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Monday 4

Mindfulness Workout



Activity	Duration	Notes
<p>Deep Breathing</p> 	<p>4 sec of breathing 4 times</p>	<p>Close eyes, find a comfortable space Inhale and exhale 4 times each</p>
<p>Go for a walk</p> 	<p>5 minute walk</p>	<p>Teachers, feel free to allow students to take a 5 minute rest time to walk around with a friend or listen to music.</p>

	<p>Hold the position for 4 seconds and alternate legs 4 times.</p>	<p>- Lunges right leg – 3 sets of 10 reps, standing shoulder width apart, taking a big step forward with your left leg, firmly planting it on the ground. Then slowly lower your back knee to the ground until your leg is about 2 inches away from the floor and your leg is at a 90° angle. Then when finished push with your front leg into the ground to get back to a neutral stance. Alter the steps for Left leg</p>
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COVID-19 Considerations:

Teachers and students please be advised that in some of these activities and games social distancing, and other proper Covid protocols will not be able to be set in place. We ask that teachers use their best judgement on how to properly proceed with these activities based on the classes overall levels of concern. Masks are suggested to be worn at all times, and hand sanitizer should be used before and after every game. Hope you enjoy!