



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

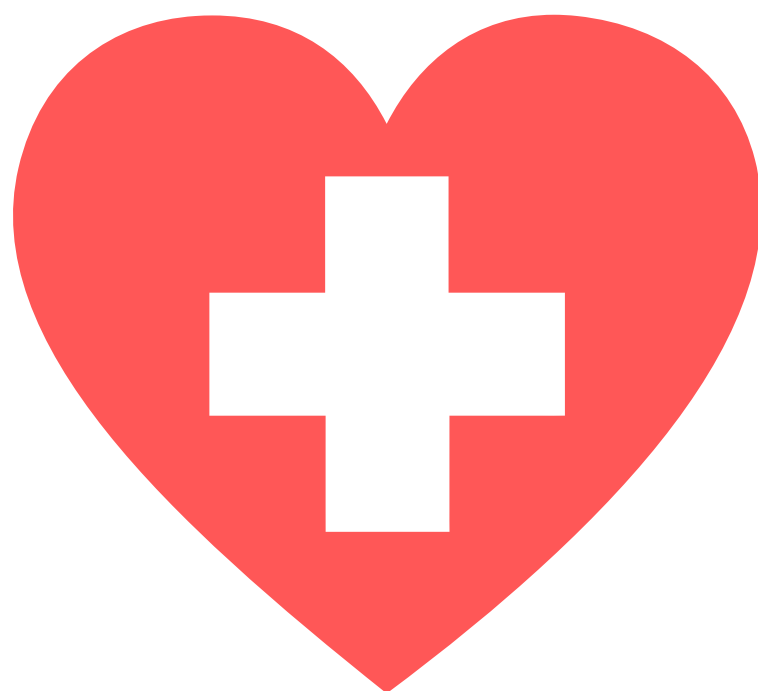
Got the Wiggles? Try Go Zumba activities on Go Noodle

[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. CAMPBELL

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!