# ACTIVE HOME PHYSICAL EDUCATION: GRADES 3-5 LOOK FOR THE GOOD WALK & TALK
Complete the activity with a friend or family member. Don’t forget to log your daily physical activity time.

<table>
<thead>
<tr>
<th></th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>My Learning Goals</strong></td>
<td>I will walk &amp; talk with a genuine interest and a desire to improve my self and others.</td>
<td>I will choose words and actions that communicate kindness toward others.</td>
<td>I will walk for 150 minutes each week for the health benefits of wellness walking.</td>
<td>I will express gratitude through my words and actions.</td>
<td>I will name and talk about my feelings.</td>
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<tr>
<td><strong>Today's Vocabulary</strong></td>
<td><strong>ACTIVELY ENGAGE</strong>&lt;br&gt;To participate in an activity while showing genuine interest and a desire for excellence.</td>
<td><strong>KINDNESS</strong>&lt;br&gt;The quality of being friendly, generous, and considerate.</td>
<td><strong>HEALTH BENEFITS</strong>&lt;br&gt;Improvement to a person's overall wellbeing resulting from a physical activity or food choice.</td>
<td><strong>GRATITUDE</strong>&lt;br&gt;The quality of being thankful and being ready to show appreciation for and to return kindness.</td>
<td><strong>FEELINGS</strong>&lt;br&gt;An emotional state or reaction.</td>
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<tr>
<td><strong>Warm-Up Activity</strong></td>
<td>Believer (GoNoodle)</td>
<td>The Penguin Song (GoNoodle)</td>
<td>Believer (GoNoodle)</td>
<td>The Penguin Song (GoNoodle)</td>
<td>Your Choice (GoNoodle)</td>
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<tr>
<td><strong>Learning Focus Activity</strong></td>
<td><strong>Activity 1: Look for the Good Level 1</strong>&lt;br&gt;Walk &amp; Talk Day 1 Look for the Good Walk &amp; Talk Pages</td>
<td><strong>Activity 2: You Matter</strong>&lt;br&gt;Walk &amp; Talk Day 2 Look for the Good Walk &amp; Talk Pages</td>
<td><strong>Activity 3: Look for the Good Level 2</strong>&lt;br&gt;Walk &amp; Talk Day 3 Look for the Good Walk &amp; Talk Pages</td>
<td><strong>Activity 4: What Makes You Grateful?</strong>&lt;br&gt;Walk &amp; Talk Day 4 Look for the Good Walk &amp; Talk Pages</td>
<td><strong>Activity 5: Look for the Good Level 3</strong>&lt;br&gt;Walk &amp; Talk Day 5 Look for the Good Walk &amp; Talk Pages</td>
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<tr>
<td><strong>Daily Movement Activity</strong></td>
<td>DEAM Calendar</td>
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<tr>
<td><strong>Refocus</strong></td>
<td>Be Grateful (GoNoodle)</td>
<td>Grow Gratitude (GoNoodle)</td>
<td>Be Grateful (GoNoodle)</td>
<td>Grow Gratitude (GoNoodle)</td>
<td>Be Grateful (GoNoodle)</td>
</tr>
<tr>
<td><strong>Did I log my total activity time?</strong></td>
<td>YES or NO?</td>
<td>YES or NO?</td>
<td>YES or NO?</td>
<td>YES or NO?</td>
<td>YES or NO?</td>
</tr>
<tr>
<td><strong>How am I feeling today?</strong></td>
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<td>😞 😊 😞</td>
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For more physical education resources and activity ideas for your family visit [OPENPhysEd.org](http://OPENPhysEd.org)
This week is Look for the Good Week. Actually, it’s okay to follow this plan any week of the year! Here’s how it works. Follow the Look for the Good guidelines below on each day of the week. If you can, walk with a family member or friend. If you’re walking alone – that’s okay! It’s important to use kinds words as you talk with yourself and to try to look for the good all around.

There are 3 rules to follow as you Walk & Talk.

- First, walk where it’s safe!
- Second, walk for at least 10 minutes at a time – 30 would be outstanding!
- Third, look for the good as you walk.

Day 1: Look for the Good Level 1
Print and cut out the Good Cards in your PE packet. (Or, make your own!) Next, carry these cards with you as you walk. If you’re walking with someone, each time you see something you think is good, give the card to your walking partner. You win if you give all of your good cards away. Some examples of things we think are good are funny animals, busy insects, beautiful buildings, wonderful trees. You can use our examples, or you can find your own! If you’re walking alone, put the card in your left pocket or left hand. When you see something good, move the cards to your right pocket or right hand. You win if you move all the cards from the left to the right.

Day 2: You Matter
Print and color the You Matter page in your PE packet. (Or, make your own!) Place this page on the spot where you’re starting your walk. As you walk with your walking partner, talk about the people in your life that matter to you. Telling people that they matter is an act of kindness. As you finish your walk, return to the You Matter page. Now, you and your walking partner take turns holding the page and telling each other why you both matter. If you’re walking alone, think of the people that matter. When you finish your walk, write a note to one of those people on the back of the You Matter page. Give it to that person if you can.

Day 3: Look for the Good Level 2
It’s time to use our Good Cards again. You’ll also need the page with the Good Spot on it. Today you’re going to create a Look for the Good Scavenger Hunt. Find things that are good all around your home. Place the Good Cards on top of the things that you find until you run out of cards. Don’t hide them, make sure people can see the cards when they’re looking for them. Next, get a family member and ask them to stand on the Good Spot. When you say, “GO!” they will begin looking for your Good Cards. Each time they find one they will do 4 jumping jacks and spell G-O-O-D! When they find all of the cards, have them create a scavenger hunt for you! If you’re doing this activity alone – find the Good, place your cards, then time how quickly you can collect them all. Remember to do jumping jacks and spell G-O-O-D each time you collect one. Now, finish your walk by talking (or thinking) about why you chose the good things that you found in your home.

Look for the Good Week is May 10th – May 16th
Learn more at www.LookForTheGoodProject.org
Day 4: What Makes You Grateful?
Print and color the What Makes You Grateful Page. When we’re feeling disappointed, lonely, or angry – thinking of things we’re grateful for can help us handle difficult moments. In fact, if we can practice this by thinking of and remembering the things that we’re grateful for, then it’s easier to remember those things when tough emotions pop up. Today, start your walk on the Grateful page. As you walk, talk or think about things in your life that you are grateful for. Those things could be people, things that you have, good books, good music – really anything that you are glad to have or be a part of. When you’re finished with your walk, stop at the Grateful Page. Choose one of the things that you thought of and are grateful for and share it with your walking partner or with another family member. If you don’t feel like sharing, that’s okay. Write the thing you’ve chosen on the back of the Grateful page and keep it somewhere safe.

Day 5: Look for the Good Level 3
Print the Feelings Cards. All week you’ve been looking for the good and finding things to be grateful for. But, it’s not always easy to see the good or to remember to be grateful. Sometimes we have feelings that are hard to talk about. Today on your walk, take the Feelings Cards with you. Start with any card that you choose and talk (or think) about a time when you’ve felt that feeling. If it’s a feeling that you like to feel, talk about how you can help others feel that way. If it’s a feeling that you don’t like to feel, talk about how you can calm yourself down or feel better when that feeling happens. Sometimes it’s helpful to think of ways we can make others calm down or feel better. Talk about as many feelings as you can during your walk.

When you finish your walk draw a picture or write a short letter to yourself. This letter or picture will be for you when you’re feeling tough feelings. Use the letter or picture as a reminder of the important things that you talked about on your walk that can make you feel better.

So, why are we walking?
Walking is the most popular form of exercise in the world because it is very, very good for our bodies, our brains, and our feelings. The American Heart Association tells us that 150 minutes of brisk walking each week can help you:

- Think, feel, and sleep better
- Reduce the risk of getting sick
- Increase overall energy
- Improve your emotions
- Improve memory
- Keep your bones strong
Is your child struggling to identify his/her feelings? Develop their emotional vocabulary. Talk about each emotion & write favorite Calming Strategies on the back.

CONFUSED
LOOK FOR THE GOOD.ORG

DISAPPOINTED
LOOK FOR THE GOOD.ORG

SCARED
LOOK FOR THE GOOD.ORG

OVERWHELMED
LOOK FOR THE GOOD.ORG

TRIGGERED
LOOK FOR THE GOOD.ORG

WORRIED
LOOK FOR THE GOOD.ORG

Bring a Gratitude Campaign to your school this fall by sharing our website with your teacher or principal.

WWW.LOOK FOR THE GOOD PROJECT.ORG
What's one thing you are grateful for?

What do you do when you feel confused?

How do you calm down when you are feeling angry?

What does it feel like when you're mad? What's one thing you do to calm yourself down?

What does it feel like when you're sad? How do you make yourself feel better?

YOU MATTER! ...ask me why!

What's one thing you are grateful for?

How do you deal with disappointment? What new things could you try?

What's one good thing about our quarantine that makes you grateful?
YOU MATTER
WHAT MAKES YOU GRATEFUL?
LOOK FOR THE GOOD

THE GOOD

LOOK FOR THE GOOD
GOOD CARDS

Cut out these cards and leave them around the house and neighborhood for people to find a little good. To play the "Look for the Good Game", simply hide these around your home and then ask players to search for them and share something they're thankful for each time they find a card. Make your own too! Coat them with tape if you want to hide them outside.

SURPRISE! You just found a little good.

Share YOUR gratitude by emailing a selfie with one of these cards to lookforthegood@submit.media. Find us on Facebook and Instagram to see your photo!

WWW. LOOK FOR THE GOOD PROJECT. ORG
MAGIC GOOD GOGGLES

Wear these to help you look for the good!
SURPRISE!
YOU JUST FOUND A LITTLE
GOOD
DIRECTIONS
Print this out and tape it to your floor to inspire your family to look for the good. When you step on it, share one thing that makes you grateful. :-)