

Hello EES Families!

I was so delighted to have the opportunity to see some of you while you were picking up your bags at the school on Friday. It is always so nice to have a chance to say hello to you all even though we haven't gotten to have class together recently. I know there has been a lot of serious things happening in the world around us, and that they all deserve our attention and care. However, we can't be serious all of the time. So, this weeks lessons have to do entirely with being SILLY!

I recently saw a news article where a family set up a section of street in front of their house dedicated to "silly walks" and the whole neighborhood was able to have fun with it while being at a safe distance from one another. The idea is from this really funny old show called Monty Python's Flying Circus. I have attached the original video here: <https://youtu.be/eCLp7zodUil> and a link to the news article here: <https://mymodernmet.com/ministry-of-silly-walks-instagram/> . I think it could be really fun for you all to come up with some silly walks, the sillier the better, and share them. Maybe you could record a quick video and send it back to me and if I get enough responses I can make one big video for us to share a laugh together!

Speaking of silly, I found a new game called Pizza Knock Down where you get to try to knock a pizza out of the other players hands. It looks so fun, and most importantly very silly. I have attached a sheet with all of the instructions here as well. Obviously we aren't going to use real pizzas for this game. Maybe you could use some cardboard or a paper plate and design your perfect pizza. Mine has pepperoni and green peppers! A frisbee or anything that size and round will work too!

Lastly I have attached some more mindfulness cards as I have in the past. I think many of us have spent some extra time reflecting and trying to be mindful this week and hopefully these cards will help you to do so.

I can't wait to see all of the silly walks!

-Mr. Marche

Pizza Knock Down

Focus: To develop thinking skills and spatial awareness



The PE Shed

How to do the activity

- Each student is given a pizza (Frisbee, spot or cut out cardboard pizzas).
- Students balance the pizza on their fingertips of 1 hand.
- Students cannot hold the pizza in 2 hands or against their body at any time.
- Students move around the area holding their pizza.
- The aim is to protect your own pizza and to hit other pizzas onto the floor. Students cannot touch other students.
- If your pizza falls on the floor you must do a chosen exercise (Example - 10 jumping jacks).

Questions to ask

- What can you do to protect your pizza?
- How can you use space in this game?
- Explain your strategies for attacking a pizza.

What you'll need

- Spots/Cones to mark the area and pizzas (frisbees, spots or cut out cardboard pizzas).

Make this task easier

- Increase the size of the playing area.
- Increase the size of the pizzas.
- Increase the number of repetitions when pizza falls.

Make this task more challenging

- Reduce the size of the playing area.
- Reduce the size of the pizza.
- Reduce the number of repetitions when pizza falls.

Mindful Mood

You will need paper and markers or crayons.

Our moods often affect the way we act. If you're happy, you might act kind or generous. If you're grumpy, you might act mean or selfish. It is wise to understand our moods and how they affect what we say or do.

- 1 Each morning, **sit mindfully**, with your spine straight and body relaxed. Take three soft, slow, **mindful breaths** and notice your mood.

Where do you feel your mood? Put your hand there. Does it feel heavy like clay or light as a feather?



- 2 Now choose a marker or crayon to draw your mood. Blue could mean one mood. Red or green could mean another. You choose.



- 3 Keep your mood drawing where you can see it again. It helps remind you how you have been feeling. Later you might be in a different mood, so create a new drawing and let the old mood go.

By paying attention to your mood in the morning, you can change how you act throughout the day.

I Am Thankful

You will need paper and a pen, markers or crayons.

- 1 Before you go to sleep, think about somebody or something you love, or something wonderful that happened to you.

Maybe you are thankful for being with a relative, sharing a family meal or making a new friend. Write or draw about it.



You could also ask a grown-up to write it down for you.

- 2 Take three soft, slow, mindful breaths and feel thankful.

- 3 Keep your gratitude message or drawing beside your bed. Look at it again when you wake up. It can remind you of the good things in your life.



Folding Flower

- 1 Lie on a mat, blanket or bed. Close your eyes and take three soft, slow, mindful breaths. Feel them in your nose, your lungs and your tummy.



- 2 Imagine a flower in your heart. Its petals are wide open. It is a flower of peace.
- 3 Imagine gentle light streaming down from the sky into your flower. Watch the petals of your flower slowly close around the glow of light.



- 4 Keep your focus on the flower. You can rest or fall asleep with the flower of peace in your heart.