



WELCOME TO HEALTHY LIFESTYLE

Healthy habits leading to a healthy active lifestyle through activities to enhance muscular strength, coordination and balanced nutrition.

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DISCOVERY DAYS

7 Days of Healthy Lifestyle Challenges for Young Learners



WELLNESS WISDOM:

These activities are meant to be repeated throughout the month. Repetition leads to the installation of healthy habits and knowledge retention.

DAY 1: STRENGTH CIRCUIT

Objective:

Encourage learners and grown-ups to engage in physical activity together, promoting strength, fitness, and healthy habits through a fun and interactive strength circuit.

Activity:

Gather materials such as a timer, clear floor space, and a mat or towel for floor exercises (optional). Designate exercise stations for squats, push-ups, sit-ups, jumping jacks, and planks. Demonstrate each exercise: perform proper squats ensuring feet are shoulder-width apart and knees don't go past the toes, show different push-up variations, explain how to perform sit-ups safely with knees bent and feet flat on the floor, demonstrate jumping jacks focusing on full arm and leg extension, and show how to hold a plank position keeping the body in a straight line from head to heels. Start with a 5-minute warm-up such as marching or stretches. Spend 1 minute at each station, performing as many repetitions as possible with proper form, taking a 1-minute break between stations to rest and hydrate. Complete the circuit 2-3 times, depending on the fitness level of the all, and finish with a 5-minute cool-down, including stretching and deep breathing exercises.

Healthy Hints:

- "Which exercise was your favorite? Why?"
- "Did you notice any improvement in your strength or stamina since last time?"

Nurturing Next Step(s):

- Track the number of repetitions or the duration of each exercise. Set goals together, such as increasing the number of push-ups or extending the plank hold time.



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DAY 2: STRETCH IT OUT

Objective:

Improve flexibility and promote the importance of stretching by engaging in a group stretching routine, focusing on different muscle groups and practicing proper techniques.

Activity:

Spend 15 minutes doing a stretching routine, focusing on various muscle groups and practicing holding each stretch for at least 20 seconds. Gather in a clear space where everyone has room to move. Start with a gentle warm-up to prepare the muscles, such as marching in place or light jogging for 2-3 minutes.

Demonstrate and explain each stretch, ensuring everyone understands how to perform them correctly. Include stretches for the neck, shoulders, arms, back, hips, legs, and ankles. For example, perform neck stretches by gently tilting the head to each side, shoulder stretches by pulling one arm across the chest, and hamstring stretches by reaching for the toes while keeping the legs straight. Hold each stretch for at least 20 seconds, emphasizing deep breathing and relaxation. Rotate through the stretches, ensuring each muscle group is targeted. Explain that stretching helps prevent injuries, improves posture, and enhances overall physical performance.

Healthy Hints:

- "How does your body feel after stretching?"
- "Which stretch was the most challenging for you?"
- "Did you notice any areas that felt particularly tight or sore?"

Nurturing Next Step(s):

- Encourage group to incorporate stretching into their daily routine, either in the morning, after sitting too long, or before bed.
- Periodically introduce new stretches to keep the routine interesting and target different muscle groups.



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DAY 3: BALANCE BEAM FUN

Objective:

Enhance balance and coordination by engaging in a fun balance challenge, understanding the importance of balance for overall physical development.

Activity:

Set up a balance beam or a line of tape on the floor and have a balance challenge. Begin by gathering in a clear space where everyone has room to move. Use a line of tape on the floor or a low, safe balance beam. Start with a brief warm-up to prepare the body, such as marching in place or light jogging for 2-3 minutes. Demonstrate walking forwards along the balance beam or tape, ensuring everyone maintains a steady and controlled pace. Once everyone is comfortable, try walking backwards, focusing on slow, deliberate steps. For an additional challenge, practice balancing on one foot while standing on the beam or tape, switching feet after a few seconds. Rotate through these activities, allowing each person to take turns and encouraging everyone to support each other. Discuss how practicing balance improves overall physical coordination, helps with sports and daily activities, and enhances body awareness.

Healthy Hints:

- "How did it feel to walk on the balance beam or tape?"
- "Which balance activity was the most challenging for you?"
- "Did you notice any improvements in your balance after practicing?"

Nurturing Next Step(s):

- Encourage learners to incorporate balance exercises into their daily routine, such as standing on one foot while brushing teeth or moving from sitting to standing without using hands.
- Periodically introduce new balance activities, such as using a wobble board or trying yoga poses that focus on balance.



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DAY 4: ENDURANCE JOG OR WALK

Objective:

Improve cardiovascular endurance and promote bonding through a shared physical activity, emphasizing the benefits of regular exercise for heart health and overall fitness.

Activity:

Go for a jog or brisk walk for at least 20 minutes. Begin by choosing a safe route for your activity, such as a park, neighborhood, or walking trail. Start with a gentle warm-up, such as walking in place or light stretching for 5 minutes, to prepare the body for exercise. Begin the jog or brisk walk, maintaining a pace that is comfortable for all. Encourage conversation and enjoyment of the surroundings to make the activity more engaging. Focus on maintaining a steady pace and proper posture, reminding everyone to breathe deeply and evenly. After 20 minutes, cool down with 5 minutes of slow walking and gentle stretching. Discuss the importance of cardiovascular endurance, how it strengthens the heart and lungs, boosts energy levels, and supports overall health. Set a goal to gradually increase the distance or time spent jogging or walking each week, tracking progress and celebrating milestones together.

Healthy Hints:

- "How did you feel during our family jog or walk?"
- "What did you enjoy most about our time together?"
- "Can you think of ways to make our next jog or walk even more fun?"

Nurturing Next Step(s):

- Track the distance or time spent jogging or walking each week. Encourage learners to aim for small improvements over time.
- Explore new routes and parks to keep the activity exciting and discover new places in your community.



DISCOVERY DAYS

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DAY 5: PLAYTIME POWER

Objective:

Promote physical fitness, creativity, and bonding through active playtime, encouraging children and grown-ups to enjoy physical activities together.

Activity:

Dedicate at least an hour to active playtime, such as playing tag, jumping rope, or playing a sport. Begin by discussing different active games everyone enjoys. Encourage creativity in choosing activities, ensuring everyone has a say in the decision-making process. Set up a safe area for play, either indoors or outdoors, where everyone has enough space to move freely. Start with a gentle warm-up, such as stretching or light jogging, to prepare the body for activity. Engage in a variety of active games, rotating through activities like tag, jumping rope, soccer, 4 Corners, or basketball. Encourage everyone to try different roles and skills, promoting a sense of teamwork and fun. After an hour of active play, cool down with some stretching and deep breathing exercises. Discuss the importance of active play for physical fitness, coordination, and overall health, emphasizing how it helps build strong muscles, improve agility, and boost energy levels.

Healthy Hints:

- "What was your favorite game during our playtime?"
- "How did playing make you feel?"
- "Can you think of new games we can try next time?"

Nurturing Next Step(s):

- Schedule regular active play sessions throughout the week, making it a consistent part of your routine.
- Plan an active game day where everyone brings their favorite active game to share and play together.



DISCOVERY DAYS

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DAY 6: DANCE IT OUT

Objective:

Promote physical activity and family bonding through a fun and energetic dance party, highlighting the benefits of dancing for fitness and enjoyment.

Activity:

Have a 20 minute dance party with learners and grown-ups. Begin by getting together in a spacious area where everyone has room to move freely. Start with a gentle warm-up, such as light stretching or simple dance moves, to prepare the body for activity. Choose fun and energetic music that everyone enjoys, and take turns selecting songs to ensure everyone gets a chance to hear their favorites. Encourage everyone to dance freely and express themselves through movement, trying out different styles and moves. Mix in some group dances or follow-the-leader routines to add variety and excitement. After 20 minutes of dancing, cool down with some gentle stretches and deep breathing exercises. Explain that dancing is a great way to stay active, improve coordination, and have fun, emphasizing its benefits for cardiovascular health, muscle strength, and mood.

Healthy Hints:

- "What was your favorite song to dance to?"
- "How did dancing make you feel?"
- "Can you think of new dance moves we can try next time?"

Nurturing Next Step(s):

- Schedule regular dance parties throughout the week, making it a consistent part of your routine.
- Create fun dance challenges where learners and grown-ups come up with new routines or compete in friendly dance-offs.



DISCOVERY DAYS

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DAY 7: OBSTACLE COURSE ADVENTURE

Objective:

Encourage physical fitness, coordination, and fun by creating and navigating an obstacle course, emphasizing the development of various physical skills.

Activity:

Create a simple obstacle course at using household items. Use household items like chairs, tables, pillows, and toys to set up different stations. Design the course to include activities such as crawling under tables, jumping over pillows, weaving through chairs, and sprinting to the finish line. Demonstrate each part of the course to ensure everyone understands how to navigate it safely. Take turns timing each person as they complete the course, encouraging friendly competition to see who can finish the fastest. Rotate through the course multiple times, allowing everyone to improve their skills and time. After completing the obstacle course, cool down with some gentle stretching and deep breathing exercises.

Healthy Hints:

- "Which part of the obstacle course was the most challenging for you?"
- "How did you feel after completing the course?"
- "Can you think of new obstacles we can add next time?"

Nurturing Next Step(s):

- Schedule regular obstacle course challenges, changing the layout and activities to keep it fun and engaging.
- Set goals for improving times and mastering specific obstacles, celebrating achievements together.



MONTH OF MASTERY

4 weeks of Healthy Lifestyle Challenges for Grown Ups



WELLNESS WISDOM:

Getting enough sleep is key so your body can take on new physical activity.

WEEK 1: REFLECT ON PERSONAL ACTIVITY LEVELS

● **Overarching Goal:**

Assess your current physical activity levels and create a plan to incorporate more physical activities into your weekly routine, fostering a healthier and more active lifestyle.

● **Task:**

Assess and Plan Personal Physical Activities

● **Proactive Process:**

1. Reflect on Current Activity Levels:

Consider your daily routine and write down how often you engage in physical activities throughout the week. Include type of activity, duration, and frequency. Look for opportunities where physical activity could be increased. Identify days or times when you are less active.

2. Create a Physical Activity Plan:

Set realistic and achievable physical activity goals for yourself. Create a general weekly schedule that includes planned physical activities such as walking, jogging, yoga, or workout videos. Prepare any necessary equipment or space for your activities. Commit to following the schedule and making physical activity a priority. Begin with manageable activities and gradually increase intensity or duration as you become more comfortable and confident. Keep a log of the activities you complete each day.

● **Personal Reflection:**

- How did assessing your current activity levels help you understand your physical activity habits?
- How can you continue to incorporate physical activities into your routine to maintain a healthy lifestyle?



MONTH OF MASTERY

4 weeks of Healthy Lifestyle Challenges for Grown Ups



WELLNESS WISDOM:

Commit to just 10 minutes every day to start instead of 60 minutes 3 times a week. Keeping your word to yourself is a form of self-love and starting small makes that very doable. .

WEEK 2: SET & TRACK PHYSICAL ACTIVITY GOALS

Overarching Goal:

Develop a structured approach to enhancing physical fitness by setting and tracking personal physical activity goals, fostering commitment, and celebrating progress.

Task:

Set and Track Physical Activity Goals

Proactive Process:

1. Design a physical activity goal chart using a notebook, a digital app, or a printed template. Include sections for daily step counts, weekly exercise sessions, or specific fitness achievements.
 - **Set Realistic Goals:** Set realistic and achievable physical activity goals for yourself. Examples might include walking a certain number of steps each day, completing a specific number of exercise sessions per week, or achieving particular fitness milestones like running a certain distance or improving flexibility.
2. **Track Progress:**
 - Use the chart to log your daily activities. Record the type of activity, duration, and any other relevant details, such as steps counted by a pedometer or fitness tracker.
 - At the end of each week, review your progress and adjust goals as needed. This might mean increasing the difficulty, adding new types of activities, or giving yourself more recovery time.

Personal Reflection:

- Acknowledge and celebrate your achievements, no matter how small. This could be as simple as treating yourself to a healthy snack or taking a relaxing bath.



MONTH OF MASTERY

4 weeks of Healthy Lifestyle Challenges for Grown Ups



WELLNESS WISDOM:

Expect obstacles to arise more steadily when you are embarking upon a change. It is your brain's natural protection mechanism, keeping you safe from the unknown.

WEEK 3: EXPLORE BARRIERS

● **Overarching Goal:**

Identify and address obstacles that hinder physical activity, fostering a proactive approach to overcoming challenges and promoting a more active lifestyle.

● **Task:**

Identify and Address Obstacles

● **Proactive Process:**

1. Reflect on Barriers:

- Set aside some quiet time to reflect on the barriers that prevent you from being more physically active and write down the 3 most prominent. Consider factors such as time constraints, lack of motivation, or limited access to facilities. Write details of how & when they affect you.

2. Brainstorm Practical Solutions:

- Brainstorm practical solutions to overcome each obstacle. For example, if time constraints are an issue, consider incorporating shorter, more frequent exercise sessions into your day. If lack of motivation is a barrier, think about finding an exercise buddy or joining a fitness group.

3. Prioritize & Implement Solutions:

- Prioritize the solutions that seem most feasible and impactful. Create a plan to implement these solutions over the next week, addressing one barrier at a time. Track your progress and any obstacle that pops up.

● **Personal Reflection:**

- How did identifying and addressing barriers help you understand the challenges you face in staying active?
- What changes did you notice in your ability to overcome these obstacles and increase your physical activity?



MONTH OF MASTERY

4 weeks of Healthy Lifestyle Challenges for Grown Ups



WELLNESS WISDOM:

Talk back to your negative thoughts. They are not facts. The true you wants to be healthy and well so make it happen.

WEEK 4: POSITIVITY AND PHYSICAL ACTIVITY

● **Overarching Goal:**

Identify and address obstacles that hinder physical activity, fostering a proactive approach to overcoming challenges and promoting a more active lifestyle.

● **Task:**

Encourage and Model Active Behaviors

● **Proactive Process:**

1. **Reflect on Your Attitudes and Behaviors:**

- Take time to reflect on your own attitudes and behaviors related to exercise. Consider how your approach to physical activity influences those around you.

2. **Model Active Behaviors:**

- Make a conscious effort to take the stairs instead of the elevator whenever possible. Explain to others why you choose this option and how it benefits your health.
- Opt to walk instead of driving for short trips. Invite family members or colleagues to join you and discuss the advantages of walking.
- Engage in active play with children or friends such as games, sports, or simple physical activities that encourage movement.

3. **Foster a Positive Attitude:**

- Celebrate small victories in physical activity. This could be as simple as completing a daily walk.
- Find ways to keep motivation high, such as setting new goals, exploring new activities, or joining group classes.

● **Personal Reflection:**

- How did modeling active behaviors influence your own attitude towards physical activity?



WONDERWORDS

Why are they such a powerful tool?



At their core, WonderWords (affirmations) are positive statements that help young learners and grown ups overcome negative thoughts.

Repeating them often leads to belief, fostering positive changes. Research highlights numerous benefits for both children and adults:



REWIRES THE BRAIN:

WonderWords reprogram the brain by shifting focus from negative to positive thoughts, similar to exercising a muscle. This strengthens positive thinking and worldview.



DEVELOPS POSITIVE THINKING PATTERNS:

Early use of WonderWords cultivates a lifelong positive mindset.



ENCOURAGES RESILIENCE:

WonderWords foster a positive attitude toward challenges, building resilience against adversity.



IMPROVES MENTAL HEALTH & REDUCES STRESS:

Regular use of positive WonderWords reduce negative thoughts, lowering anxiety and depression, and promoting a more optimistic outlook.



BOOSTS CONFIDENCE & SELF-ESTEEM:

WonderWords reinforce strengths and talents, boosting confidence. For children, affirmations nurture growing self-esteem and confidence.



WONDERWORDS

HOW-TO GUIDE



WonderWords + Movement = Enhanced Effect.

HERE'S WHY:

→ **Increases Engagement:**

Moving while reciting WonderWords enhances engagement and impact.

→ **Deepens the Connection:**

Movement anchors WonderWords in both body and mind, creating a deeper emotional connection.

→ **Boosts Memory and Recall:**

Physical activity improves brain function, enhancing memory and recall of WonderWords.

HERE'S HOW:

→ **Stand Tall:**

Stand like your favorite superhero, feel grounded, and imagine growing tall like a tree.

→ **Say Your WonderWords:**

Think of a positive sentence like "I am brave" or "I am loved." Say these powerful words out loud.

→ **Move Your Body:**

Combine movements like jumping, stretching, or spinning with your WonderWords. Feel the joy of moving and speaking.

→ **Use Your Imagination:**

Close your eyes and visualize being brave or happy. Imagine doing amazing things while saying your WonderWords.

→ **Feel the Moment:**

Place your hand on your heart, take a deep breath, and feel the WonderWords strengthening you. Smile, knowing you have superhero strength inside you.



WONDERWORDS

HOW-TO GUIDE



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HOW DO WE
WONDERWORD?
SCAN QR CODE



WONDERWORDS

FOR YOUNG LEARNERS



Powerful healthy lifestyle affirmations



WELLNESS WISDOM:

WonderWords work best when the body moves in a powerful way while reciting them. See the “WonderWords How-To Guide.”



I am strong and healthy in my body.



I am energetic and refreshed when I rest my body well.



I am considerate when I listen to my body and drink water.



I am caring towards my body when I eat fresh fruits and vegetables.



I am proud when I make healthy choices.



I am versatile and can be active in many different ways.



I am joyful when I move my body.



WONDERWORDS

FOR GROWN-UPS



powerful healthy lifestyle affirmations



WELLNESS WISDOM:

WonderWords work best when the body moves in a powerful way while reciting them. See the “WonderWords How-To Guide.”



I am joyful and fulfilled in staying active.



I am balanced in my physical activity and my rest.



I am dedicated to building long-term healthy living into my life.



I am diligent in continually taking next steps towards a healthier me.



I am role model to those around me. Taking care of myself shows others they can too.



I am persistent and determined, even when obstacles arise.



I am respectful and loving towards my body and all that it can do now.



MINDFUL MOMENT

THE HEALTHY GARDEN



Guided Meditations Crafted for Healthy Lifestyle



WELLNESS WISDOM:

Mindful Moments are a practice that involves training attention and awareness to achieve a mentally clear and emotionally calm state.

● **Objective:**

Help children develop mental clarity, emotional calm, focus, and relaxation skills.

● **Duration:**

5-10 minutes

● **Proactive Process:**

1. SET UP:

- "Today, we're going to practice a special exercise to help our brains become relaxed and ready to learn. It's called the 'Healthy Garden' meditation."
- - "Sit or lie down in a comfortable position. Close your eyes if you feel comfortable or just look down at the table or floor."

2. DEEP BREATHING:

- "Take a deep breath in through your nose, and slowly breathe out through your mouth. Let's do this three times together. Inhale... Exhale... Inhale... Exhale... Inhale... Exhale..."



MINDFUL MOMENT

THE HEALTHY GARDEN (CONTIN.)



Guided Meditations Crafted for Healthy Lifestyles

3. BODY RELAXATION:

- "Now, let's relax our bodies. Imagine your toes are getting soft and relaxed. Now your feet, legs, and all the way up to your belly. Feel your body getting lighter and more relaxed."

4. MINDFUL BREATHING:

- "In this garden, there are many colorful fruits and vegetables growing all around you. You see red apples, orange carrots, green spinach, and purple grapes. Feel the soft grass under your feet as you walk through the garden."
- - "You reach out and pick a juicy, red apple. Take a bite and feel the crunch. Imagine the sweet taste filling your mouth. This apple helps make you strong and healthy."
- - "Now, take a moment to listen to the sounds of the garden. You hear birds singing and leaves rustling in the gentle breeze. Feel the sunshine on your face, making you feel warm and happy."
- - "Take another deep breath in... and out enjoying the warmth, fresh air and the scent of all the healthy foods in the garden. "

5. CLOSING:

- "When you're ready, slowly wiggle your fingers and toes. Open your eyes and give yourself a big stretch. You did a wonderful job using the power of your breath to relax"



PICTURE PATH

THE RAINBOW SLIDE



Developing Healthy Lifestyle Through Visualizing



WELLNESS WISDOM:

Picture Paths are a form of guided imagery where children use their imagination to picture a scenario or place that makes them feel safe, happy, or calm.

Objective:

Encourage imagination, cognitive growth, and a love for learning.

Duration:

5-10 minutes

Instructions:

Follow the scripted Picture Path

1. SET UP:

- "Today, we're going on a special journey in our minds. We're going to visit the Rainbow Slide."
- "Sit or lie down in a comfortable position. Close your eyes if you feel comfortable doing so."

2. DEEP BREATHING:

- "Take a deep breath in through your nose, and slowly breathe out through your mouth. Let's do this three times together. Inhale... Exhale... Inhale... Exhale... Inhale... Exhale..."

3. PICTURE PATHWAY:

- "Imagine you are at the top of a giant rainbow slide."



PICTURE PATH

THE RAINBOW SLIDE (CONTIN.)



Developing Imagination Through Visualizing

- "This slide has all the colors of the rainbow. You sit at the top and feel excited. You start to slide down, and as you do, you see all the bright colors around you."
- "As you slide down the red part, you feel strong like a superhero."
- "When you reach the orange part, you feel warm and happy like the sun."
- "Sliding down the yellow part, you feel cheerful and full of laughter."
- "The green part makes you feel calm and peaceful, like a walk in the park."
- "As you reach the blue part, you feel cool and refreshed like a splash in the pool."
- "Finally, the purple part makes you feel magical and special."
- "You reach the bottom of the slide, feeling happy and healthy."

4. CLOSING:

- "When you're ready, say goodbye to the Rainbow Slide, come back to this room feeling calm and happy."
- - "Slowly wiggle your fingers and toes. Open your eyes and take a deep breath. Remember, you can visit the Rainbow Slide anytime you want by using the power of your imagination!"





MINDFUL MOMENTS VS. PICTURE PATHS



What's the Difference?

Mindful Moments and Picture Paths are both mindfulness practices that benefit children, but they have distinct differences in their approach and focus.

Common Goals

- **Relaxation:** Both practices aim to help children relax and reduce stress.
- **Focus:** They improve attention and concentration by encouraging kids to focus on a specific element (like the breath or an image).
- **Emotional Regulation:** Both can help children manage their emotions better, promoting a sense of calm and stability.
- **Mindfulness:** They encourage present-moment awareness and mindfulness, helping children become more aware of their thoughts and feelings

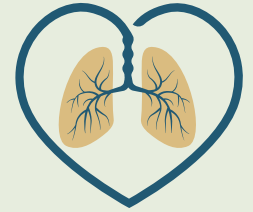
Key differences

- **Focus:** Mindful Moments focus on present-moment awareness and calming the mind, while Picture Paths focus on creating positive mental images and scenarios.
- **Techniques:** Mindful Moments often involve techniques like breath awareness or mindful listening, whereas Picture Paths involve imagining specific scenes or outcomes.
- **Goals:** Mindful Moments aim to achieve mental clarity and emotional calm, while Picture Paths aim to harness the power of imagination to influence emotions and mindset.



BREATHWISE

FOR HEALTHY LIFESTYLE



Objective:

Enhance body strength & tension release, through breath control.

01 STRONG BELLY BREATHS

- **Instructions:**

"Sit or lie down comfortably. Place your hands on your belly and take a deep breath in through your nose, feeling your belly rise like a big, strong balloon. Breath out slowly through your mouth, feeling your belly fall."

Repeat 5 times, feeling the belly rise and fall of the belly.

02 MOUNTAIN LIFT BREATHS

- **Instructions:**

"Sit or stand with your back straight. Breath in deeply through your nose, lifting your shoulders up towards your ears like mountains rising.
- Breath out through your mouth, lowering your shoulders back down."

Repeat this 5 times, for tension release from the shoulders.

03 SUPER STRETCH BREATHS

- **Instructions:**

"Stand with feet shoulder-width apart and arms at your sides. Breath in through your nose, raise your arms above your head in a big rainbow arc. Breath out through your mouth, lowering your arms back down to your sides."

Repeat: Repeat this 5 times, imagining you are painting a rainbow with your arms.

04 ROCKET SHIP BREATHS

- **Instructions:**

"Stand or sit comfortably with your back straight.
Breath in deeply through your nose, feeling the air fill your lungs. Breath out quickly through your mouth, like blasting off in a rocket ship."

Repeat this 5 times, to feel refreshed and energized."



WELLNESS WISDOM:

Be Consistent: Incorporate breathwork into daily routines, such as during transitions, when starting or ending the day, to make it a habit.





→ SIMON SAYS FITNESS

Activity: Play a game of Simon Says with a focus on physical movements, such as "Simon says jump like a frog," "Simon says crawl like a crab," or "Simon says balance on one foot."

Learning Integration: Enhances listening skills and physical coordination through fun and engaging movement activities.

Benefits: Improves listening skills, coordination, and physical fitness.

→ BALLOON VOLLEYBALL

Activity: Blow up a balloon and play volleyball using a string or tape as the net. Encourage children to keep the balloon in the air and take turns hitting it over the net.

Learning Integration: Enhances teamwork and social interaction while developing motor skills through engaging play.

Benefits: Improves hand-eye coordination, reflexes, and upper body strength.

→ TOWEL OR BLANKET PULL

Activity: Have children sit on a towel or blanket on a smooth floor. They will use their arms to pull themselves across the floor, engaging their upper body and core muscles. To make it more fun, they can race each other or time themselves to see how fast they can go from one point to another.

Learning Integration: Encourages physical activity and competition in a fun and safe manner, promoting teamwork and individual effort.

Benefits: Builds upper body and core strength and improves coordination.



FLOWPLAY

NATURAL MOVEMENT FOR BOOSTING HEALTHY LIFESTYLE



→ TUNNEL CRAWL

Activity: Create a tunnel using chairs and blankets or a pop-up tunnel. Have children crawl through the tunnel and back. To make it more fun, add a "mission" at the end, such as retrieving a stuffed animal or a specific item and bringing it back through the tunnel.

Learning Integration: Enhances problem-solving skills and creativity by incorporating missions while promoting physical movement.

Benefits: Promotes gross motor skills, coordination, and strength.

→ INDOOR/OUTDOOR RELAY RACES

Activity: Set up relay races with different stations around the house, in the classroom or outdoors. Include various activities such as crawling under a table, jumping over a broomstick, and running in place, depending on your physical location. Each participant completes one activity before tagging the next person in line to continue the race.

Learning Integration: Encourages teamwork and strategic thinking while promoting physical activity and healthy competition.

Benefits: Enhances speed, agility, and teamwork.

→ BALANCE BEAM

Activity: Place pillows, cushions, or tape on the floor in a line to create a balance beam. Have children walk across it, trying not to fall off. Vary the difficulty by having them walk backwards, sideways, or with their eyes closed to add an extra challenge.

Learning Integration: Develops spatial awareness and concentration through balancing activities, enhancing focus and motor skills.

Benefits: Improves balance, coordination, and core strength.



HOW-TO POWER TAP GUIDE



→ WHAT IS POWER TAPPING?

Power Tapping, also known as the Emotional Freedom Technique (EFT), is a self-help method that blends cognitive and exposure therapy techniques with acupressure. By tapping specific points on the face and chest with your fingertips, this practice aims to adjust the body's energy system, providing relief from both psychological and physical symptoms.

→ WHAT ARE THE BENEFITS OF POWER TAPPING?

- **Stress Reduction:** EFT has been shown to lower stress hormones such as cortisol, leading to significant stress relief.
- **Anxiety and Depression:** It can help manage and often reduce symptoms of anxiety and depression by altering the brain's response to stressors.
- **Improvement in Physical Health:** By reducing stress and emotional distress, EFT can also contribute to better physical health outcomes, such as improved immune system response and lower blood pressure.

→ LEARN THE POWER TAP POINTS

Power Start: Side of hand- under the pinkie finger on the side of the palm.

1. **Eyebrow Point:** Just at the beginning of your eyebrow, near the bridge of your nose.
2. **Side of the Eye:** On the bone at the outer corner of the eye.
3. **Under the Eye:** On the bone under your eye, about an inch below your pupil.
4. **Under the Nose:** Between the bottom of your nose and the top of your upper lip.
5. **Chin Point:** Midway between the bottom of your lower lip and the point of your chin.
6. **Collarbone Point:** Just below the hard edge of your collarbone.
7. **Under the Arm:** About four inches below the armpit, usually at the side of the body.
8. **Top of the Head:** Directly on the crown of your head.



HOW-TO POWER TAP GUIDE



POWER TAPS EXPLAINED
SCAN QR CODE

→ WHAT IS POWER TAPPING?

Power Tapping, also known as the Emotional Freedom Technique (EFT), is a self-help method that blends cognitive and exposure therapy techniques with acupressure. By tapping specific points on the face and chest with your fingertips, this practice aims to adjust the body's energy system, providing relief from both psychological and physical symptoms.



→ WHAT ARE THE BENEFITS OF POWER TAPPING?

- **Stress Reduction:** EFT has been shown to lower stress hormones such as cortisol, leading to significant stress relief.
- **Anxiety and Depression:** It can help manage and often reduce symptoms of anxiety and depression by altering the brain's response to stressors.
- **Improvement in Physical Health:** By reducing stress and emotional distress, EFT can also contribute to better physical health outcomes, such as improved immune system response and lower blood pressure.

→ LEARN THE POWER TAP POINTS

Power Start: Side of hand- under the pinkie finger on the side of the palm.

1. **Eyebrow Point:** Just at the beginning of your eyebrow, near the bridge of your nose.
2. **Side of the Eye:** On the bone at the outer corner of the eye.
3. **Under the Eye:** On the bone under your eye, about an inch below your pupil.
4. **Under the Nose:** Between the bottom of your nose and the top of your upper lip.
5. **Chin Point:** Midway between the bottom of your lower lip and the point of your chin.
6. **Collarbone Point:** Just below the hard edge of your collarbone.
7. **Under the Arm:** About four inches below the armpit, usually at the side of the body.
8. **Top of the Head:** Directly on the crown of your head.



HOW-TO POWER TAP GUIDE

SCRIPTED POWER TAPPING SEQUENCE



STEP 1

Think About Something That's Bothering You

-Maybe you're feeling sad, scared, or have a little pain somewhere.

STEP 2

How Big is Your Bother?

- Is it as big as a mountain or as small as a ant? This helps us measure if the bother gets smaller after we Power Tap.

STEP 3

Power Words

- Say these power words three times while tapping on the side of your hand (like a gentle karate chop): I feel my feelings, they come and go, I tap, tap, tap to help them flow! With every tap, I breathe and grow!"

STEP 4

Power Tapping Adventure

- Now, let's go on a power tapping adventure! You can tap lightly with your fingers, like raindrops, on these power spots while saying the Power Words in the chosen Session 1, 2, or 3.

STEP 5

How Big is the Bother Now?

-Think about you feel now. Did the bother get smaller? Is it as tiny as an ant now, or maybe it's gone!

STEP 6

Try Again if You Need

-If you still feel a bit bothered, we can think about it a little more and see if there's another reason it's sticking around. Sometimes bothers need more time to float away. We can do our Power Tapping adventure again and try again!



POWER TAPS

FOR RELEASING EMOTIONAL STRESS TO
PROMOTE A HEALTHY LIFESTYLE



Objective:

To promote cognitive growth & boost confidence.

Power Starter-(Side of Hand):

"I feel my feelings, they come and go,
I tap, tap, tap to help them flow!
With every tap, I breathe and grow!"

01 I AM A HEALTHY EATER

Power Tap Sequence:

1. Eyebrow: "I love eating fruits and veggies."
2. Side of the Eye: "Healthy food makes me strong."
3. Under the Eye: "I feel great when I eat well."
4. Under the Nose: "I enjoy trying new healthy foods."
5. Chin: "I make good choices about what I eat."
6. Collarbone: "Eating healthy is fun and tasty."
7. Under the Arm: "I am proud of my healthy eating habits."
8. Top of the Head: "I am healthy and happy with the food I eat."



POWER TAPS

FOR RELEASING EMOTIONAL STRESS IN THE BRAIN



02 I LOVE TO MOVE MY BODY

Power Tap Sequence:

1. Eyebrow: "All bodies look different and that's ok."
2. Side of the Eye: "I choose to love my body."
3. Under the Eye: "My body can move in so many ways."
4. Under the Nose: "My body helps me do fun things."
5. Chin: "I take care of my body."
6. Collarbone: "I eat healthy foods and staying active."
7. Under the Arm: "Moving my body feels great."
8. Top of the Head: "I am proud of my body & everything it can do."

03 I ENJOY REST AND RELAXATION

Power Tap Sequence:

1. Eyebrow: "I rest well and feel refreshed."
2. Side of the Eye: "Relaxing helps me feel good."
3. Under the Eye: "I take time to rest and recharge."
4. Under the Nose: "I enjoy quiet time and calm activities."
5. Chin: "I listen to my body when it needs rest."
6. Collarbone: "Resting is important for my health."
7. Under the Arm: "I am proud of how I take care of myself."
8. Top of the Head: "I am calm, rested, and ready for fun."

WANT TO LEARN MORE ABOUT POWER TAPPING? CHECK OUT THE
"HOW-TO POWER TAP GUIDE" INCLUDED IN YOUR PACKET



FOCUS FOODS

HEALTHY LIFESTYLE FOOD EXPERIENCE



FRUIT AND VEGETABLE ART

Objective:

Encourage creativity and introduce different fruits and vegetables through fun art projects.

Materials:

Various fruits and vegetables, safe cutting tools (supervised), toothpicks, and plates.

Activity:

Step 1: Help children safely cut the fruits and vegetables into different shapes. (Adult supervision required)

Step 2: Use toothpicks to connect the pieces and create fun characters or structures.

Step 3: Discuss the nutritional benefits of each fruit and vegetable used in the art project. Explain how these foods help keep our bodies healthy and strong before enjoying the creations.

RAINBOW FOOD CHALLENGE

Objective:

Promote cognitive growth and critical thinking through categorization and creativity.

Materials:

A variety of colorful fruits and vegetables.

Activity:

Step 1: Ask the children to create a rainbow using different colored fruits and vegetables.

Step 2: Let them arrange the foods in the order of the colors of the rainbow.

Step 3: Talk about each food, its color, and its health benefits.

Discussion:

Discuss how eating a variety of colors helps us get different nutrients.



FOCUS FOODS

HEALTHY LIFESTYLE FOOD-FREE EXPERIENCE



GROCERY STORE ROLE PLAY

Objective:

Encourage healthy food choices and teach basic money skills through imaginative play.

Materials:

Play food items, baskets, real or play money, cash register.

Activity:

Step 1: Arrange play food items around the room, creating different sections like fruits, vegetables, dairy, and grains.

Step 2: Give each child a basket and some play money. Explain that they will be shopping for healthy foods. Let the children "shop" for their items, selecting a variety of healthy foods to put in their baskets.

Step 3: Set up a play cash register where the children can check out. Have them count their play money and pay for their items.

FOOD GROUP SORTING GAME

Objective:

Teach food group classification and the importance of a balanced diet through a hands-on sorting activity.

Materials:

Pictures or plastic models of various foods, labeled bins or sections for each food group (fruits, vegetables, dairy, proteins, grains).

Activity:

Step 1: Lay out pictures or models of different foods on a table or floor. Label bins or sections for each food group: fruits, vegetables, dairy, proteins, and grains.

Step 2: Have children sort the food items into the correct bins or sections based on their food group.
discussing why each food belongs in its group.



PEACEFUL PAUSE

RESTORATIVE REST FOR HEALTHY LIFESTYLE



Objective:

Enhance relaxation through release of tension

01 GENTLE STRETCHING

Duration:

5-15 minutes

Activity:

Step 1: Sit or stand with feet shoulder-width apart.

Step 2: Reach arms overhead and stretch towards the sky.

Step 3: Gently bend to each side, then forward to touch the toes.

Step 4: Roll shoulders back and forth.

Prompt: "Let's stretch like a big, tall tree reaching for the sky. Now sway gently like the wind is blowing you side to side."

02 MUSCLE RELAXATION

Duration:

5-15 minutes

Activity:

Step 1: Lie down comfortably.

Step 2: Starting with the feet, tense each muscle group for five seconds, then relax.

Step 3: Move up through the body: tense and relax the calves, thighs, hips, abdomen, chest, arms, hands, neck, and face.

Prompt: "Let's pretend we are squeezing a sponge with our muscles. Hold tight, then let go and feel the relaxation spread through your body."



WELLNESS WISDOM:

We all need moments of rest in the day. Young Learners need our support in gearing down from a more active to a more restful state. That's why we've included Peaceful Pauses!

