

Staying Active Physically + Mentally

Spend 30-45 minutes each day being active. Choose from the following options:

1. **Go outside and do active play**
2. **Click on the link below to have access to many workout videos put out by Beachbody For Kids! Invite your parents to join!**
<https://vimeo.com/showcase/6880106>
3. **Check out one of these videos and follow along**
https://www.youtube.com/watch?v=L_A_HjHZxfI
<https://www.youtube.com/watch?v=dhCM0C6GnrY>
https://www.youtube.com/watch?v=McD6_oOWs-M
<https://www.youtube.com/watch?v=FrRDG4krjv8>
<https://www.youtube.com/watch?v=nc7lBt6yD3I>
<https://www.youtube.com/watch?v=1OiXc5oUtx0>
4. **Refer to one of these websites for different strength training ideas**
<https://www.parents.com/fun/sports/exercise/strength-training-exercises-for-kids/>
<https://www.verywellfamily.com/easy-exercises-for-kids-1257391>
<https://www.activekids.com/fitness/articles/full-body-conditioning-exercises-for-kids/slide-2>

Refer to one of the websites for Mindfulness Practice:

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>
<https://biglifejournal.com/blogs/blog/5-fun-mindfulness-activities-children-breathing-exercises>
<https://www.todayparent.com/kids/kids-health/mindfulness-activities-for-kids-no-meditation-required/>
<https://www.mindbodygreen.com/0-18136/7-fun-ways-to-teach-your-kids-mindfulness.html>
<https://www.yogiapproved.com/om/ways-to-teach-mindfulness-to-kids/>