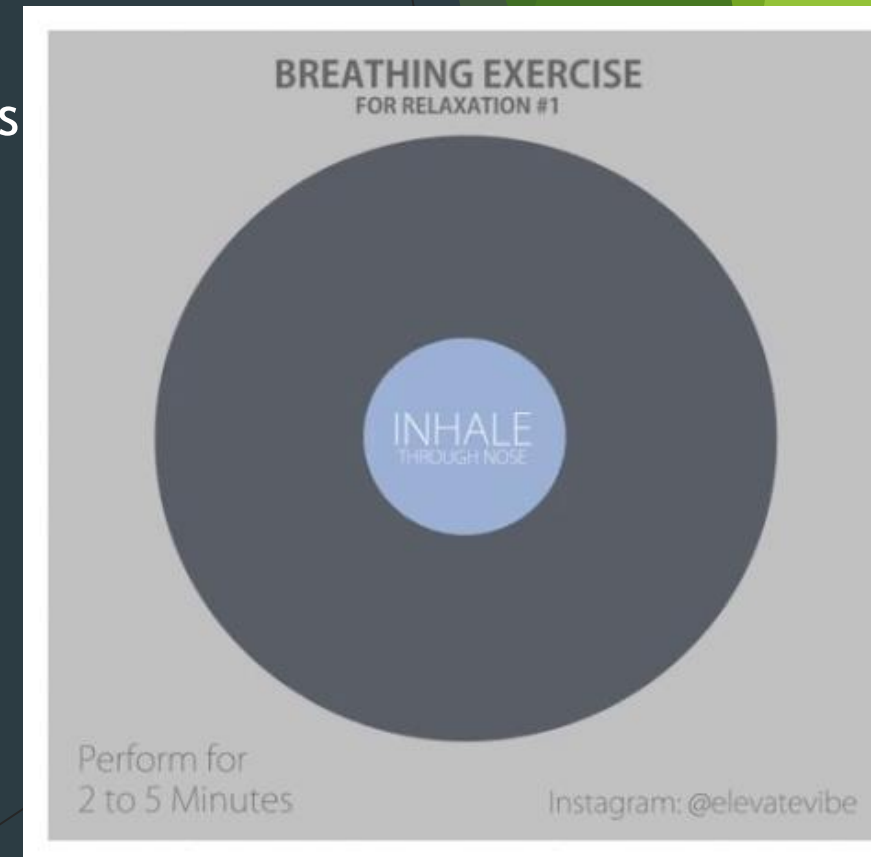
- ▶ Change and loss can cause us to feel stressed
  - ▶ Some stress is actually helpful for us!
  - ▶ Learning to adapt to changes can help reduce our stress
  - ▶ Learning how to manage our stress response can help us feel better long term
- ▶ Watch this Ted Talk about how to make stress your friend!
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- ▶ [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 April 20-24



**Monday** - Practicing conscious breathing exercises allow us to take some time for ourselves in the business of our day. Today practice a breathing technique that allows you to feel a sense of relaxation. You can start with just 2-5 minutes and increase the length as you become more comfortable. Check out the “Take 5 Breathing Technique for Kids” [here](#).

**Tuesday** - Take care of your intellectual and emotional wellbeing today by taking up a constructive activity. This could take the form of painting, cooking, woodworking, writing, coding, or even organizing the space around you. Take the opportunity to try something new, be creative!

**Wednesday** - Sleep is an often-overlooked aspect of our lives. While there are some variations in our sleep needs the average child aged 5-13 requires 9-11 hours of uninterrupted sleep with regular sleep and wake-up times. Studies have shown that when school-aged children get enough sleep they do better in school because they are more apt to focus, remember things, and make healthy choices. This week try to adjust your schedule to allow for an earlier bedtime.

**Thursday** - Plan and prepare a healthy meal to let those in your household know you care. If you have younger siblings try to get them involved too. They can help with simple tasks (washing vegetables, retrieving items from the pantry, setting the table, etc.)

**Friday** - Plan a virtual hangout with your friends. You could try watching a movie together, playing an online game, or enjoying a meal together via FaceTime. Be sure to plan the date and time ahead so you can get more people involved. Doing so will allow you to feel connected, despite social distancing.

# 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