



June 1 – June 5

Gr. K-2

The Bison represents Respect. We must show respect for all living creatures, the earth and of course ourselves. There are all kinds of ways that we show Respect each and every day. Here is a video that shows different ways we can practice the Sacred Teaching of Respect. Wondergrove Kids R.E.S.P.E.C.T <https://www.youtube.com/watch?v=k-6ws8LZECU&t=12s> (13:41 mins)

Physical Domain – The Eagle – Love

June is here!! I have included the DEAM (Drop everything and move) June calendar. It has some great ways to get moving each day of the month. As the sources in from an American website, it indicates that June is dairy month. Although it isn't dairy month in Canada it is still important to make sure we are drinking or eating dairy products each day. What dairy products do you eat? Have lots of fun with DEAM June each day.

Animal Alphabet Activity Cards – Here are the next 6 cards to use for the Animal Alphabet. Were you able to do A-E last week? This week I have included the letters Q-U. Can you guess the animal for the letter Q? What about the name of an animal that starts with U? (Check out the link - Animal Alphabet Q-U on my website page, June 1-5). I hope you have fun.

How good is your memory? Here is a game you can play inside. In Fitness Memory, you will need a set of the cards. If you are unable to download and print the pages, simply use a deck of cards and each pair of numbers would be a different exercise (see my website page, June 1-5 for the link, Fitness Memory)

Once again you can pick activities from the Movement Mat Challenge. There are lots to choose from. If you did all of them pick some of your favourites to do this week (see my website page, May June 1-5 for the link).

Still looking for activities for jump rope? I have included a couple of resources: 1) Jump 4 Endurance and 2) More Jump Rope Activities (see my website page, June 1-5 for the links)

Have you ever golfed? Here is a way you golf at home. Get a trusted adult to help get everything set up and then you can "tee" off at the first hole. I have three different Open Golf Games you can play. Each game is 4 holes and once you finish at a hole you do the exercise. Play a round where everyone overhand throws and then a round where everyone underhand throws. The "hole" is moved to a different spot after everyone has gotten their "ball" or object in the hole. If you have enough objects you can create a mini-golf course (see my website page, June 1-5 for the link, Open Golf Games).

Check out the links with these fun fitness activities 1) My Missing Letter 2) Finger Fitness 1.0

Want to have a Fun Day? Here are 5 activities you can do with your family. Create your own scorecard if you want to keep track of points. These are all fun activities with very little equipment needed. (see my website page, June 1-5 for the links, Fun Fitness & Fun Day Activities).



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The Eagle represents Love and Love is part of the physical domain on the Medicine Wheel. Lat week you listend to the story I Like Myself. This week share with a trusted adult what you liked about learning from home. Ask your trusted adult what the liked about helping you learn from home. How did you show your Love while you were learning from home?

Emotional Domain – The Wolf - Humility

K-2 I hope you had a chance to watch the slideshow about Humility & The Wolf from last week. This week you can make your own wolf. I have included the template on my website. You can choose to paint or use crayons to colour your wolf (see my website page, June 1-5 for the link, My Wolf Craft).

Mental Domain – The Bear – Courage

K-2 As you continue to do your learning from home you are showing Courage. When you try something new or are learning a new skill you are showing Courage just like The Bear. There are lots of new things to try this week. What will you pick to do?

Gr. 1 This week will will learn about Eating A Rainbow. I found two songs so watch & listen to the videos to learn how you can Eat a Rainbow 1) <https://www.youtube.com/watch?v=PqPz5mGcpZM> (0:59 mins)
2) <https://www.youtube.com/watch?v=Pfo-bqMogUU> (3:47 mins). After watching the videos create your own rainbow by drawing your rainbow foods on the worksheet (see my website page, June 1-5 for the link, Eating a Rainbow Gr. 1).

Gr. 2 This week we will do the next three pages of My Healthy Choices Journal. Watch the video, Exercise is Cool <https://www.youtube.com/watch?v=NbEeaBULvys> (2:30 mins) then do the page, I stay active by After you do the page try do the next two – Making healthy choices is important because.... and An unhealthy choice is You will have one page left in your journal for next week. Remember the journal can be found on my website on the page, May 19-22.

Spiritual Domain – The Saabe – Honesty

K-2 This week I have included a couple of stories about Honesty. The Saabe represents Honesty. I have also included yoga and guided meditation videos to help bring you peace and relaxation for your spirit, body, mind and heart.

Ruthie and the Not So Teeny Tiny Lie <https://www.youtube.com/watch?v=qrxibscgKI> (5:34)

I Am Honest –Kids of Character https://www.youtube.com/watch?v=brneixF_zjA&t=132s (3:48 mins)

Cosmic Yoga – Tommy the Bedtime Turtle <https://www.youtube.com/watch?v=gCLW77sABTc> (17:20 mins)

PJ Yoga for Kids <https://www.youtube.com/watch?v=Bqoaqmr2jFE> (8:27 mins)

The Clever Fox - Guided Meditation <https://www.youtube.com/watch?v=xtMHCVBgVoo> (21:35 mins)

The Magical Wizard – Guided Meditation <https://www.youtube.com/watch?v=RY7l3LQvVOI> (15:36 mins)