

ACTIVE HOME PHYSICAL EDUCATION: GRADES 3-5 LOOK FOR THE GOOD WALK & TALK
 Complete the activity with a friend or family member. Don't forget to log your daily physical activity time.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
My Learning Goals	I will walk & talk with a genuine interest and a desire to improve my self and others.	I will choose words and actions that communicate kindness toward others.	I will walk for 150 minutes each week for the health benefits of wellness walking.	I will express gratitude through my words and actions.	I will name and talk about my feelings.
Today's Vocabulary	ACTIVELY ENGAGE To participate in an activity while showing genuine interest and a desire for excellence.	KINDNESS The quality of being friendly, generous, and considerate.	HEALTH BENEFITS Improvement to a person's overall wellbeing resulting from a physical activity or food choice.	GRATITUDE The quality of being thankful and being ready to show appreciation for and to return kindness.	FEELINGS An emotional state or reaction.
Warm-Up Activity	Believer (GoNoodle)	The Penguin Song (GoNoodle)	Believer (GoNoodle)	The Penguin Song (GoNoodle)	Your Choice (GoNoodle)
Learning Focus Activity	Activity 1: Look for the Good Level 1 Walk & Talk Day 1 Look for the Good Walk & Talk Pages	Activity 2: You Matter Walk & Talk Day 2 Look for the Good Walk & Talk Pages	Activity 3: Look for the Good Level 2 Walk & Talk Day 3 Look for the Good Walk & Talk Pages	Activity 4: What Makes You Grateful? Walk & Talk Day 4 Look for the Good Walk & Talk Pages	Activity 5: Look for the Good Level 3 Walk & Talk Day 5 Look for the Good Walk & Talk Pages
Daily Movement Activity	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar
Refocus	Be Grateful (GoNoodle)	Grow Gratitude (GoNoodle)	Be Grateful (GoNoodle)	Grow Gratitude (GoNoodle)	Be Grateful (GoNoodle)
Did I log my total activity time?	YES or NO?	YES or NO?	YES or NO?	YES or NO?	YES or NO?
How am I feeling today?	  	  	  	  	  



Grades 3 – 5 At-Home Physical Education

This week is Look for the Good Week. Actually, it's okay to follow this plan any week of the year! Here's how it works. Follow the Look for the Good guidelines below on each day of the week. If you can, walk with a family member or friend. If you're walking alone – that's okay! It's important to use kinds words as you talk with yourself and to try to look for the good all around.

There are 3 rules to follow as you Walk & Talk.

- First, walk where it's safe!
- Second, walk for at least 10 minutes at a time – 30 would be outstanding!
- Third, look for the good as you walk.



HAPPY

Day 1: Look for the Good Level 1

Print and cut out the Good Cards in your PE packet. (Or, make your own!) Next, carry these cards with you as you walk. If you're walking with someone, each time you see something you think is good, give the card to your walking partner. You win if you give all of your good cards away. Some examples of things we think are good are funny animals, busy insects, beautiful buildings, wonderful trees. You can use our examples, or you can find your own! If you're walking alone, put the card in your left pocket or left hand. When you see something good, move the cards to your right pocket or right hand. You win if you move all the cards from the left to the right.



YOU MATTER!
...ask me why!

Day 2: You Matter

Print and color the You Matter page in your PE packet. (Or, make your own!) Place this page on the spot where you're starting your walk. As you walk with your walking partner, talk about the people in your life that matter to you. Telling people that they matter is an act of kindness. As you finish your walk, return to the You Matter page. Now, you and your walking partner take turns holding the page and telling each other why you both matter. If you're walking alone, think of the people that matter. When you finish your walk, write a note to one of those people on the back of the You Matter page. Give it to that person if you can.



HAPPY

Day 3: Look for the Good Level 2

It's time to use our Good Cards again. You'll also need the page with the Good Spot on it. Today you're going to create a Look for the Good Scavenger Hunt. Find things that are good all around your home. Place the Good Cards on top of the things that you find until you run out of cards. Don't hide them, make sure people can see the cards when they're looking for them. Next, get a family member and ask them to stand on the Good Spot. When you say, "GO!" they will begin looking for your Good Cards. Each time they find one they will do 4 jumping jacks and spell G-O-O-D! When they find all of the cards, have them create a scavenger hunt for you! If you're doing this activity alone – find the Good, place your cards, then time how quickly you can collect them all. Remember to do jumping jacks and spell G-O-O-D each time you collect one. Now, finish your walk by talking (or thinking) about why you chose the good things that you found in your home.



Day 4: What Makes You Grateful?

Print and color the What Makes You Grateful Page. When we're feeling disappointed, lonely, or angry – thinking of things we're grateful for can help us handle difficult moments. In fact, if we can practice this by thinking of and remembering the things that we're grateful for, then it's easier to remember those things when tough emotions pop up. Today, start your walk on the Grateful page. As you walk, talk or think about things in your life that you are grateful for. Those things could be people, things that you have, good books, good music – really anything that you are glad to have or be a part of. When you're finished with your walk, stop at the Grateful Page. Choose one of the things that you thought of and are grateful for and share it with your walking partner or with another family member. If you don't feel like sharing, that's okay. Write the thing you've chosen on the back of the Grateful page and keep it somewhere safe.



Day 5: Look for the Good Level 3

Print the Feelings Cards. All week you've been looking for the good and finding things to be grateful for. But, it's not always easy to see the good or to remember to be grateful. Sometimes we have feelings that are hard to talk about. Today on your walk, take the Feelings Cards with you. Start with any card that you choose and talk (or think) about a time when you've felt that feeling.

If it's a feeling that you like to feel, talk about how you can help others feel that way. If it's a feeling that you don't like to feel, talk about how you can calm yourself down or feel better when that feeling happens. Sometimes it's helpful to think of ways we can make others calm down or feel better. Talk about as many feelings as you can during your walk.

When you finish your walk draw a picture or write a short letter to yourself. This letter or picture will be for you when you're feeling tough feelings. Use the letter or picture as a reminder of the important things that you talked about on your walk that can make you feel better.

So, why are we walking?

Walking is the most popular form of exercise in the world because it is very, very good for our bodies, our brains, and our feelings. The [American Heart Association](http://www.AmericanHeartAssociation.org) tells us that 150 minutes of brisk walking each week can help you:

- Think, feel, and sleep better
- Reduce the risk of getting sick
- Increase overall energy
- Improve your emotions
- Improve memory
- Keep your bones strong

FEELINGS CARDS

Is your child struggling to identify his/her feelings? Develop their emotional vocabulary. Talk about each emotion & write favorite Calming Strategies on the back.



CONFUSED

LOOK FOR THE GOOD.ORG



DISAPPOINTED

LOOK FOR THE GOOD.ORG



SCARED

LOOK FOR THE GOOD.ORG



OVERWHELMED

LOOK FOR THE GOOD.ORG



TRIGGERED

LOOK FOR THE GOOD.ORG



WORRIED

LOOK FOR THE GOOD.ORG

Bring a Gratitude Campaign to your school this fall by sharing our website with your teacher or principal.

WWW.LOOKFORTHEGOODPROJECT.ORG



LONELY

LOOK FOR THE GOOD.ORG



ANGRY

LOOK FOR THE GOOD.ORG



SAD

LOOK FOR THE GOOD.ORG



TIRED

LOOK FOR THE GOOD.ORG



EMBARRASSED

LOOK FOR THE GOOD.ORG



ANXIOUS

LOOK FOR THE GOOD.ORG



HAPPY

LOOK FOR THE GOOD.ORG



GRATEFUL

LOOK FOR THE GOOD.ORG



SICK

LOOK FOR THE GOOD.ORG

when have you felt
scared?

LOOK FOR THE GOOD.ORG

what do you do
when you feel
confused?

LOOK FOR THE GOOD.ORG

How do you calm
down when you are
feeling angry?

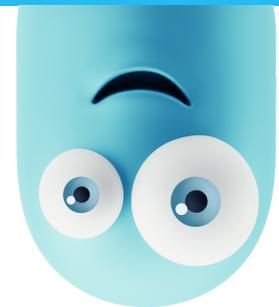
LOOK FOR THE GOOD.ORG

What does it feel like
when you're mad?
What's one thing you
do to calm yourself
down?

LOOK FOR THE GOOD.ORG

What does it feel like
when you're sad?
How do you make
yourself feel better?

LOOK FOR THE GOOD.ORG



YOU MATTER!

...ask me why!



What's one thing you
are grateful for?

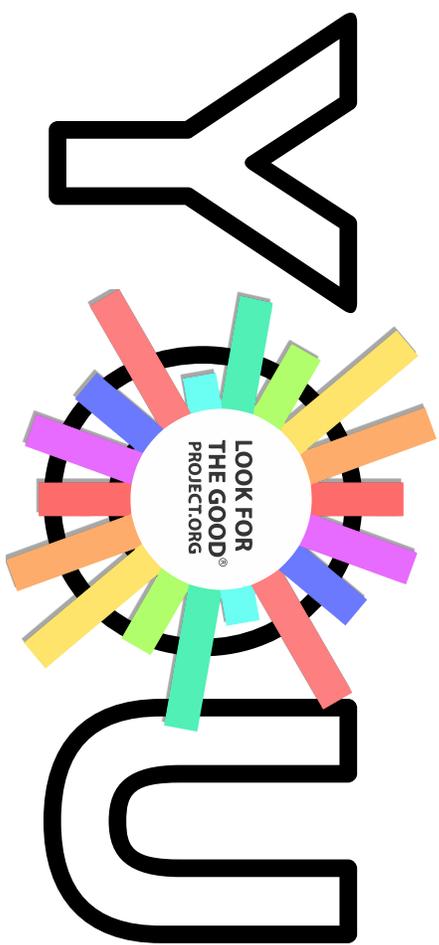
LOOK FOR THE GOOD.ORG

How do you
deal with
disappointment?
What new things
could you try?

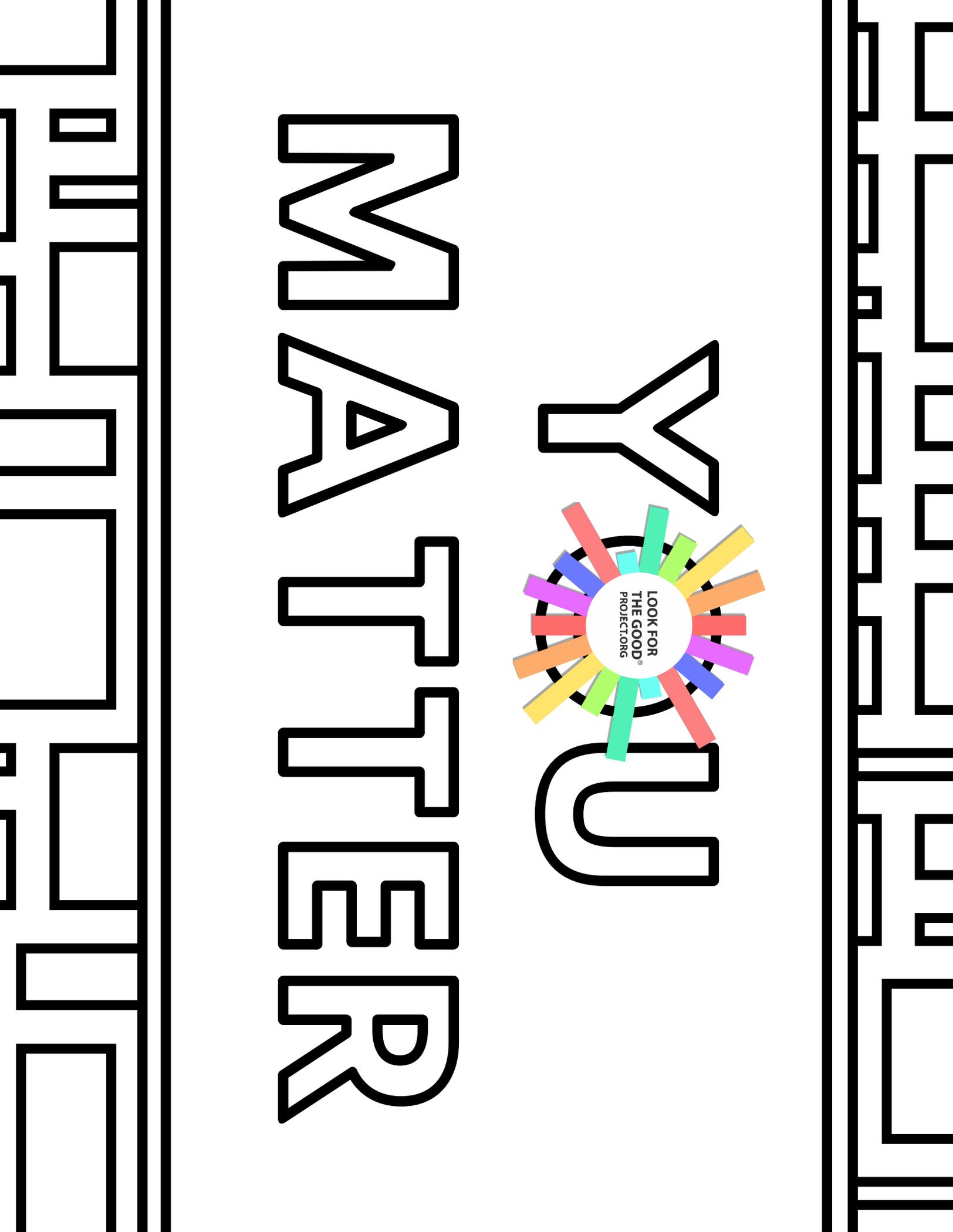
LOOK FOR THE GOOD.ORG

What's one good
thing about our
quarantine that
makes you grateful?

LOOK FOR THE GOOD.ORG



YOU
MATTER



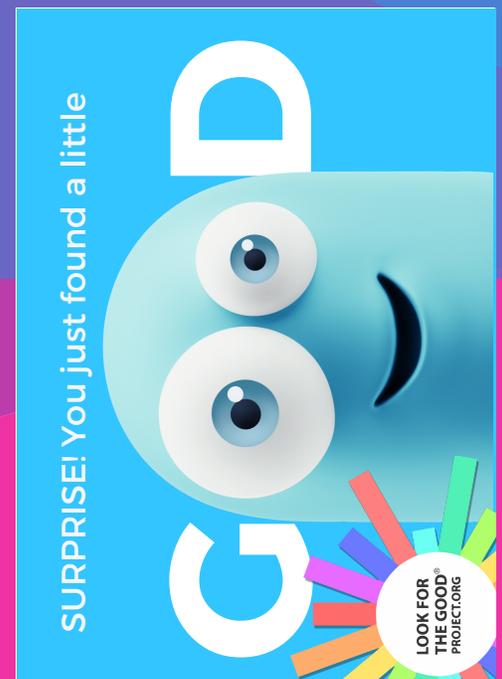
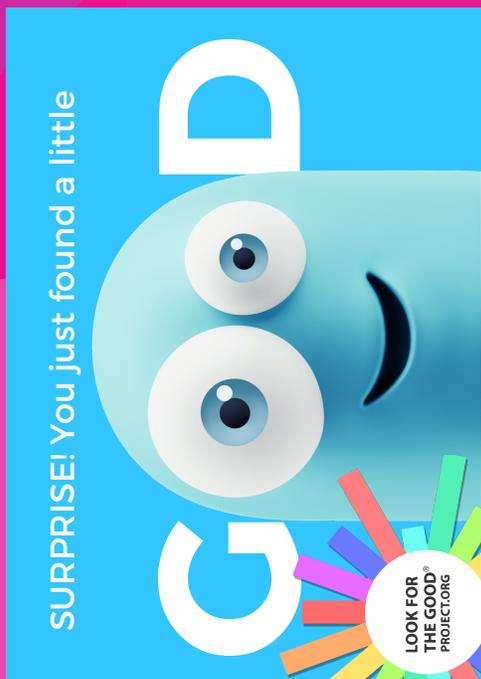
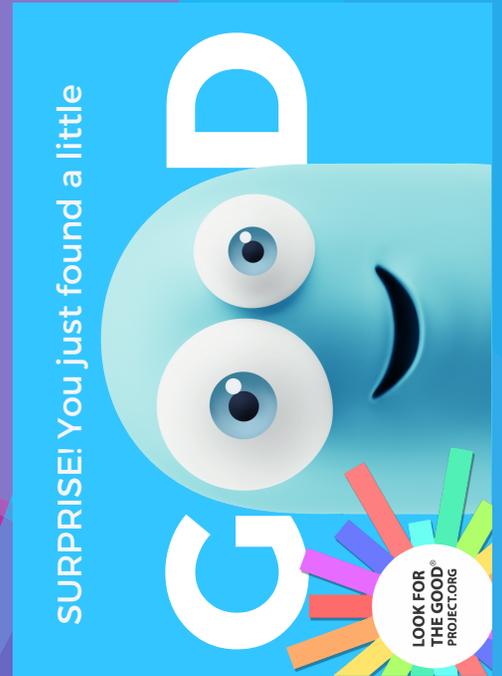
WHAT

MAKES YOU
GRATEFUL?



GOOD CARDS

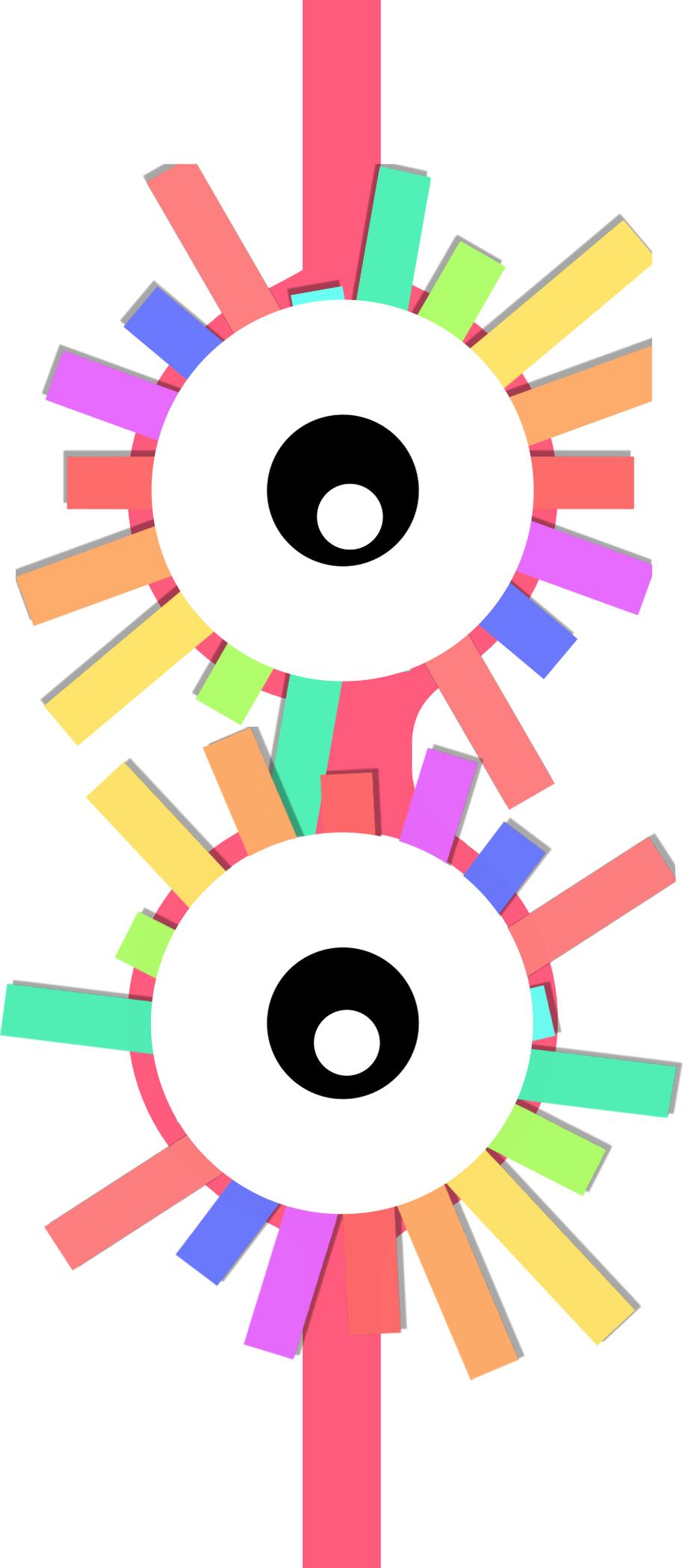
Cut out these cards and leave them around the house and neighborhood for people to find a little good. To play the "Look for the Good Game", simply hide these around your home and then ask players to search for them and share something they're thankful for each time they find a card. Make your own too! Coat them with tape if you want to hide them outside.



Share YOUR gratitude by emailing a selfie with one of these cards to lookforthegood@submit.media. Find us on Facebook and Instagram to see your photo!

MAGIC GOOD GOOGLES

Wear these to help you look for the good!



SURPRISE!
YOU JUST FOUND A LITTLE



DIRECTIONS

Print this out and tape it to your floor to inspire your family to look for the good. When you step on it, share one thing that makes you grateful. :-)