



Healthy Hearts and Minds Calendar



Picture Source

Mindful Monday



Talk About it Tuesdays



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Wiggle Wednesdays



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Thoughtful Thursdays



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Fun Fridays

Controlled, focused breathing is an exercise in mindful awareness. When practiced regularly it allows children to:

- Think more clearly
- Act in a reflective manner
- Better regulate their emotions
- Reduce their stress
- Make better decisions

Practice this focused breathing exercise from MindUp today. You can even ask a family member to join you. When you are done, write about or talk about (your parent can record you) some of the things you felt in your body and mind while meditating.

Curriculum links: Physical Education, Science



Grover Sings About Feelings

Watch this Sesame Street Video and talk about how the song made you feel. Have you ever felt like you couldn't find the right word for how you are feeling? Write or tell about all the feeling words you know.

Curriculum links: Language Arts, Social-Emotional Learning



"Shake it Off"

Have fun dancing to Taylor Swift's song Shake it Off and get all your wiggles out! You will feel great and it may help you to feel less stress, anger or sadness during these difficult times. Ask someone at home to join you and have fun!

Curriculum links: Physical Education



Dear Abby,
I was throwing a ball around at home when it bounced a little too far and broke my mom's favourite table decoration. She hasn't noticed yet, and I don't know whether to say something about it or to keep quiet. I know that when she finds out she's going to be really sad, and I don't want to see her sad. I could tell the truth and say it was an accident and that I'm really sorry... Or maybe it would be easier to try and blame it on our dog instead. What should I do?

Sincerely, Moira

QUESTIONS:

- What makes this situation tricky?
- How do you think Moira feels? How do you think their mom feels?
- What are some options Moira has?
- What are some positive or negative outcomes of these options?
- What choice would you make? Why?

Curriculum links: Language Arts, Social-Emotional Learning

[SEL Kernels](#)

Feelings Hopscotch

Create a Hopscotch pattern on the ground with sidewalk chalk, and while you are playing, every time you land on a number you must name that number of types of feelings. Example: Land on the number three and say three feelings (Happy, Angry, Lonely). Another way to play would be to write different feelings in each of the squares and then tell about a time you felt that way.

Curriculum links: Physical Education, Social-Emotional Learning, Language Arts

[Why You Should Teach Your Kids to Play Hopscotch!](#)



Survival Tools for Parents

Tips for Parents and Caregivers: Coping Through Unsettling Times

Click on this link for [COVID-19 Resources](#).

Take care of your own needs as an adult caring for children

Maintain bedtimes so you have time to rest after children have gone to sleep

Don't forget to stay in touch with your teacher! Take pictures of the things you're doing and send it their way!

Spend family time

♥ Read a book or cook together

♥ Play board games

♥ Watch a show and talk about it



Be optimistic

😊 This will end

😊 Look up recovery numbers

😊 We are privileged to have a home to stay in

😊 Emphasize people's resiliency

😊 Stick to the facts. Is your information from a reliable source?