

For more on how physical activity can help alleviate stress check out: <http://www.apa.org/news/press/releases/stress/2013/exercise.aspx>)

---

\_\_\_\_\_

Hopscotch – check out this [site for great ideas](#) – and who knew hopscotch has been played for 1000s of years!? Looking to keep it simple? An agility ladder can work.

Tug of war – life can feel like we’re getting pulled in plenty of directions. Playing this game, even with just a small group, can help people get energized and work out some tension.

Walk and talk (or not) - sometimes just chilling out on a walk can be a great stress reliever.

2. Challenge small groups of students to come up with an idea (or two) for an activity break that could be used in PE class or activity with the full class. The key to the assignment is that they prepared going for their bodies – otherwise, the sky’s the limit.





**L** **C**

**F** **P** **'P** **L**

Learning ultimately supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors

Learning is holistic, reflexive, reflective, experiential, and relational (focused on connectedness, on reciprocal relationships, and a sense of place)

**P** **H** **E** **6/7**

**B.** Healthy choices influence our physical, emotional and mental well-being

- C I** Describe how students' participation in physical activities at school, at home, and in the community can influence their health and fitness
- Identify, apply, and reflect on strategies used to pursue personal healthy-living goals
- Explore strategies for promoting the health and well-being of the school and community
- Describe and assess strategies for promoting mental well-being, for self and others
- Describe and assess strategies for managing problems related to mental well-being and substance use, for others

**P** **H** **E** **8/9**

- B.** Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle
- Healthy choices influence our physical, emotional and mental well-being
- Healthy relationships can help us lead rewarding and fulfilling lives

- C I** Identify and apply strategies to pursue personal healthy-living goals
- Describe and assess strategies for promoting mental well-being, for self and others
- Describe and assess strategies for managing problems related to mental well-being and substance use, for others