

Wellness

Activity One

Think about a song that makes you feel happy. Try to sing the song quietly to yourself, or have someone older than you play the song for you (if possible). As you listen to the song or sing the song quietly:

- Close your eyes.
- Focus on the song itself and try not to think about anything else.
- Think about how you are feeling as you sing or hear the song - Do you feel happy? Do you feel relaxed? Do you feel energized?
- Draw a picture of yourself after singing or listening to the song.

Practise this activity for 5 - 10 minutes daily.

Activity Two

Find an open space in your home to practise mindful breathing.

- Sit down and close your eyes.
- Put your hands on your chest, feel your heartbeat and listen to your breathing.
- What do you notice about your body during these times?
- Try it 3 times.

Practise this activity for 5 - 10 minutes daily.



Activity Three

Superhero Stretches

There are many everyday heroes in our community. Think about words that best describe the heroes and community members you wrote letters to or will be writing to this week.

- What are some words that can describe them? Think about 5 to 8 words. Kind, brave and calm are examples of words that can be used to describe heroes in your community.
- Make a list of the words you came up with.
- Starting from any position, create a stretch or movement that shows each word. Say each word aloud as you do your move. For example, do a move or stretch for the word "brave" and then shout "I am BRAVE."

Practise this activity for 5 - 10 minutes daily.

Activity Four

Breathing Activities

- Practise your breathing this week. There are times when we might feel happy, sad, nervous, excited or other types of emotions. Everyday, take five minutes to practise breathing in different ways.
- Breathe like a dinosaur is chasing you!
- Breathe like you are blowing big bubbles and small bubbles.
- Find something light in weight and put it on a flat surface. Practise breathing hard enough to move the object.

Practise this activity for 5 - 10 minutes daily.

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Activity Five

Task: In The Kindness Story, Vanessa is encouraged by her friend during a difficult time.

How would you encourage a friend during a difficult time?

- Design a poster for your friend.
- What kind words might you use in your message and design?
- How might you create a design that will make your friend feel happy?
- Share your beautiful poster with others.

Activity Six

Everyday, people in Toronto go outside to clap and encourage our community helpers (doctors, nurses, firefighters, truck drivers) who are working so hard during this time.

How might you show your support?

Create a song of encouragement for our community helpers. What might your message or your song of encouragement be?

- You may write words for your song or use found materials at home to create the sounds for your song.
- What patterns might be in your song?
- What caring words might you add?
- Share your song with others.



Activity Seven

Task: All over the world children are at home putting images of rainbows in their windows as a symbol of hope.

- Using materials found around the house (e.g., buttons, marker lids), create your image of hope.
- What is your message you want other people to hear?
- Share your idea with a family member.

Activity Eight

Task: Brain and Body Break

- Sing your favourite song.
- For the length of the song be creative and move your body any way you wish.
- Enjoy yourself!