

Extreme Health and Well Being Len Wood Middle School's

Learning Opportunities for
Health and Well Being

May 4 - 8

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

- ▶ Join other Canadian children in song with professional vocal coach Jasmine Denham in the CBC Project *Inside Voices*. It's easy to participate. Simply go to the website below and watch the latest video that will guide your family through the project. Each week a new video will be added to move you along. Be sure to be extra-creative and CBC may just decide to broadcast your video if you choose to share it.
- ▶ <https://www.cbc.ca/music/events/canadian-music-class-challenge/challenge-your-kids-to-raise-their-inside-voices-in-song-1.5531690>

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

LWMS Arts

Video 1 (April 17): Vocal Warm-up

Video 2 (April 24): The Craft of Singing

Video 3 (May 1): Learn the Song

Video 4 (May 8): Record and Share Your Song

May 13: Upload your project

- At the end of the project you will have the option to upload to social media using the hashtags [#CBCMusicclass](#) and [#cbckids](#). Remember that you will need your parent's permission to share any of your work online.



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 5-17years**
 - ▶ 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 May 4-8



Monday

[May the Fourth Be With You \(Star Wars Workout\)](#)



Tuesday

[Cutting Edge](#)



Wednesday

[Roller Coaster](#)



Thursday

[Hermit](#)



Friday

[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!

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!



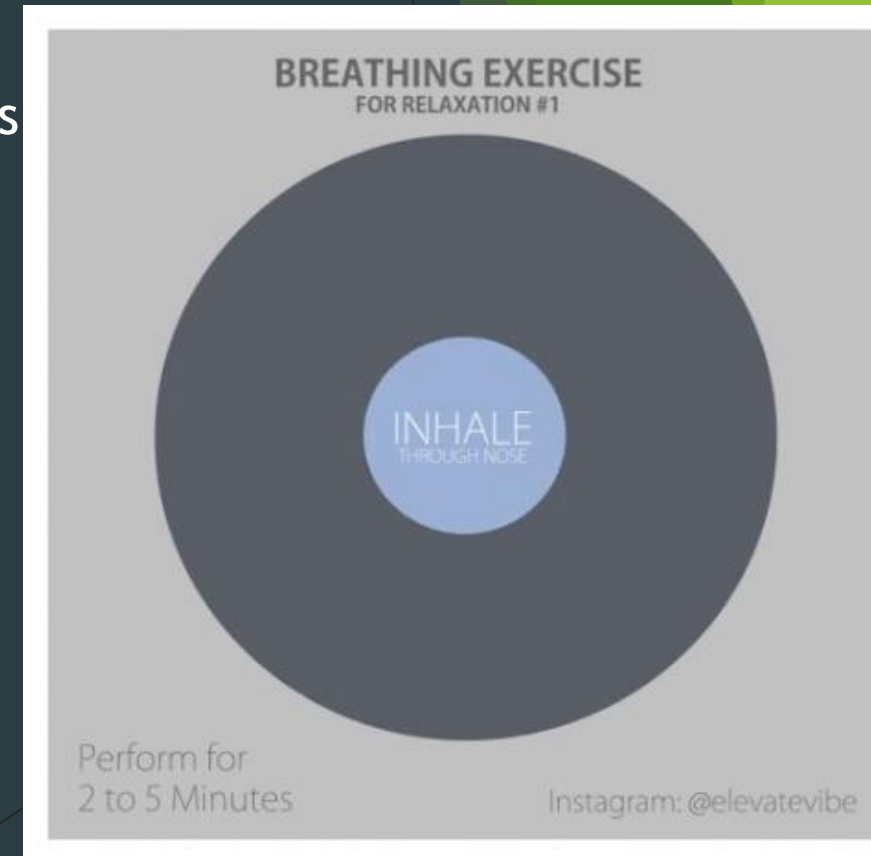
- ▶ https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?utm_campaign=tedsprea&utm_medium=referral&utm_source=tedcomshare

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 April 20-24

Monday - Take a break to stretch away your stress. Gently and slowly move your head from front to back, side to side, and in a full circle. Stretch your mouth open, slowly moving your lower jaw from side to side and front to back to relieve any muscle tension you may be experiencing due to stress.

Tuesday - Whether watching a comedic sitcom or reading the comics in your local newspaper, try to find a way to incorporate humor into your daily routine. Doing so will encourage the body to use its natural stress-release mechanism - Laughter.

Wednesday - Spend some time outside. Depending on where you live this could vary. If you live in an apartment with a balcony this may mean sitting in a warm place and soaking in the sunshine or going for a leisurely walk around your neighborhood. Breathing in the fresh air and observing the natural surroundings around you will encourage you to see that peace and beauty still exist in times such as these.

Thursday - Incorporate healthy choices into your diet. Your body can only run on the fuel you give it so make sure you are choosing foods high in protein, vitamins and minerals. This may mean simply incorporating more fruits and vegetables or eating less sugary foods. Wash it all down with a healthy serving of water!

Friday - Make a phone call to check in on a family member, friend, or neighbor. It will be a welcomed part of their day and help you to feel connected during 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

Indigenous Healing



Healing Tools
and Methods
with Gerry Oldman