

## Physical Education and Mental Well-Being Activities

Week 2: Monday April 13<sup>th</sup> to Thursday April 17<sup>th</sup>

Hi Bears

We would love to see what you choose to do to stay mentally and physically well.

Please find below the activities you may choose to incorporate you're your schedule this week to stay fit! Take care and we look forward to seeing you again soon!

Mr. Mason

**Week 2 Challenge:** The activity The Outdoor Alphabet Challenge will test your investigative skills to see how many letters you can match something in house, yard or neighbourhood when out for a walk. See if you can finish the challenge and send a picture to me if you wish at [david.mason@nbd.nb.ca](mailto:david.mason@nbd.nb.ca)

Thanks and I hope you enjoy this weeks' activities and try to stay active and safe.

Talk soon

Links: Here are some links to activities that may interest you...

- Do Zumba. (<https://www.youtube.com/watch?v=bm4WZyH5p2I&t=185s>)
- Meditate for five minutes. (<https://www.youtube.com/watch?v=inpok4MKVLM>)
- Do beginner yoga. (<https://www.youtube.com/watch?v=v7AYKMP6rOE&t=616s>)
- Do a H.I.I.T. workout. (<https://www.youtube.com/watch?v=cZnsLVArIt8>)
- Do a stretching routine. ([https://www.youtube.com/watch?v=h2aBPh\\_2eEo](https://www.youtube.com/watch?v=h2aBPh_2eEo))
- Do a 20 minute H.I.I.T. dance. (<https://www.youtube.com/watch?v=IDA8QqF5gtM>)