*WEEK 3 of 4*

**TIME:** The duration or length of an exercise or physical activity session.

*Get 60-minutes of daily activity by including a time of 30-minutes in the morning and 30-minutes in the afternoon.*

**6-Minute FITT Dice: [**[**YouTube**](https://youtu.be/YEstHvI4a9Y)**]**

Complete the 8, 30-second exercise intervals that match the number rolled on the die. There are 3 TYPES of exercise on the dice list: Aerobic, Muscular Fitness, Mindfulness.

1 – Climbers ([YouTube](https://youtu.be/w2iTOneGPdU))

2 – High-5 Breathing ([YouTube](https://youtu.be/NwEAgvwq4NE))

3 – Plank Thigh Taps ([YouTube](https://youtu.be/sgc_gNStBqc))

4 – Scissor Chops ([YouTube](https://youtu.be/vvNkomexxcs))

5 – Jump Knee Tucks ([YouTube](https://youtu.be/ArZXCfbjxWs))

6 – Equal Breathing ([YouTube](https://youtu.be/84GLR4e4Sc4))

[30-Second Interval Music on Apple Music.](https://music.apple.com/us/album/hhd-30-second-intervals-with-15-second-breaks/553186898?i=553186900)

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**EMOTION:** A natural feeling that happens because of a specific situation or in a specific environment.

*Happiness is a good emotion that everyone wants to feel.*

**20 Questions (100 Reps): [**[**YouTube**](https://youtu.be/rZszkxsOwvc)**]**

Pick and exercise, physical activity, or healthy food. The class gets 20 yes/no questions to gain clues and guess what the exercise, activity, or food is.

The entire class must do 5 reps of a chosen exercise to earn a question. If the class ends up asking all 20 questions, they will do a total of 100 exercise reps.

When the exercise, activity, or food is guessed correctly, pick a new leader to think of a new topic.

[Interval Music on Apple Music](https://music.apple.com/us/artist/s2s-music/336840775)

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**RELAX:** To become less anxious. To de-stress.

*Kendra used equal breathing is a way to help the body and mind relax.*

**This or That: [**[**Vimeo**](https://vimeo.com/410414971)**]**

In this activity you will perform a tree pose if you agree with a statement that you hear. You will do jumping jacks if you disagree with the statement.

The leader will call out a statement about the things they like. For example, “Apples are my favorite fruit.” If you agree and apples are your favorite fruit, perform a tree pose. If grapes are your favorite fruit, perform jumping jacks.

Continue calling out statements, taking turns as leader.