



June 1 – June 5
Gr. 3-6

The Bison represents Respect. When you do the activities each week you are showing respect to yourself other living things and to Mother Earth. The Bison runs around the Medicine Wheel in a clockwise direction. Be like The Bison and practice the Sacred Teaching of Respect.

Physical Domain – The Eagle – Love

The Alphabet Fitness words for this week are: Effort, Integrity and Respect (see page titled June 1 – June 5 on my website for the link to Alphabet Fitness).

You'll need 4 dice for Fit Dice v2. You can do this on your own or with a partner (see page titled June 1 – June 5 on my website for the link).

Flip it Fitness requires a coin and of course the game sheet (see page titled June 1 – June 5 on my website for the link).

How about a Choose Your Own Adventure fitness video? This is a Harry Potter themed workout. Have fun with it. Do it more than once and choose different responses to change up your workout. <https://www.physeddepot.com/harry-potter-adventure.html>

Try a couple of Fitness workouts from Darabee – Global Warrior & Secret Agent (see page titled June 1 – June 5 on my website for the link).

You have been practicing some jump rope tricks. This week create a routine. I have included 10 tricks for you to choose from. Check out the link for Jump Rope Routine on my website for the week of June 1-June 5) If you want video record your routine and send it for me and your friends to watch.

Need to get outdoors? I have included Open Golf Games and Fun Day activities on my website. You will also find a Sock Bocce ball game and an Adventure Outdoors Power Skills activity.

The Eagle represents LOVE. Continue with the Activity 15 Ways to Show Self-Love. It was sent in an email to you last week. I will send it in an email again this week.

Emotional Domain – The Wolf - Humility

This week do Journal of Gratitude page 9. Don't forget to share your thoughts and what you are grateful for with someone special. (see page titled June 1 – June 5 on my website for journal page 9).



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Mental Domain – The Bear – Courage

Let's continue learning new things. This shows **Courage** and helps fill our Mental Domain. It's like exercising your brain. **Courage** is represented by **The Bear**.

Gr. 3/4 This week we will learn about the importance of Exercise. Watch **the Importance of Being Physically Active** <https://www.youtube.com/watch?v=lgz67GIlENs> (1:38 mins). Check out the video **Exercise = Brainpower** <https://www.youtube.com/watch?v=oEPFbkDrYuM> (4:48 mins). Still wanting more? You can also watch, **The Benefits of Physical Activity** <https://www.youtube.com/watch?v=ONZUfwAdHKE> (1:33). When you have finished watching the videos read and complete the pages for **Exercise** (see page titled **June 1-June 5 on my website for the button titled, Exercise Gr. 3/4**).

Gr. 4/5 I hope your are learning a lot about nutrition. This week we will look at Sugar. Sounds sweet doesn't it? LOL. Seriously, watch the video **The Harmful Effects of Sugar on the Body** <https://www.youtube.com/watch?v=oeu6ofVAc04> (3:31 mins) then complete the 3 worksheets on **Sugar** (see page titled **June 1– June 5 on my website for the button titled, Sugar Gr. 4/5**).

Gr. 5/6 Are you **Keeping Your Stress in Check**? This week check on Sprout and Slim then answer the questions about healthy and unhealthy stress. The second page is all about you. Here is a chance to identify a stressor you might have this week and think of stress buffers (same as stress busters) that could help you manage your stress. (see page **June 1 – June 5 on my website for Keeping Your Stress in Check**).

Spiritual Domain – The Saabe – Honesty

This week I have included a slideshow you can view on **The Saabe and the Sacred Teaching of Honesty**. Included in the slideshow are three links. The first is to the song Be Brave by Sara Bareilles. It is all about being honest with yourself and be who you are. The second is a animated song called My Monkey won't Tell the Truth and the last is a one minute clip titled, Honesty. Watch the slideshow to get a better understand of the **Sacred Teaching of Honesty**.

Here are a few yoga and meditation videos to help fill your Spiritual domain and find relaxation and peace of mind.

Wind Down Yoga with Adriene & her dog <https://www.youtube.com/watch?v=BiWDSfZ3zbo> (12:03 mins)

Join Tim for **Bedtime Yoga to Release Sore Muscles and Calm Your Nerves** to help you relax. <https://www.youtube.com/watch?v=U-upMwOBYoQ> (20:29 mins)

Guided Meditation–The Wishing Well https://www.youtube.com/watch?v=16igKVtK_2o (19:04 mins)