**Date:** Spring 2020  **Grades:** 3K-PK  **Focus:** Physical Activity

## Physical Activity - Family Movement

### Summary of Activity

You and your family/household members will create a [Physical Activity Plan](https://bit.ly/2JNRzoG) to increase the number of minutes that you are all physically active. For better mood and better sleep, children and teens should be physically active for at least 60 minutes every day.

You and your family/household members can add music to your physical activity plan to help achieve your daily physical activity goals. You can use the Move-to-Improve World Beats NYC music album, or any music you have available. You will then share your plan with your family/household members.

### Objectives

Family/household members will guide students to identify a time to move together and reflect on how movement makes you feel. Families/household members will make a time to move together every day.

### Resources and Materials

**Move-to-Improve World Beats NYC Album**
(https://www.weteachnyc.org/resources/collection/move-to-improve-world-beats-nyc-album/)

**Animal Walks**

**Focused Breathing Techniques**

Or, use a no-technology version, like the “7/11 technique,” a breathing exercise in which you breathe in for 7 seconds and then out for 11 seconds.

**Deep Belly Breaths**
(https://www.youtube.com/watch?v=_xQJ2O4b5TM)

### Instructions
NOTE: See above for the links (website addresses) in this section.

Step 1
Choose a time every day to engage in physical activity for the following weeks.

Step 2
Download the Move-to-Improve World Beats NYC Album (https://www.weteachnyc.org/resources/collection/move-improve/)

Or, play any of your favorite music. Play any song on the album and practice your animal walks as you are able. Repeat 3 to 5 times with your family/household members.

Step 3
Pick one of the Move-to-Improve Focused Breathing Techniques. Practice deep belly breaths while doing these techniques. (See links above.)

- Families/household members, discuss with your children:
  - Where do you feel it the most in your body when you are moving?
  - How will moving make you stronger?
  - How can you link three or more different animal movements together?

Step 4
Write up and share your plan with your household.

Step 5
Reflection: Families/household members, ask your children how they feel after doing these movements. Make a deal to make time to move together every day.
**Make a Mood Meter**

**Summary of Activity**
Students, you will learn how to make your own mood meter to check in with how you are feeling and recognize when you are upset and when others are upset.

**Objectives**
Family/household members will work with you to make a mood meter to help you recognize and share your feelings.

**Resources and Materials**
- At-Home Mood Meters worksheet (below)
- Pencils
- Markers
- 22" x 13" poster
- (Optional) Construction paper
- (Optional) Metal fastener
- (Optional) Video: [Sesame Street: Name That Emotion](https://youtu.be/ZxfJicfyCdg)

**Instructions**
Family/trusted adult:

1. Talk to your child about different emotions.
2. Ask them to name as many emotions as they can think of.
3. List all of the different emotions next to the different faces/emotions on the At-Home Mood Meters worksheet.
4. Explain that everyone experiences different emotions on different days. Help them understand that there are no "good" or "bad" emotions.
5. Explain that we can check in with how we are feeling using a mood meter.
6. Explain that they will be creating their own mood meter to use as a tool to see how they are feeling in any given moment.
7. Work with your child to complete the At-Home Mood Meters worksheet and create their mood meter.
8. After creating the mood meter, brainstorm with your child about when they might take time to use the mood meter. Then ask where they would like to keep it at home.
9. Ask your child to consider how the mood meter could help them sort through their emotions.
10. Finally, have your child use the mood meter to share how they are feeling right now.
11. **Optional:** Families can watch [Sesame Street: Name That Emotion](https://youtu.be/ZxfJicfyCdg) and guess along with the characters for more
practice on identifying emotions.
At-Home Mood Meters

Emotions are always changing and this mood meter can be a great tool to use to be aware of how you may be feeling at any time of the day.

Draw or list as many emotions that you can think of below:

Match the words to each face and emotion below:

Silly  Happy  Angry  Tired
At-Home Mood Meters

Using your materials and poster board:

- On the top of your poster, write a title (or get an adult's help to write a title) such as, "In this moment, I feel..."
- Make a large half-circle centered in the middle of your poster.
- Divide the half-circle in half and then divide each half once more. (You will have created four parts or "slices.")
- Use each color of the construction paper—blue, green, yellow, and red—to match each slice. (You may also color in each part if you do not have construction paper.)
- Glue the colors from left to right in each section: blue, green, yellow, red.
- In the blue section, write: sad, sick, tired, lonely, bored.
- In the green section, write: happy, calm, feeling good, ready to learn, and focused.
- In the yellow section, write: upset, worried, frustrated, silly, and excited.
- In the red section, write: mad, mean, scared, unsafe.
- If you have a metal fastener, you can cut out a 6-inch-long arrow (or get a caring adult's help to do this) and attach it to the poster board.
- You may draw faces or glue faces on each section to match the feeling or mood.
- Place your mood meter in your home to use whenever the time seems appropriate.
- Parents or caring adults: Ask your child to notice how they are feeling and to talk about it using the phrases, “I feel bored,” or “I feel happy.” Remind them that it is okay to be feeling whatever they may be feeling and to notice how it feels in their body.
**Date:** Spring 2020  **Grades:** 3K-PK  **Focus:** Physical & Mental Wellness

## WORKOUT WITH A PROFESSIONAL ATHLETE

<table>
<thead>
<tr>
<th>Summary of Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical activity is an important part of a healthy lifestyle for children and adults. In this activity, you will do a short, at-home workout with a professional athlete! When you’re done, you can mark this off on your BINGO card so you can become a Wellness Champion too!</td>
</tr>
</tbody>
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<table>
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</table>
| *Students will....*
  - Participate in physical activity that supports their physical and mental wellness |

<table>
<thead>
<tr>
<th>Resources and Materials</th>
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<tbody>
<tr>
<td>- Safe space to move around during the workout</td>
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</table>

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</thead>
<tbody>
<tr>
<td><strong>Step 1:</strong> Click on <a href="https://www.dropbox.com/s/khwzu4x60heixvm/NYK_1920_PSA%20Workouts_STARKS_v4.mp4?dl=0">this link</a></td>
</tr>
<tr>
<td><strong>Step 2:</strong> Follow along with the video work out. Make sure to work hard to keep up with the professional athlete.</td>
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<tr>
<td><strong>Step 3:</strong> Tell at least one friend or person in your house about your experience working out with a professional athlete.</td>
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<tr>
<td><em>Feel free to encourage your family members or others in your household to work out with you!</em></td>
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</tbody>
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