



# WEEKLY HEALTH + WELLNESS ACTIVITIES

April 22 - May 1

## Mindful MONDAY

Download the CALM APP

Explore the CALM APP with your parent and find an activity to try.

Share a Mindful Moment together in your day.

## Tasty TUESDAY

Try these fruit kabobs for a fun healthy snack to share with your family.

[Click Here for Recipe](#)

## Wiggly WEDNESDAY

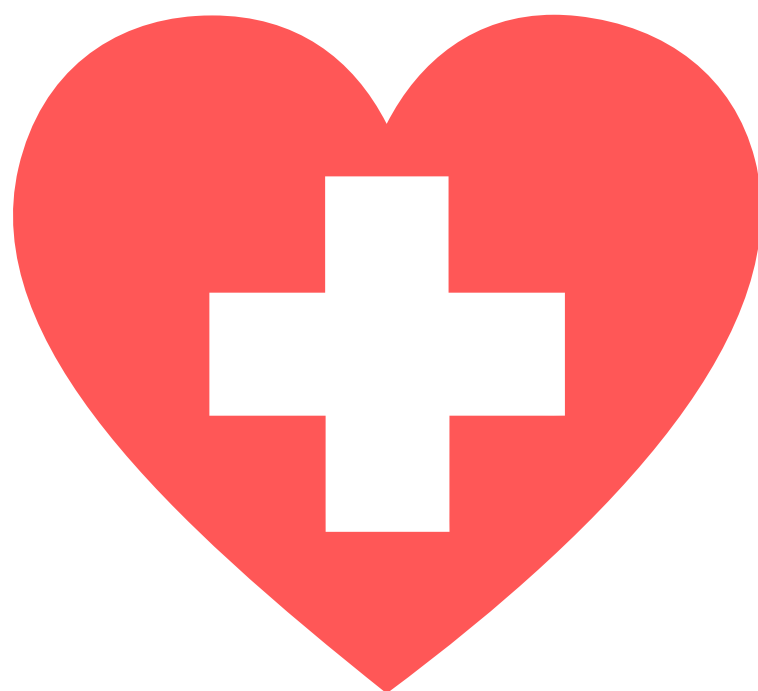
Got the Wiggles? Try Go Zumba activities on Go Noodle

[Click Here for Zumba](#)

## Thoughtful THURSDAY

Continue building your own personalized calm down kit! Now that you have your box/bucket made add some crayons/markers to your kit.

Draw a picture of one of your favourite family activities you have done together. Write down 3 feeling words to identify how these activities make you feel.



MRS. LEWIS  
MRS. HANS

## Fun FRIDAY

Finally Friday! How about making an ice cream sundae buffet? Each family member can suggest their favourite topping!

## GOAL OF THE WEEK:

Take time to enjoy your family, the outdoors and have some fun!