

Hello EES Family,

I am so excited we are finally getting some nice weather! It has been so tough to be stuck at home with all of the rainy days we have had. This is a tough time for all of us, at least the weather is starting to cooperate. I am sure you are all excited about the beautiful spring weather we are having now as well. I am sure there is a lot of work going on around your houses. Maybe some of your families are starting to plant a garden. How nice would it be for you all to help out?

It has been nice to have an opportunity to see some of you on the ZOOM calls that I was able to join with your classroom teachers. I am looking forward to joining some more whenever I can coordinate the time.

I have attached some new movements and mindfulness exercises as usual. Plus I have attached a cool experiment you might want to do with your family. Its all about your heart and your heart rate. As always please share what you are all up to, it has been so exciting to see all of the fun things you are doing.

Looking forward to see you all as soon as I can.

Be well,

-Mr. Marche



Rumble is also very excited about the weather and is waiting not so patiently for me to take him on a walk.



# Skip

Start on right foot: step, hop, lift up left knee and swing right arm.  
Left foot: step, hop, lift up right knee and swing left arm.



# HOP on one leg

Take off on one foot and land on the same foot multiple times.



# HAMSTRING Stretch

Stand with one leg just in front of the other. Bend the back knee and rest your weight on the back leg. Tilt the hips forwards as if sticking your bum in the air!  
*Hold for a count of 30.*



# QUICK Feet

Start with feet shoulder-width apart and knees bent in defensive position. Pick up and put down feet as quickly as possible.

## Peaceful Place

- 1 Lie down on a mat or blanket. Let your arms rest loosely by your sides.
- 2 Imagine you are in your own peaceful place where you feel happy and safe. Explore your peaceful place. Notice details of the landscape. Listen for animals or water. Smell the trees and flowers.



- 3 Imagine doing something fun! You could ride a whale, fly with an eagle or run with an elephant.
- 4 Before you leave, discover a hidden gift. It is just for you.



- 5 To return to the present moment, say goodbye to your peaceful place and your animal friends.
- 6 Bring your attention back to the sounds around you. Open your eyes. Can you hold your peaceful place in your heart?

## Shake the Sillies Out

1 Stand still like a statue. Breathe in and hold your breath.

2 Breathe out and shake out your arms. Shake them high. Shake them low.

3 Shake out your legs. Shake them this way. Shake them that way.

4 Shake your body until it's loose. Shake, shake, shake your sillies out. See them fly off you like water droplets.



5 Flop down gently into a chair or onto a mat. Now let that last silly out: "Ahhhh!"

6 Take three soft, slow, mindful breaths. Fill your nose, your lungs and your tummy. Then return to your day.

## Tummy Ride

- 1 Choose a stuffed animal or small pillow.
- 2 Lie down and place your animal (or pillow) on your tummy. Let your arms rest loosely by your sides.



- 3 Breathe normally and watch your animal ride up and down on your tummy. Pretend it is riding an ocean wave.



- 4 Count as you breathe:  
"Breathe in – two – three."  
"Breathe out – two – three."  
"Breathe in – two – three."  
"Breathe out – two – three."
- 5 If your animal falls off, don't worry. Put it back on your tummy and start counting your breaths again.
- 6 Continue this for as long as you wish.  
Does your breathing feel like a rolling wave?

# My Heart

My heart is a strong pump that moves blood through my body. It hangs in the center of my chest and is about the size of my fist.

My heart works all the time, even when I am sleeping. It pumps blood that is full of oxygen and food through tubes called arteries. This fresh blood travels to all my cells and feeds them. My blood also cleans my cells. My cells give the blood carbon dioxide and other things they can't use. Then, my blood moves back to the heart through tubes called veins.

My heart pumps this used blood to my lungs. My lungs take out the carbon dioxide and put in new, fresh oxygen. Then, my blood goes back to my heart to work again.

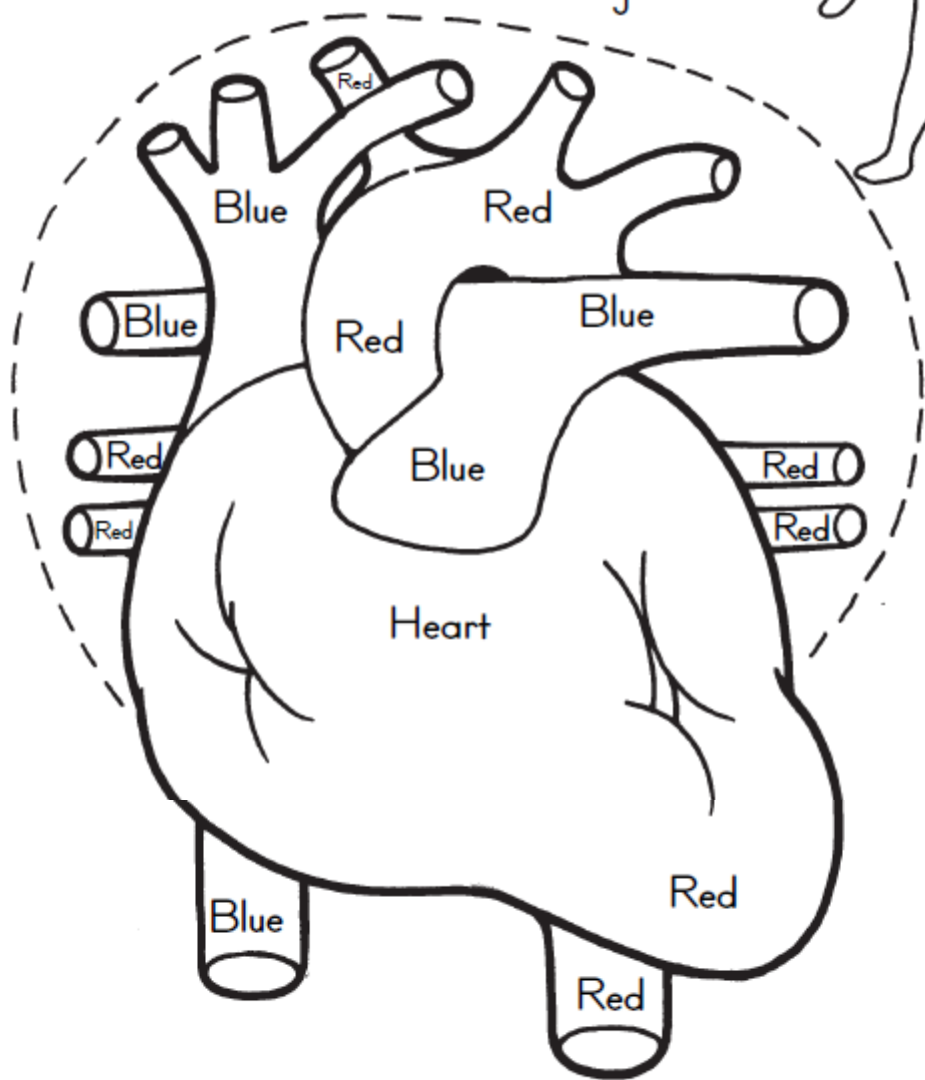
It takes about one minute for my heart to circle blood around my body and back again. This is called circulation.

I can hear my heart working all the time. The beating sound my heart makes is caused by the opening and closing of the valves inside my heart. These valves are like doors. They let the blood in and out of my heart.

So when I hear or feel my heart beating, I know my blood is circling all around my body. My heart moves the blood to clean and feed my cells.

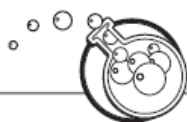
# My Heart (cont.)

My heart  
goes here.



- Color heart red and blue. Arteries (red) carry oxygen. Veins (blue) carry carbon dioxide.
- Cut out (on solid or broken lines).
- Put heart on your paper body with paste.

Name \_\_\_\_\_



**Experiment Activity**

# Experiment with exercise.

## Problem

How does exercise affect your heart rate?

## Give Your Hypotheses

How will your heart rate change when you exercise?

Write what you think.

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## Control the Variables

Make sure you measure your heart rate for the same amount of time before and after running.

## Test Your Hypothesis

Measure your heart rate.

## Collect Your Data

| Activity      | Heart beats         |
|---------------|---------------------|
| Sitting       | _____               |
|               | _____ in 30 seconds |
| After running | _____               |
|               | _____ in 30 seconds |



Name \_\_\_\_\_

## Tell Your Conclusion

How does exercise affect your heart rate?

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## Inquire Further

If you exercised for more than one minute, how would this affect your heart rate?

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**Notes for Home** Your child learned about heart rate and exercise.

**Home Activity:** Check the heart rates of other family members after exercising.