

Health at Home

Mindful Monday



Watch this [Mindfulness video](#) on BranPop Jr. (There is free access at the top)

Try relaxing with one of these [guided relaxation scripts](#). (have your child lay or sit comfortably and read the script)

Mindful Breathing Exercises:

- [Scripts](#)
- [5 breathing techniques](#)
- [Rainbow Breathing](#)

Body Scans:

- [Script](#)
- [3 min Body Scan](#)
- [Butterfly Body Scan](#)

Meditation:

- [Guided Meditation](#)
- [Friendly Wishes video](#)
- [Breath Meditation](#)

Mindful activities can include coloring, puzzles, journaling, play doh, or [make a mindful jar](#).

Tasty Tuesday



[Fun Food Ideas](#)

[Journal your Foods](#)

Create a new recipe at home

Bake!!

Create or Find and share a healthy recipe with someone!

[Learn and sing about the food groups!](#)

Workout Wednesday



[12 at home exercises](#)

[Kids Exercise Video](#)

[Exercise with Animals](#)

[Exercise, Rhyme, and Freeze](#)

[Head, Shoulders, Knees and Toes](#)

[YOGA- Cosmic Kids](#)

[Go Noodle](#)

[Hip Hop Health](#)

Thoughtful Thursday



[Brain Breaks](#)

[5 Ways to Build Empathy](#)

[Empathy Sesame Street Video](#)

[Gratitude- ways to be grateful](#)

[Berenstain Bears Gratitude Video](#)

[Keep Busy!](#)

[Focus on your Senses](#)

Fitness Friday



[Fitness Games](#)

[Kid Fitness](#)

[Family Fitness Calendar](#)

[Fitness Bingo](#)

[Fitness Challenge Printable](#)

[What's Your Name Fitness Challenge](#)