



# L'éducation physique et sportive (EPS)

En route vers le bien Être

Madame Kaufenberg



COVID-19 Edition

Did you know that your child needs at least 60 minutes of physical activity per day? There are so many reasons your child needs to be physically active; for me, the most important reasons are getting blood flow to the brain and satiating the sensory systems. Your child needs physical activity in order to focus and think clearly. Your child also needs physical activity to help calm his/her sensory systems – this will lead to less of the sensory-stimulating, ants-in-the-pants behaviors that drive us parents crazy.



- |                          |                            |                        |
|--------------------------|----------------------------|------------------------|
| 1. NATURE BRACELETS      | 11. ROCK PAINTING          | 21. TINY TREASURES     |
| 2. BIRD WATCHING         | 12. RAINBOW COLOR HUNT     | 22. SIGNS OF SPRING    |
| 3. PAINT WITH NATURE     | 13. TREE/LEAF RUBBINGS     | 23. NIGHT WALK         |
| 4. WORM HUNTING          | 14. BUILD A NEST           | 24. NATURE FACES       |
| 5. MUD PIES              | 15. TAKE A CLOSER LOOK     | 25. NEW TRAIL          |
| 6. EXPLORE A NEW PLACE   | 16. BUILD A BUG HOTEL      | 26. PAINT WITH MUD     |
| CLOSE TO HOME            | 17. GO ON A BIKE RIDE      | 27. WATER PLAY         |
| 7. STONE SOUP            | 18. NATURE SENSORY BIN     | 28. SALT DOUGH FOSSILS |
| 8. PUDDLE JUMPING        | 19. LOOK FOR ANIMAL TRACKS | 29. EGG HUNT           |
| 9. NATURE SCAVENGER HUNT | 20. BUILD A DEN/FORT       | 30. ANIMAL OBSERVATION |
| 10. SINK OR FLOAT        |                            |                        |

Source: Neurochild Community (Facebook)

## What to do with your kids outside?

- 1. Go on a nature hunt.** Sometimes this means trying to find something specific, like a star-shaped branch, or more general like collecting leaves in every color. Bring a pail, or paper bag, and we fill it with all of their treasures.
- 2. Go on a hike to the river, a creek, or a waterfall.** Throw rocks or sticks into and see where they go.
- 3. Build fairy houses.** Anything can become part of a fairy house! Mosses, sticks, leaves, bark and flowers to create little homes.
- 4. Bring it inside (responsibly).** Make a little nature display for your home.

Source: <https://twincitiesmom.com/power-play-outside/>

## Get outside, if possible.

I'm not sure what the recommendations are on going to the playground, but getting out hiking is a great way to keep distance from others while enjoying the outdoors. It is recommended that we spend at least 2 hours outside per week in order to enjoy the many health benefits of being outside – especially those related to mental wellness.

The Nature Conservancy published this list of the top 10 nature places to take your kids in the Twin Cities. Check before you go to see if these places are open to the public, some are only seasonal and some may be shut down. A couple more of my family favorites that are not on the list include Afton State Park and Willow River State Park in WI.

## [Wild About the Twin Cities!](#)

### [Top 10 Nature Places To Take Your Kids in Minnesota](#)

Eloise Butler Wildflower Garden and Bird Sanctuary  
Fort Snelling State Park  
Helen Allison Savanna  
Lake Elmo Park Reserve  
Minnehaha Falls at Minnehaha Park  
Minnesota Valley National Wildlife Refuge  
Springbrook Nature Center  
Three Rivers Park District  
Richardson Nature Center  
Hyland Lake Park Reserve  
Elm Creek Park Preserve  
Gale Woods Farm  
William O'Brien State Park  
Wood Lake Nature Center



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## OPEN PhysEd Active at Home curriculum

This is a complete physical activity curriculum for you to do with your kids at home. It has a unit plan for a five-day week, lesson plans, activities, and a monthly Drop Everything and Move calendar. It was created in response to all of the school closures across the country.

The curriculum is available here:

<https://openphysed.org/activeschools/activehome>

If it requires a log-in, you can create one for free, or you can access the whole module here: [https://openphysed.org/wp-content/uploads/2018/09/ActiveHome\\_ActivityPacket.pdf](https://openphysed.org/wp-content/uploads/2018/09/ActiveHome_ActivityPacket.pdf)

Here is the DEAM calendar for March:

<https://openphysed.org/wp-content/uploads/2018/09/03-CAL-DEAM-March-Final.pdf>

Here is the curriculum map: <https://openphysed.org/wp-content/uploads/2018/09/AH-X7-ActiveHome-HomeStudyCurriculumMap.pdf>

By the way, I'm home on maternity leave. Students at Upper Campus watched a video of my baby's heart in utero so they could see the four chambers and the valves opening and shutting. Here's what baby Claire looks like now:



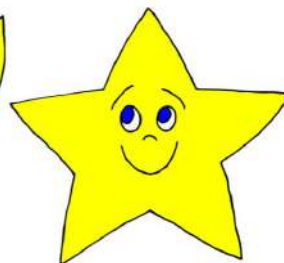
Physical Education E-learning Resources  
These are all links.

- [Health Moves Minds Elementary March Calendar](#)
- [Health Moves Minds Elementary March Calendar \(Spanish\)](#)
- [Follow along dances](#)
- [Cosmic Kids Yoga](#)
- [GoNoodle!](#)
- [A table of resources created by PE teachers around the country](#)
- [#HPEatHome \(scroll down to this hashtag for the activities\)](#)
- [Capn Petes Home Activity Visual Packet.pdf](#)
- [PE E-Learning Packet](#)

## COVID-19 DAILY SCHEDULE

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Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJs in laundry
9:00-10:00	Morning walk	Farmy walk with the dog *Dogs if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnetics, drawing, crafting, play music, cook or bake, etc.
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs B - wipe all door handles, light switches, and desk tops C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap.
2:30-4:00	Academic time	ELECTRONICS OK iPad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight



UNE ÉTOILE QUI FAIT UN SAUT EN ÉTOILE À L'ÉTOILE DU NORD!