**ACTIVE HOME PHYSICAL EDUCATION: GRADES 3-5 Wellness walking CHOICE BOARD**

Complete the activity with a friend or family member. Don’t forget to log your daily physical activity time.

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|  | **DAY 1** | **DAY 2** | **DAY 3** | **DAY 4** | **DAY 5** |
| **My Learning Goals** | I will show compassion to others. | I will work to understand the feelings of others. | I will use encouraging words as support for others. | I will actively work toward wellness for myself and others. | I will work to build positive relationships with others. |
| **Today’s Vocabulary** | **Compassion**  Concern for the wellbeing of others – especially those suffering in some way. | **EMPATHY**  The ability to understand and share the feelings of another | **Support**  To give assistance. To empower another through help or encouragement. | **Wellness**  A state of being in good health. | **Relationship**  The way in which two or more people (places, things, objects) are connected. |
| **Warm-Up Activity** | [The Sunny Side](https://family.gonoodle.com/activities/stay-on-the-sunny-side)  (GoNoodle) | [Pump](https://family.gonoodle.com/activities/pump-it-up) It Up  (GoNoodle) | [The Sunny Side](https://family.gonoodle.com/activities/stay-on-the-sunny-side)  (GoNoodle) | [Pump](https://family.gonoodle.com/activities/pump-it-up) It Up  (GoNoodle) | [The Sunny Side](https://family.gonoodle.com/activities/stay-on-the-sunny-side)  (GoNoodle) |
| **Learning Focus Activity** | **Wellness Walking:**  Use the [Wellness Walking Choice Board](https://openphysed.org/wp-content/uploads/2020/03/AX-K5-CHOICE-WellnessWalking-ChoiceBoard-Week12.pdf) to be active for a least 30-minutes. Discuss today’s vocabulary word as you walk. | **Wellness Walking:**  Use the [Wellness Walking Choice Board](https://openphysed.org/wp-content/uploads/2020/03/AX-K5-CHOICE-WellnessWalking-ChoiceBoard-Week12.pdf) to be active for a least 30-minutes. Discuss today’s vocabulary word as you walk. | **Wellness Walking:**  Use the [Wellness Walking Choice Board](https://openphysed.org/wp-content/uploads/2020/03/AX-K5-CHOICE-WellnessWalking-ChoiceBoard-Week12.pdf) to be active for a least 30-minutes. Discuss today’s vocabulary word as you walk. | **Wellness Walking:**  Use the [Wellness Walking Choice Board](https://openphysed.org/wp-content/uploads/2020/03/AX-K5-CHOICE-WellnessWalking-ChoiceBoard-Week12.pdf) to be active for a least 30-minutes. Discuss today’s vocabulary word as you walk. | **Leaf Walk:**  Take a [Leaf Walk](https://openphysed.org/wp-content/uploads/2020/03/AX-K5-WALK-LeafWalk-Week12.pdf) with a family member or friend. |
| **Daily Movement Activity** | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2020/03/04-CAL-DEAM-June-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2020/03/04-CAL-DEAM-June-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2020/03/04-CAL-DEAM-June-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2020/03/04-CAL-DEAM-June-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2020/03/04-CAL-DEAM-June-Final.pdf) |
| **Refocus** | [Have Compassion](https://family.gonoodle.com/activities/have-compassion)  (GoNoodle) | [Have Compassion](https://family.gonoodle.com/activities/have-compassion)  (GoNoodle) | [Have Compassion](https://family.gonoodle.com/activities/have-compassion)  (GoNoodle) | [Have Compassion](https://family.gonoodle.com/activities/have-compassion)  (GoNoodle) | [Have Compassion](https://family.gonoodle.com/activities/have-compassion)  (GoNoodle) |
| **Did I log my total activity time?** | **YES or NO?** | **YES or NO?** | **YES or NO?** | **YES or NO?** | **YES or NO?** |
| **How am I feeling today?** |  |  |  |  |  |