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]
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

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]
Use the song 20 Second or More by Doug E Fresh and Hip Hop Public Health 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.