

NEIGHBOURHOOD

“SELFIE SCAVENGER HUNT

While you have been away from friends and family during these socially distanced times, one bright spot is being able to get outside together. Head out into your neighborhood and find as many items as you can on the list, and with each, **TAKE A SELFIE**. Be creative and think outside of the box. *Reward 1 point for each successful photo item.* Do not trespass on other’s properties – stay on sidewalks and roads. Tick each item off the list as you find it!

FLYING BIRD

HOUSE WITH A YELLOW DOOR

SQUIRREL

RED CAR

NUMBER 7

WHITE FENCE

LETTER H

FOR SALE SIGN

DOG

CHALK DRAWING

HOLE IN A TREE

BIRDS NEST

BLUE FLAG

RED BRICKS

HEART SHAPED ROCK

ANIMAL TRACKS



FHS Cardio Lovers HITT Workout

Treadmill

WARM UP

3 min. walk
2 min. jog

WORKOUT

30 sec. sprint
1:30 speed walk
Repeat 8 times

COOLDOWN

5 min. walk

Cycling

WARM UP

5 min.

WORKOUT

2 min. late for work
1 min. being chased
30 sec. race mode
2 min. casual ride
Repeat 4 times

COOLDOWN

5 min.

Running

WARM UP

5 min. jog

WORKOUT

30 sec. dash
1:30 jog
Repeat 8 times
Dash – fast paced run,
but not a sprint (~80%
max speed)

COOLDOWN

5 min. walk or jog



Yoga

Option 1: <https://www.youtube.com/watch?v=8YDd8Wgjj28>

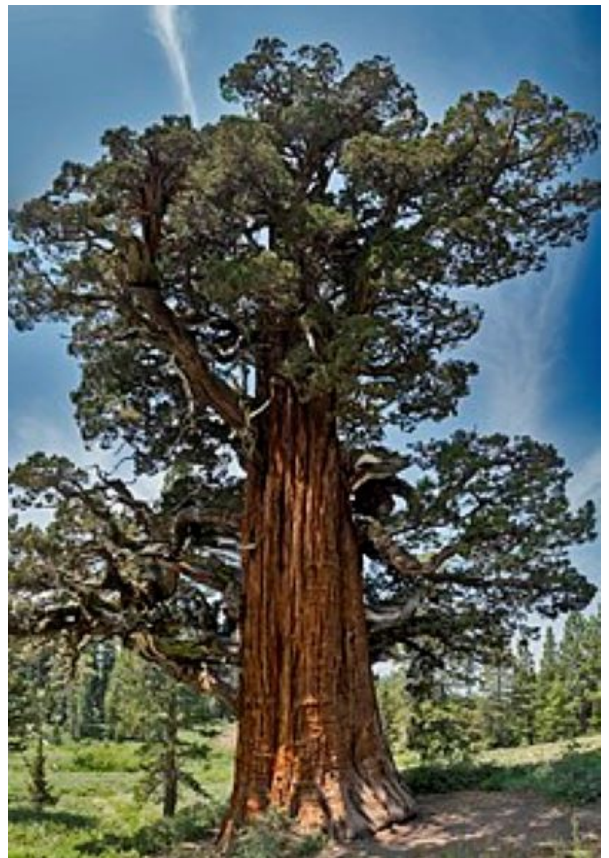
The above link will bring you to a meditation for learning. This is an opportunity for you to reset, refocus and rejuvenate your body and mind.

Optional props include: Pillow, blanket, towel, or cushion.

Option 2: Nature Scavenger Hunt

Surround yourself in nature. Using your senses, you are required to find things that start with all the letters of the alphabet and record specifically in detail something unique. Anything you can hear, see, touch and smell can be used. For example, A = Ant is carrying a leaf. Enjoy and be creative!

A	_____
B	_____
C	_____
D	_____
E	_____
F	_____
G	_____
H	_____
I	_____
J	_____
K	_____
L	_____
M	_____
N	_____
O	_____
P	_____
Q	_____
R	_____
S	_____
T	_____
U	_____
V	_____
W	_____
X	_____
Y	_____





Fun Push Ups



Purpose of Activity: To help increase muscular strength and endurance.

Remember: [Eyes up, hands beside body, straight back](#)

Sometimes performing regular push ups can be boring. The following push up activities should provide some more excitement and provide the same benefits.

Students can choose whether to be in the push up position of their choice (i.e., modified or regular). Many of these can also be done in the crab crawl position.

1. **Macarena Push-ups:** Reach forward with your right hand while supporting themselves with your left arm. After returning your right hand to the floor, Raise the left hand while supporting yourself with your right arm. The following commands are then given: (After practicing add the music and have a great time and workout!)
 - Right hand forward and turn palm up-return, left hand forward and turn palm up, return.
 - Right hand to left shoulder-return, left hand to right shoulder-return.
 - Right hand to right ear-return, left hand to left ear-return.
 - Right hand to left waist-return, left hand to right waist-return.
 - Right hand to right hip-return, left hand to left hip-return.
 - 1/4 turn to your right and repeat the steps facing the next wall.

2 Alphabet Push Up:

Tap left shoulder with right hand, then right with left, etc. as you recite the alphabet.

3. Ball Tap Push Ups

Put a small ball (i.e. tennis) in between your hands. Tap the ball with right hand, then left. (The ball does not move).

- This time make the ball move from side to side.
- This time touch the ball with your elbow. Right elbow then left.



Mini Golf

This week we bring you Mini Golf in your house. It is a great opportunity to bring out your creativity by utilizing your house to build a mini golf course as you wish. This game can be played with others in friendly competition or by yourself to enjoy some time off the couch. As always, this game is just template and you can modify rules, equipment, and the setup, as necessary. Please enjoy this activity within your “bubble”!

Suggested Materials:

*This list of materials are only suggestions. Feel free to substitute any in or out. Each house has different items around the house that fit the need for each activity – get creative!

- Red Solo Cup (other item that can be flipped on its side to create a “hole”)
- Broom handle (other “stick” like item that can be used as your putter)
- Rolled Up Socks (other soft “ball” like item to be used as your “golf ball”)
- Obstacles (pillow, blankets, etc. to make the “holes” more challenging)
- Scorecard (optional – template attached at bottom)

Set Up

- <https://www.youtube.com/watch?v=H0c5bC15tcM&t=9s>
- <https://www.youtube.com/watch?v=69yYJB1zgno>
- You can use the attached links to get your creative juices flowing when designing your holes
- Think of different ways to utilize your house and make each hole creative and challenging
- Please be safe and use items appropriately – you do not want to break or ruin anything in your house

How To Play

- Dictate where your tee shot (first shot) will be taken from on the hole – each player will start their turn from this spot
- Rock, Paper, Scissor will determine who gets to shoot first
- Taking Turns
 - Before starting the game determine how you will take turns
 - Alternate every shot
 - Player that is furthest away from the hole gets to shoot
 - Player 1 gets to play the hole until completion before Player 2 tees off
- After shooting allow the ball to completely stop before taking another shot
- Make sure to keep track of how many shots you take on each hole
- After your ball successfully gets into the hole then your turn is over and mark your score
- Repeat the process on the next hole

How to Keep Score

- You can use actual golf scoring rules if you know them i.e. par, birdie, bogey, etc.
 - Designate par for each hole – number of shots it “should” take to get in the hole
 - Your score will be written down as the number of shots it “actually” takes you to get it in the hole
 - Par = Even
 - Birdie = -1 or 1 under par
 - Bogey = +1 or 1 over par
 - Eagle = -2 or 2 under par
 - Double Bogey = -2 or 2 over par
- You can also use a simplified version
 - Your score is the number of shots it takes to get your ball into the hole

Scorecard Template - Simplified Version:

	Player #1	Player #2	Player #3	Player #4
Hole #1	i.e. 4	i.e. 3		
Hole #2				
Hole #3				
Hole #4				
Hole #5				
Hole #6				
Hole #7				
Hole #8				
Hole #9				
Total Score				

Wellness Corner

This week's resources will include information on Emotional Wellness.

Emotional Wellness Videos:

1.) The first video "5 Mental Health Tips During COVID-19" is a very informative video on how we can improve or maintain our emotional health.

<https://www.youtube.com/watch?v=bDOX2WJEjUM>

2.) The second video "7 Ways to Detox Your Emotional Well Being" highlights ways in which you can improve your emotional health.

<https://www.youtube.com/watch?v=PAestsXAWsw>

Emotional Wellness website/articles:

1.) The first website offers "5 Emotional Wellness Activities That Can Change Your Life." This website also offers additional articles on "How to Achieve Mental Health and Wellbeing" as well as "What Does it Mean to be Emotionally Healthy?"

<https://www.healthyplace.com/self-help/self-help-information/5-emotional-wellness-activities-can-change-your-life>

2.) The second website features the article "What are the Goals of Emotional Wellness?" This article is very informative and offers 6 goals of emotional wellness. Additional articles can be found at the bottom of this article.

<https://www.healthyplace.com/self-help/self-help-information/what-are-goals-emotional-wellness>