**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.

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|  | **DAY 1** | **DAY 2** | **DAY 3** | **DAY 4** | **DAY 5** |
| **My Learning Goals** | I will walk & talk with a genuine interest and a desire to improve my self and others. | I will choose words and actions that communicate kindness toward others. | I will walk for 150 minutes each week for the health benefits of wellness walking. | I will express gratitude through my words and actions. | I will name and talk about my feelings. |
| **Today’s Vocabulary** | **Actively engage**  To participate in an activity while showing genuine interest and a desire for excellence. | **KINDNESS**  The quality of being friendly, generous, and considerate. | **Health Benefits**  Improvement to a person’s overall wellbeing resulting from a physical activity or food choice. | **GRATITUDE**  The quality of being thankful and being ready to show appreciation for and to return kindness. | **Feelings**  An emotional state or reaction. |
| **Warm-Up Activity** | [Believer](https://family.gonoodle.com/activities/believer)  (GoNoodle) | [The](https://family.gonoodle.com/activities/the-penguin-song) Penguin Song  (GoNoodle) | [Believer](https://family.gonoodle.com/activities/believer)  (GoNoodle) | [The](https://family.gonoodle.com/activities/the-penguin-song) Penguin Song  (GoNoodle) | Your Choice  (GoNoodle) |
| **Learning Focus Activity** | **Activity 1:**  [Look for the Good Level 1](https://openphysed.org/ax-xk5-lftg-open-walktalkpacket-lftg-only)  Walk & Talk Day 1 Look for the Good Walk & Talk Pages | **Activity 2:**  [You Matter](https://openphysed.org/ax-xk5-lftg-open-walktalkpacket-lftg-only)  Walk & Talk Day 2 Look for the Good Walk & Talk Pages | **Activity 3:**  [Look for the Good Level 2](https://openphysed.org/ax-xk5-lftg-open-walktalkpacket-lftg-only)  Walk & Talk Day 3 Look for the Good Walk & Talk Pages | **Activity 4:**  [What Makes You Grateful?](https://openphysed.org/ax-xk5-lftg-open-walktalkpacket-lftg-only)  Walk & Talk Day 4 Look for the Good Walk & Talk Pages | **Activity 5:**  [Look for the Good Level 3](https://openphysed.org/ax-xk5-lftg-open-walktalkpacket-lftg-only)  Walk & Talk Day 5 Look for the Good Walk & Talk Pages |
| **Daily Movement Activity** | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2020/03/04-CAL-DEAM-May-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2020/03/04-CAL-DEAM-May-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2020/03/04-CAL-DEAM-May-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2020/03/04-CAL-DEAM-May-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2020/03/04-CAL-DEAM-May-Final.pdf) |
| **Refocus** | [Be](https://family.gonoodle.com/activities/be-grateful) Grateful  (GoNoodle) | [Grow Gratitude](https://family.gonoodle.com/activities/grow-gratitude)  (GoNoodle) | [Be](https://family.gonoodle.com/activities/be-grateful) Grateful  (GoNoodle) | [Grow Gratitude](https://family.gonoodle.com/activities/grow-gratitude)  (GoNoodle) | [Be](https://family.gonoodle.com/activities/be-grateful) Grateful  (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?** |  |  |  |  |  |