*WEEK 2*

**RESOURCE:** The supplies, opportunities, and support that a person can use in order to do a job or live productively.

*Kendra can go to a park near her house to walk with her family. It’s a great resource that she can use to be physically active.*

**Favorite Song Workout: [**[**YouTube**](https://youtu.be/iRxQvINxooY)**]**

Use the song [*20 Second or More*](https://hhph.org/20secondsormore/) by Doug E Fresh and [Hip Hop Public Health](https://hhph.org/20secondsormore/) to get a fun workout. Listen to the song. Jog in place during verses. Do jumping jacks during the chorus. The chorus says, *“Wash your hands everybody...”*

Listen again and choose 2 different safe exercises. Create new workouts with more of your favorite songs.

*WEEK 2*

**ENTHUSIASM:** An important feeling you get when you’re excited about a goal and are motivated to work toward that goal.

*Mr. Walker is enthusiastic about being the best teacher he can be.*

**YES or NO Body Language: [**[**YouTube**](https://youtu.be/QkcgsZ3a3aM)**]**

I’m going to ask you some yes or no questions. If your answer is “YES” then you’ll jog in place until I ask the next question. If your answer is “NO” then you’ll do jumping jacks until I ask the next question. Let’s try!

* *Is wellness walking good for your mental health? YES! (Jog in Place)*
* *Is it okay to only eat fruit once per year? NO!!! (Jumping Jacks)*

*WEEK 2*

**PERSONAL BEHAVIOR:** The actions of an individual person.

*Ms. Wilder taught us to take responsibility for our personal behavior.*

**Best Foot Forward: [**[**YouTube**](https://youtu.be/4oNx7K2Aa2Q)**]**

Stand at least 6’ from a partner. The object is to score 10 points. You get 1 point when your foot pattern matches your pattern choice. Decide who is “same” and who is “different”. Jump 3 times and say, “1, 2, show!” Land with your feet together, or your feet apart.

If your feet match your partner’s feet (e.g. you both landed with feet together) it’s a match and “same” wins. If one’s feet are together and one’s apart, then “different” wins.