

Dear 3rd and 4th grade Families,

In the event we move to distance learning, I ask that you continue to develop and grow your child's physical, mental, and emotional health as it is critical for well-being. I will continue to meet with your child during the scheduled time they would normally have Physical Education. As I usually have your child twice a week, one class will be devoted to physical fitness and the other to mindfulness.

**\*Submitted Work\***: There will be an Activity Log that students will need to complete on a weekly basis and to be submitted for a grade. These logs are to help motivate students to maintain physical fitness during this difficult time.

I also, wanted to share some platforms that your child can enjoy on their own time, in some circumstances with your support, to keep our Health and Wellness connection. Outdoor play is crucial for development as well as can provide students with a much needed break from long school days, especially in this difficult time.

Please feel free to email me with any questions or concerns!

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- Kidhealth.org  
A fantastic website for all ages. There are different tabs for different age levels. I recommend the “for kids” tab- “How the body works”
- GoNoodle  
Game is an app you can download to get your children moving!  
<https://www.gonoodle.com/blog/gonoodle-games-movement-app-for-kids/>  
(Thank you Ms. Roller!)
- Mindfulness (K-5)  
Free app that allows students to navigate emotions and offers guided meditations for students K-5. Parents will need to download the app on a phone. Below is the link for the free app. Be sure to click the “Kids App” link.  
<https://www.stopbreathethink.com/kids/>
- BrainPOP Jr. (K-5)  
Age appropriate topics that include: movies, quizzes, self-expression, integrated reading, and drawing. Each movie is about 5 minutes and finishes with a quiz (hard or easy).  
<https://jr.brainpop.com/health/>
- During Physical Education classes we do routine stretches after our warm-up of walking and jogging. Your children should be able to teach you all the stretches!

Best,  
Claire Healy