

Movement Monday

Physical activity can enhance your energy, immune system, reduces insomnia, stimulates brain growth and boosts mood. While you may have to be a bit creative at the moment, you can achieve these benefits with 30 minutes of sustained physical activity around your home (e.g., dance to your favorite music, walk briskly around your home, go up and down stairs or use a step to climb, try an exercise or yoga video, skip rope, enjoy some gentle stretching, do some gardening or yard work).

Tips:

This doesn't need to take much time. You can get these benefits of being physically active from just a 20-30-minute walk.

Stuck inside? Check out YouTube for brief yoga routines, at-home workouts or track your steps, and challenge a friend. (links below)

Activities:

Act it Out -Enjoy a read aloud on YouTube or by reading from your own personal library and act out a scene from the story.

Dance Party -Learn a family dance and record to share with family (TikTok is a fun platform to try) or look up dance moves to classic songs online.

Chalk it Up -Use chalk to create a fun obstacle course on your driveway or sidewalk. You'll enjoy seeing your neighbours giving it a try while they're out for their walk.

Scavenger Hunt -Create a scavenger hunt inside or outside the house. Set a timer and challenge your family members to see who can complete the fastest.

<https://www.cosmickids.com/>

<https://www.gonoodle.com/>

<https://www.tiktok.com/en/>

<https://learnathome.hcdsb.org/special-education/self-regulation/>

<https://smho-smso.ca/wp-content/uploads/2020/03/Self-Care-101.pdf>

<https://youtu.be/qiNC-P9GKdg>

<https://smho-smso.ca/wp-content/uploads/2020/04/TipSheet-Personal-Resiliency-During-Covid19-ENG.pdf>

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