Parkwood Student Choice Board

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| Go for a walk or light jog. Get outside and enjoy the weather……. even if it is rainy or cold.  Focus on your breathing……. walk briskly for a few minutes, then run for 30 seconds-walk slowly after, then repeat.  A picture containing icon  Description automatically generated | A picture containing clipart  Description automatically generatedPlay with your pet outside. Maybe throw a ball or run with them……They are great listeners, so tell them how you are feeling. | Take some time to hydrate and drink lots of water throughout the day. Aim to drink 2 liters of water every day!  [This Photo](https://www.freepngimg.com/png/33964-aluminium-water-bottle) by Unknown Author is licensed under [CC BY-NC](https://creativecommons.org/licenses/by-nc/3.0/) |
| Put on your favorite songs and dance like no one is watching you. Dancing is great exercise and an excellent way to burn off excess energy! | A picture containing clipart  Description automatically generatedTake some time just for YOU! Give yourself permission to do something YOU want to do……. not doing what others expect or want you to do. | Go outside and focus on something you never noticed before. It could be a certain tree in your area, a building you never saw before. Be in the moment and listen to what you hear, notice things you see. |
| Try to invent a new yoga pose to bring back to your P.E. class to show Mrs. Landry. Watch a Cosmic Yoga Video or Yoga Video with Adrienne. Remember to breathe through your poses. | Try and get all your vegetables and fruits consumed in one day. Remember that the more vegetables and fruits you eat, the more nutrients you are consuming for your bodies to feel strong & healthy. | Watch Mrs. Landry’s warm up video and try to start your day off with these exercises every day! Staying active and limber, helps your minds be ready to work on your Literacy & Math! |

Revised by: Ann Landry