



Counsellor Connections



Dear Parents and Guardians,

This month we are focusing on healthy lifestyles and how things like sleep, exercise and the foods we eat make us feel.

Ms. Patti Recommends

Indoor Family Fun Workout
Participation offers a great kid-friendly, total body workout that can be done in 10-15 minutes inside without any exercise equipment.

Mindful Eating Cards
This resource from our SFSK helps you practice mindful eating. Mindful eating helps you notice when you are full, gives you an awareness of the taste of healthy versus unhealthy foods, and supports better digestion.

Read More

The Quest for Rest - Polly and Pickles by Andrea J. Ball and Dr. Smith N. Naidoo
A rhyming story that encourages children to take the lead in creating their own sleep habits.

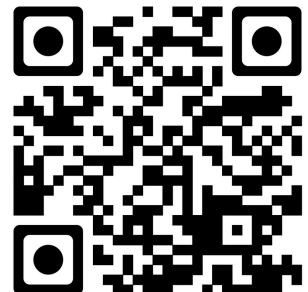
Did You Know?

- Children Aged 5-13 need **9-11 hours** of sleep/night
- Children who get less than adequate sleep report higher levels of hyperactivity, stress, and poor mental health.

Contact Us

Ms. Patti
Student Advocacy Counsellor
780-798-3840
patti.ilomin@nlsd.ab.ca
ecoleplamondonschool.ca

For a digital copy of this newsletter, or to access the recommended resources please scan the QR code or visit our website.





Indoor Family Fun Workout

This is a kid-friendly, total body workout that can be done in 10-15 minutes and without exercise equipment.

The warm up

To warm up, walk or lightly jog on the spot or around the room for 2 minutes. Be sure to swing your arms to get your upper body warm as well.

The workout

Perform the 5 exercises below as quickly as possible, do 1-2 cycles, moving at a comfortable pace from one exercise to the next.

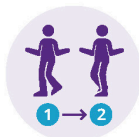
The moves

You can perform these exercises at three levels.

Beginner:
30 second intervals,
10 seconds rest

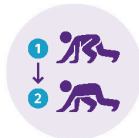
Intermediate:
45 second intervals,
15 seconds rest

Advanced:
60 second intervals,
30 seconds rest



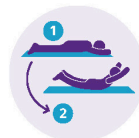
Shadow Skipping

Imagine you are holding a jump rope in your hands, turn your wrists, as you jump up off two feet, as though you are turning a rope and jumping over.



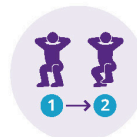
Bear Crawls

Crouch down with your hands, slightly forward, and shoulder width apart, knees off the floor and tucked under, weight in your toes. Move your crawl forward four steps, opposite arm to leg, then do the same crawling back. Have fun with this and try bear crawling around the room!



Supermans

Let's fly like Superman! Lying face-down, arms outstretched, lift your arms and legs off the ground 3-4 inches, like you are flying (keep looking down!). Hold for 3 seconds, and then lower your body down and do it again!



Duck Walk

Stand with your feet wide, toes turn slightly out, lower yourself into a deep squat, keeping your head held high, eyes front, and knees open wide. Walk around the room, rolling through your foot, heel to toe, imitating the movements of a duck. Keep your hands in front of your body for balance, or up by your ears for a challenge!



Star Jumps

Start off in a crouched position, knees and feet close, and your arms by your side. From this position, jump up off the ground, extending your arms and legs out like a star, then land softly back into your crouch.



Try Our App!

Be sure to track this activity on the ParticipACTION app for a chance to win great prizes! Download for free in Google Play or the App Store.

Everything gets better when you get active.

