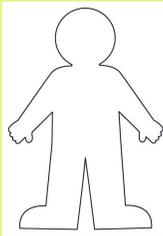


Physical Wellbeing	Emotional Wellbeing	Social Wellbeing	Mental Wellbeing	Spiritual Wellbeing
<ul style="list-style-type: none"> Design and complete a body weight circuit (of at least 10 activities) to participate at home. Bonus points if you include family members and siblings to participate with you 	<ul style="list-style-type: none"> Have a device free day 	<ul style="list-style-type: none"> Share your child's home experiences with other families via storypark 	<ul style="list-style-type: none"> Complete a mindfulness guided meditation; suggested apps include <ul style="list-style-type: none"> - Headspace - Smiling minds - Calm - Breath, think, do with sesame 	<ul style="list-style-type: none"> Participate in a yoga, pilates or mediation session via online apps <ul style="list-style-type: none"> - Cosmic kids yoga - Super stretch - Kids yoga
<ul style="list-style-type: none"> Design and complete an obstacle course to strengthen fundamental movement skills <ul style="list-style-type: none"> - Jumping - Running - Hopping - Walking - Skipping - Leaping - Crawling 	<ul style="list-style-type: none"> Participate in a self-care activity e.g. painting, listen to music, yoga 	<ul style="list-style-type: none"> Do something for a family member e.g. draw them a picture, cook together 	<ul style="list-style-type: none"> Engage in fun, open-ended and spontaneous play experiences, both indoors and outdoors 	<ul style="list-style-type: none"> My sense of identity; trace your body and write words that describe who you are 
<ul style="list-style-type: none"> Participate in a virtual workout for at least 15 minutes. Suggested apps include <ul style="list-style-type: none"> - Just dance - Fitness kids - Sworkit kids - PE with Joe (youtube) 	<ul style="list-style-type: none"> Write a letter and send it to a family member or friend 	<ul style="list-style-type: none"> Facetime, call or video chat with a family member or friend. Stay connected with your Early Learning friends 	<ul style="list-style-type: none"> Select your favourite books to read. Download the app 'Vooks' to have further access to books online 	<ul style="list-style-type: none"> Go on a nature walk or cultivate some succulents or create a herb garden for your family
<ul style="list-style-type: none"> Go for a walk 	<ul style="list-style-type: none"> Watch your favourite movie 	<ul style="list-style-type: none"> Play a boardgame with your family members 	<ul style="list-style-type: none"> Learn a new skill 	<ul style="list-style-type: none"> Spend at least 60 minutes outside connecting with nature
<ul style="list-style-type: none"> Create your own game to play with your family members. Be creative with your objects 	<ul style="list-style-type: none"> Tidy your room 	<ul style="list-style-type: none"> Engage in an expressive activity like dancing, singing, drawing and storytelling 	<ul style="list-style-type: none"> Complete fine motor activities; including puzzles, colour sorting, threading, cutting 	<ul style="list-style-type: none"> Create a list of things that make your body feel happy

MY SUPER SCHEDULE

A schedule can help you make sure that you are staying balanced, sticking to a healthy routine, and taking good care of yourself. Use this tool to plan out your day. Do your best to include one activity of each category. The examples are there to help!

7AM	3PM	Rise & Shine! What is the first thing you will do as you wake up to start your day off right? ✓ Stretch ✓ Journal ✓ Play Music ✓ Exercise	Care & Share! How can you spend quality time with your family and loved ones? ✓ Talk ✓ Watch Movies ✓ Play A Game ✓ Family Meal
8AM	4PM	Be Active! How will you get your body active and moving today? ✓ Play ✓ Dance ✓ Go Walk ✓ Do Yoga	Read & Relax. How can you create your very own moment of Zen today? ✓ Read Books ✓ Write ✓ Meditate ✓ Draw/Paint
9AM	5PM	Fuel Your Body! What healthy foods will you eat today in order to keep your body strong? ✓ Main Meals ✓ Drink Water ✓ Snacks ✓ Cook	Stay Clean & Healthy! How can you keep yourself feeling clean and refreshed today? ✓ Shower ✓ Clean Room ✓ Do Laundry ✓ Brush Teeth
10AM	6PM	Get Curious! What something new that you can you teach yourself today? ✓ Schoolwork ✓ Language ✓ Experiments ✓ Instrument	Catch Some Z's How can you make sure you get the best night's sleep tonight? ✓ Make Bed ✓ Nap ✓ No Screens ✓ Do Routine
11AM	7PM		
12PM	8PM		
1PM	9PM		
2PM	10PM		



TAKE CARE OF YOURSELF

ThePhysicalEducator.com

TAKE CARE OF YOUR BODY

- ✓ Eat regular, healthy meals.
- ✓ Move, play, & sweat daily.
- ✓ Keep your body hydrated.
- ✓ Practice good hygiene.
- ✓ Get a good night's sleep.

TAKE CARE OF YOUR MIND

- ✓ Learn something new.
- ✓ Find healthy distractions.
- ✓ Practice relaxation skills.
- ✓ Build a daily routine.
- ✓ Name & share your feelings.

TAKE CARE OF YOUR HEART

- ✓ Spend quality family time.
- ✓ Play, dance, be silly.
- ✓ Stay in touch with friends.
- ✓ Be proud of yourself.
- ✓ Find new adventures.

Here at Early Learning, we have been thinking about ways we can stimulate learning in the home environment. You have already been involved in the vast array of learning experiences that have been provided by our Early Childhood Teachers and our Language Educators. Now we would like to introduce the holistic approach to personal development, health and physical education.

The holistic approach views health and well being through 5 important pillars: physical, emotional, social, mental and spiritual wellbeing. The holistic approach supports the view that the 5 pillars are interconnected and that each of them must be supported and nurtured to ensure positive outcomes. With the view to incorporating the holistic approach into the children's home learning, we have collaborated with our very own, Lucy Haynes, who is part of our PDHPE department and valued member and parent within our early learning community.

To assist families in implementing the holistic approach at home, we have designed and developed a chart that will act as a helpful guide to families in creating their own play experiences at home. You may like to display the chart in your home where it can be used to stimulate structured or incidental play experiences that promote the 5 pillars of wellbeing. We view the chart as a guide and welcome families to focus on one or more of the pillars on any given day and encourage you to add your own interpretations and ideas of what wellbeing means to you.

The chart can be used to promote conversations between children and their families about wellbeing. After engaging in an activity together, encourage your child to reflect on how they feel and articulate their emotions in relation to the holistic approach to wellbeing.

With the holistic approach to learning as your foundation, the focal point moving forward will be providing ideas for structured and incidental physical activities you can engage in at home both indoors and outdoors. On alternating days, we will post suggestions on Storypark for activities families can do with their children to promote their physical wellbeing. The activities can be anything you want them to be. The key focus will be to link the physical activities to other areas of learning such as literacy, numeracy, language, problem solving and creative thinking. Our vision is that this will bring vibrancy and connectedness in your homes.

Below is a video prepared by Lucy of activities her children participated in at home. A number of key learning areas are being explored and developed all the while promoting physical wellbeing. In the videos children are expressing sheer joy from engaging in fundamental gross motor movements and sharing their enjoyment with each other.

We encourage you to get creative, be spontaneous and be connected with each other. We challenge families to design their very own circuits at home and share their creations with us.